



THE **DANIEL** PLAN
www.DANIELPLAN.com

7 ACTION STEPS TO GETTING STARTED

Make a Decision

- Getting to YES and Discovering Motivation
- One-Page Miracle
- Keep a Journal

Create a Covenant for Health

- With Yourself, Your Group, and God

Know Your Numbers

- Take an Honest Measure of Yourself
- Your Story, Your Body, Your Blood

Creating Health: The Foundations

- Nutrition
- Exercise
- Supplements
- Sleep

Secrets of Success

- Curing Cravings
- Tips for Balancing Your Biology

Boost Your Brain to Heal Your Body

- Boost Your Brain to Avoid the Dinosaur Syndrome
- Know Your Brain Type
- Kill the ANT's and Manage Stress

Give Back

- Teach others by example and through your learning
- Participate in Research

HEALTH & FITNESS SEMINAR WITH



PASTOR RICK WARREN



DR. DANIEL AMEN



DR. MARK HYMAN



DR. MEHMET OZ

SADDLEBACK CHURCH - SATURDAY, JANUARY 15
8:30 A.M. TO 12:30 P.M.

WORKBOOK

for Your Body, Mind, Spirit, and Soul

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."
(1 Corinthians 6:19–20 NIV)

Featuring



Pastor Rick Warren: Senior Pastor of Saddleback Church and author of *The Purpose Driven Life*.



Dr. Daniel Amen: Author of 24 books, including *The New York Times* bestsellers, *Magnificent Mind at Any Age*; *Change Your Brain, Change Your Life*; and *Change Your Brain, Change Your Body*. He is a clinical neuroscientist, a psychiatrist, and a world-leading specialist in how the health of the brain leads to the health of the body. AmenClinics.com



Dr. Mark Hyman: Author of *The New York Times* bestsellers *UltraPrevention*, *UltraMetabolism*, and *The Diabetes Prescription*. He is a world leader in the fields of integrative and functional medicine. Drhyman.com



Dr. Mehmet Oz: Host of the Emmy winning daytime-television show, "The Dr. Oz Show." He is the author of six *New York Times* bestsellers, including *You: The Owner's Manual Workout*, and *You: The Smart Patient*. He is Vice Chair and Professor of Surgery at Columbia University, and he performs more than 100 heart surgeries per year. Doctoroz.com



Step # 1: Make a Decision to Commit to Your Health

Getting to “Yes!”

Why do you care?

Alzheimer’s Disease is expected to triple in the coming decades and there is no cure for it on the horizon. To decrease your risk of getting Alzheimer’s it is critical to immediately start preventing the illnesses associated with it, such as obesity, heart disease, diabetes, depression and sleep apnea. The Daniel Plan will help.

Depression is one of the greatest problems and killers of our time, affecting 50 million Americans at some point in their lives. Depression, all by itself, is a risk factor for Alzheimer’s disease, heart disease, cancer and obesity. The Daniel Plan will help to boost mood and decrease depression.

Obesity is a serious national crisis with now two-thirds of Americans overweight and one third obese. Being overweight is associated with more than 30 medical conditions, including type 2 diabetes, heart disease, and high blood pressure, as well as brain-related conditions, such as depression, stroke, Alzheimer’s disease, and dementia.

The Daniel Plan’s answer to the epidemic problems of Alzheimer’s disease, depression and obesity is NOT to look for separate causes or cures for these problems, but rather to think of them as different expressions of the same unhealthy lifestyle that can only be truly solved by a revolution in brain health.

To show how these disorders are related, there are a number of new horrifying studies that show **AS YOUR WEIGHT GOES UP ... THE ACTUAL PHYSICAL SIZE OF YOUR BRAIN GOES DOWN!**

That should scare the fat off anyone! Looking good and losing weight is not just about vanity. It is critical to both your physical and emotional health.

Are you ready to make a serious change in your life? Yes or No? ____

Will you make a lasting commitment to your physical, mental and spiritual health? Yes or No? ____

Discovering Motivation

The first step to change is usually pain, but it doesn’t have to be ... Many people need fear to motivate them. *“The day I got diagnosed with diabetes, it scared me so much I stopped eating sugar” ... “When I found out I was pregnant, I was terrified my daughter would grow up to be miserable and fat like me” ... “After I had a heart attack, my doctor told me I had to change my diet” ... “My memory is awful and I am afraid it is going to get worse.”*

For many people, it takes something drastic, like a heart attack or a diagnosis of diabetes, to inspire change. Typically, it is only when your unhealthy habits cause enough pain in your life that you finally make the decision to change. It does not have to be that way, if you are smart. Get in touch with your motivation. Why do you care to be healthy?

Do you know your motivation to change? Why do you HAVE to get and stay healthy? Is it for your health, mood, memory, loved ones, work, or because God commands it?

Write down why you must get healthy starting now? _____



ONE PAGE MIRACLE

"I do not run without a goal." (1 Corinthians 9:26 NCV)

To get thinner, smarter and happier it is critical to have clearly focused goals that you look at every day! Healthy people are able to match their behavior over time to get what they want. But first you must KNOW what you want, so that your brain can help you get there. After prayerful consideration, fill out this form and put it where you can see it every day. Be positive and make S.M.A.R.T. goals (specific, measurable, attainable, realistic and timely).

MY ONE-PAGE MIRACLE

What Do I Want? What Am I Doing To Make It Happen?

RELATIONSHIPS

Spouse/Significant Other: _____

Children: _____

Family/Friends: _____

WORK _____

FINANCES

Short-term _____

Long-term _____

HEALTH

Physical health: _____

Emotional health: _____

SPIRITUALITY

Connection with God: _____

My Life's Meaning & Purpose: _____

My Passions: _____



Keep a Journal

Keeping a food journal helps you avoid calorie amnesia. You know, the frappa-whatever before breakfast, the handful of nuts after lunch, the glasses of wine at happy hour. According to research, tracking your food and health habits **DOUBLES** your weight loss in just 10 weeks. It holds you accountable.

Why keep a journal?

- **A journal helps you track your progress.** You can flip through your journal and see how much better you are doing—how you have increased your consumption of fruits and vegetables, how you have increased your water intake, and how you have lowered your intake of low quality food.
- **A journal keeps you motivated.** Seeing your progress is a tremendous motivator that will keep you going in the right direction.
- **A journal increases compliance with new habits.** Daily reminders significantly increase the likelihood that you will follow through with your new brain healthy habits.
- **A journal helps you see where you can make improvements.** It will help you figure out what went wrong and help you get back on track.

An online food journal is just as effective as a pen-and-paper variety. In 2010 researchers at Kaiser Permanente found that patients who logged on to an online weight loss support group and tracked their efforts maintained the greatest weight loss.



Step #2: Create a Covenant for Health with Yourself, Your Group and God

Once you have made a decision to get healthy, it is time to make a covenant with yourself, your group and God. A covenant is a serious vow, a commitment, an abiding contract. Do not take it lightly.

Are you ready to get healthy? Yes or no? _____

Are you ready to take your health seriously? Yes or no? _____

Are you ready to act in a way that honors your body? Yes or no? _____

Are you ready to help those you love become healthy too? Yes or no?

Commit to Yourself: Are you worth it? The Bible says, *"Your body is the temple of the Holy Spirit, who is in you... You are not your own... you were bought at a price"* (1 Corinthians 6:19-20 NIV). Are you willing to accept God's love and do a better job at taking care of the temple he has given you? Yes or no? _____

Commit to Your Group: Success dramatically increases when we make commitments to others, when we are connected to others, and when we have their support and guidance. Plus, when you share in a group, and when you teach others what you have learned, the information becomes more solidified in your own brain. Will you commit and make a covenant with your small group? Yes or no? _____

Commit to God: Before you make this covenant consider the seriousness of it. King Solomon warned people from making covenants with God lightly. *"When you make a vow to God, do not delay in fulfilling it. He has no pleasure in fools; fulfill your vow. It is better not to vow than to make a vow and not fulfill it"* (Ecclesiastes 5:4-5 NIV). The scriptures say that God expects you to follow through on your promises to him. Are you ready to make a covenant with God about your health? Yes or No? _____

My Daniel Plan Health Covenant

- I will complete the six-week Daniel Plan small group study.
- I will join a group for support in my health goals.
- I will go to www.danielplan.com for the next 52 weeks and follow the advice given each week.
- Optional: I will be a part of the Daniel Plan medical study by anonymously submitting my basic health measures through the year.

(Name / Date)



Step #3: Know Your Numbers: Take a Measure of Yourself

Track Your Numbers at www.danielplan.com

When it comes to the health of your heart, brain and body, there are some numbers that are critical to know. When some of these numbers are out of sync, it can prevent you from losing weight and achieving your health goals.

Your Story: Symptoms and Patterns

- Take the Toxicity and Inflammation Quiz (Medical Symptom Score) based on the last 30 days
- Take it weekly during the six week program based on the last 24 hours
- Consider taking UltraMind and Brain Type Quizzes on the danielplan.com website
- Numbers to Track
 - _____ **Number of fruits and vegetables you eat a day.** Eat more vegetables than fruit and try to get that number to between five and ten servings a day to lower the risk for all disease.
 - _____ **Numbers of hours you sleep a night.** Getting less than seven hours of sleep at night is associated with lower overall blood flow to the brain, more cravings, and more fat on our bodies. The goal is eight hours.

Your Body: What's Important about Your Size and Shape

- Weight
- Height
- Body Mass Index (BMI) - a measure of your weight
 - See chart below
 - Normal 18.5 – 24.9, overweight 25-29.9, obese > or = 30
- Waist to Height Ratio (your waist in inches divided by your height in inches)
 - Highly correlated with heart disease, brain aging, diabetes and death
 - WOMEN
 - Ratio less than 35: Abnormally Slim to Underweight
 - Ratio 35 to 42: Extremely Slim Ratio 42 to 46: Slender and Healthy
 - Ratio 46 to 49: Healthy
 - Ratio 49 to 54: Overweight
 - Ratio 54 to 58: Seriously Overweight
 - Ratio over 58: Highly Obese.
 - MEN
 - Ratio less than 35: Abnormally Slim to Underweight
 - Ratio 35 to 43: Extremely slim
 - Ratio 43 to 46: Slender and Healthy
 - Ratio 46 to 53: Healthy, Normal Weight
 - Ratio 53 to 58: Overweight
 - Ratio 58 to 63: Extremely Overweight/Obese
 - Ratio over 63: Highly Obese
- Blood Pressure (normal < 115/75)



Your Blood: Latent Disease and Hidden Problems

Screening laboratory tests. We recommend you team with your doctor and obtain the following tests. If you do not have a doctor you can obtain these tests yourself through www.saveonlabs.com or www.directlabs.com.

Do a baseline set of tests before you start.

Recheck the abnormal results after 6 weeks on the Daniel Plan.

Foundational Testing (essential for everyone)

- **Insulin Response Test (Glucose tolerance test WITH insulin)**
 - 1 in 2 people have diabetes or metabolic syndrome (prediabetes) and 90% do not know it. The Insulin Response test is the best way to find out if you have the problem.
 - Fasting, followed by 1-hour and 2-hour glucose and insulin levels after a 75-gram glucose load. (See below for abnormal.)
 - Fasting glucose should be less than 80 mg/dL
 - One-hour and two-hour glucose should not rise above 120 mg/dL
 - Fasting insulin should be between 2 μ U/mL and 5, anything greater than 10 μ U/mL is significantly elevated.
 - One-hour and two-hour should be less than 25 μ U/mL to 30 μ U/mL. Anything higher than 30 μ U/mL indicates some degree of insulin resistance.
- **Hemoglobin A1c** (>5.5 % of total hemoglobin)
 - This is a measure of the average of the last 6-8 weeks of your blood sugar levels and can pick up metabolic syndrome and diabetes.
- **NMR lipid profile**—particle size and number. Even if your cholesterol numbers are normal with or without medication you may still be at significant risk if you have small cholesterol particles.
 - Total LDL particles < 1000 nmol/L
 - Total small LDL particles < 600 nmol/L
 - LDL size > 21 nm
 - HDL size > 9 μ mol/L
 - VLDL < 0.1 nmol/L
- **Cholesterol panel:**
 - Total cholesterol (> 180 mg/dl)
 - LDL (>70 mg/dl)
 - HDL cholesterol (<60 mg/dl)
 - Triglycerides (>100 mg/dl)
 - Triglyceride/HDL ratio (>4)
 - Total cholesterol/HDL ratio (>3)
- **High-sensitivity C-reactive protein** (less than 1.0 mg/L is ideal): This is the best measure of hidden inflammation in the body.
- **Homocysteine** (less than 8.0 μ mol/L is ideal): This is a sensitive marker for folic acid deficiency.
- **Complete blood count:** assess white and red blood cells and platelets
- **Ferritin** (less than 200 ng/mL is ideal): This is a measure of excess iron stores that increases with inflammation and insulin resistance.
- **Liver function tests** (elevated AST, ALT, GGT): These tests identify the death of liver cells, most often caused by elevated insulin resistance because of a fatty liver. This affects over 70 million Americans.
- **Kidney function tests** (BUN, creatinine, and urine microalbumin): Used to identify early damage to kidneys, which can occur from prediabetes, diabetes and high blood pressure.
- **25 OH vitamin D** (50-80 ng/dl is ideal): Vitamin D deficiency is an important predisposing factor to inflammatory and chronic diseases.



- **Thyroid hormones** (TSH, free T3, free T4, TPO antibodies): Low thyroid function is undiagnosed in 50% of people who suffer. All these tests are needed.
- **Celiac and gluten sensitivity testing:** wheat and gluten sensitivity leads to inflammation, obesity, heart disease, cancer, autoimmune, digestive, mood, cognitive and many other common disorders. This test may be optional but gluten sensitivity affects up to 1 in 10 people, most who don't know it. We strongly recommend it.
 - Ask for total IgA, IgA and IgG antigliadin antibodies, and IgA tissue transglutaminase.

Additional Testing (for a more comprehensive analysis)

- **Sex hormones** (male and female): These hormones are often altered by lifestyle and diet, and are important to monitor and treat.
- **Fibrinogen** (less than 350 mg/dL is ideal): This is a clotting factor in the blood that increases with inflammation and insulin resistance.
- **Lipoprotein (a)** is a genetically inherited lipoprotein marker that increases the risk of cardiovascular disease but can be treated. Less than 30 nmol/L is ideal.
- **Uric acid** (less than 7.0 mg/dL is ideal): This is a byproduct of protein metabolism that causes gout and increases in insulin resistance.
- **Anti-nuclear antibodies** (pre-autoimmune disease screening)
- **Whole blood mercury, lead and arsenic** to assess hidden toxicity
- **Oxidative Stress** (home test for free radicals related to disease and unhealthy aging – see resources)

BODY MASS INDEX **Body Weight (in pounds)**

Height	20	21	22	23	24	25	26	27	28	29	30	35	40
4'10"	96	100	105	110	115	119	124	129	134	138	143	167	191
4'11"	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	164	172	180	189	197	205	213	221	230	238	246	287	328



MSQ - MEDICAL SYMPTOM/TOXICITY QUESTIONNAIRE

NAME: _____ DATE: _____

The Toxicity and Symptom Screening Questionnaire identifies symptoms that help to identify the underlying causes of illness, and helps you track your progress over time. Rate each of the following symptoms based upon your health profile for the past 30 days. If you are taking after the first time, record your symptoms for the last 48 hours ONLY.

POINT SCALE

0 = Never or almost never have the symptom

1 = Occasionally have it, effect is not severe

2 = Occasionally have, effect is severe

3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe

DIGESTIVE TRACT

- ☐ Nausea or vomiting
- ☐ Diarrhea
- ☐ Constipation
- ☐ Bloating feeling
- ☐ Belching, or passing gas
- ☐ Heartburn
- ☐ Intestinal/Stomach pain

Total _____

EARS

- ☐ Itchy ears Total
- ☐ Earaches, ear infections
- ☐ Drainage from ear
- ☐ Ringing in ears, hearing loss

Total _____

EMOTIONS

- ☐ Mood swings
- ☐ Anxiety, fear or nervousness
- ☐ Anger, irritability, or aggressiveness
- ☐ Depression

Total _____

ENERGY/ACTIVITY

- ☐ Fatigue, sluggishness
- ☐ Apathy, lethargy
- ☐ Hyperactivity
- ☐ Restlessness

Total _____

EYES

- ☐ Watery or itchy eyes
- ☐ Swollen, reddened or sticky eyelids
- ☐ Bags or dark circles under eyes
- ☐ Blurred or tunnel vision (does not include near-or far-sightedness)

Total _____

HEAD

- ☐ Headaches
- ☐ Faintness
- ☐ Dizziness
- ☐ Insomnia

Total _____

HEART

- ☐ Irregular or skipped heartbeat
- ☐ Rapid or pounding heartbeat
- ☐ Chest pain

Total _____

JOINTS/MUSCLES

- ☐ Pain or aches in joints
- ☐ Arthritis
- ☐ Stiffness or limitation of movement
- ☐ Pain or aches in muscles
- ☐ Feeling of weakness or tiredness

Total _____

LUNGS

- ☐ Chest congestion
- ☐ Asthma, bronchitis
- ☐ Shortness of breath
- ☐ Difficult breathing

Total _____

MIND

- ☐ Poor memory
- ☐ Confusion, poor comprehension
- ☐ Poor concentration
- ☐ Poor physical coordination
- ☐ Difficulty in making decisions
- ☐ Stuttering or stammering
- ☐ Slurred speech
- ☐ Learning disabilities

Total _____

MOUTH/THROAT

- ☐ Chronic coughing
- ☐ Gagging, frequent need to clear throat
- ☐ Sore throat, hoarseness, loss of voice
- ☐ Swollen/discolored tongue, gum, lips
- ☐ Canker sores

Total _____

NOSE

- ☐ Stuffy nose
- ☐ Sinus problems
- ☐ Hay fever
- ☐ Sneezing attacks
- ☐ Excessive mucus formation

Total _____

SKIN

- ☐ Acne
- ☐ Hives, rashes, or dry skin
- ☐ Hair loss
- ☐ Flushing or hot flushes
- ☐ Excessive sweating

Total _____

WEIGHT

- ☐ Binge eating/drinking
- ☐ Craving certain foods
- ☐ Excessive weight
- ☐ Compulsive eating
- ☐ Water retention
- ☐ Underweight

Total _____

OTHER

- ☐ Frequent illness
- ☐ Frequent or urgent urination
- ☐ Genital itch or discharge

Total _____

GRAND TOTAL _____

KEY TO QUESTIONNAIRE

Add individual scores and total each group. Add each group scores and give a grand total.

• Optimal is less than 10 • Mild Toxicity: 10-50 • Moderate Toxicity: 50-100 • Severe Toxicity: over 100



Step #4: Creating Health: The Foundations

A. Eat Right for Mind, Body and Soul

The most powerful tool you have to transform your health is your fork! Use it well and you will thrive. Choose poorly and you will suffer.

The varied components of a whole-foods diet not only taste better, make you feel better, and prevent disease, but they are literally medicine. Food is actually information telling your body to create health or disease. Our modern SAD (standard American diet) is high in refined foods, sugar, animal fats and meat, and low in fiber and omega 3 fats, vitamins, minerals and antioxidants. It is killing us, creating inflammation, depression, ADD, dementia, heart disease, cancer, diabetes and obesity.

Mounds of scientific evidence point to the power of food as medicine. These “medicinal” foods are fresh, unadulterated, slow-burning, high-fiber, vitamin and mineral-rich, omega-3-plentiful, and phytonutrient-dense plant foods.

That is why we can treat and prevent most chronic illnesses with a whole, organic, real, unprocessed diet of fresh fruits and vegetables, whole grains, beans, nuts and seeds, small omega-3 containing fish, like sardines and herring, and lean animal protein. It is a one-stop shopping method for dealing with everything.

In fact, all nutritional science is converging on a few basic concepts on which everyone agrees. These are the principles we recommend you follow in The Daniel Plan.

1. Eat whole, real, fresh, organic, unprocessed food
2. Eat a lot of fruit and vegetables full of colorful phytonutrients
3. Eat foods with plenty of fiber
4. Eat foods containing omega-3 fats

If you follow these four principles, then you are doing 90 percent of what you need to do to stay healthy and reverse diabetes. The rest are small refinements and details.

To help you navigate your way to the best options that will help you slim down, boost your cognitive function, and lift your mood, we have come up with the following rules to eat by.

9 Rules for Healthy Eating

Rule 1: Focus on Quality: Eat Real, Whole, Fresh Food

This is the only real advice you need. If it is something grown on a farmer's field instead of designed in a food chemist's lab, if it was grown on a plant instead of made in a plant, if it is something your great-grandmother would recognize as food, then it's likely fine to eat. This means fruits, vegetables, beans, whole grains, nuts, seeds, eggs, chicken, fish, lean (ideally grass fed) meat. Basically stuff you would find around the outside aisle of the grocery store. Stay out of the aisles unless you want to buy laundry soap or light bulbs.

Rule 2: Stop the Damage

Take a break from anything that isn't a real food for 6 weeks. Be on the lookout for clues for fake foods by reading labels. Stay away from high fructose corn syrup, trans or hydrogenated fats, food with more than 5 ingredients on the labels, ingredients you can't pronounce, artificial sweeteners, colorings, preservatives, nitrates. Better yet, if it has a label you shouldn't buy it. When did an apple or broccoli come with a bar code and nutrition



label? The combinations of salt, sugar and fat in processed, fast and junk food are biologically addictive and drive overeating.

Rule 3: Don't Drink Your Calories

The number one factor linked to obesity in America is the number of liquid calories consumed. 1 billion cans of Coke are consumed per day. Don't be duped by health drinks like Vitamin Water, or sports drinks like Gatorade. Drink water, clean, filtered pure water. It is what your bodies are made of and drinking 6-8 glasses a day including a glass or two before meals helps you lose weight. Artificially sweetened drinks trick your body and are actually linked to weight gain. Sorry.

Rule 4: Focus on Meal Timing – When You Eat is as Important as What You Eat

Controlling insulin and balancing your blood sugar are critical for balancing your mood, focusing, having energy, and preventing diabetes, heart disease, cancer, and Alzheimer's.

It is not very hard. Besides avoiding flour and sugar products, eating smaller, more frequent meals keeps your blood sugar even and prevents swings in energy, mood, and appetite. Here is what to do:

- **Eat protein for breakfast** every day, such as whole omega-3 eggs, rice or soy protein shakes, and nut butters. It helps you control your appetite and lose weight.
- **Eat something at least every three to four hours** to keep your insulin and glucose levels normal.
- **Eat a small protein snack**, such as a handful of almonds, in the morning and afternoon.
- **Avoid eating, when possible, two to three hours before you go to bed.** If you have a snack earlier in the day you won't be as hungry and you won't eat as much later in the day.

Rule 5: Protein Power: Eat high-quality lean protein throughout the day.

Protein helps balance your blood sugar, boosts concentration, and provides the necessary building blocks for brain health. Great sources of protein include omega 3 eggs, fish, skinless turkey or chicken, canned sardines, beans, and nuts or seeds like almonds, walnuts, pecans, pumpkin seeds.

Rule 6: Eat SLOW Carb not LOW Carb: Eat low-glycemic, high-fiber carbohydrates.

This means eat carbohydrates that do not spike your blood sugar and that are also high in fiber, such as those found in vegetables, fruits, beans, and whole grains. Carbohydrates are NOT the enemy. They are essential to your life. Bad carbohydrates are the enemy. These are carbohydrates that have been robbed of any nutritional value, such as simple sugars and refined carbohydrates.

Rule 7: Get an Oil Change

Eliminate bad fats, such as ALL trans-fats and most animal fat. Did you know that fat stores toxic materials? So when you eat animal fat, you are also eating anything toxic the animal ate. Focus your diet on healthy fats, especially those that contain omega-3 fatty acids, found in foods like salmon, sardines, avocados, extra virgin olive oil, walnuts and even omega 3 eggs which are also a great source of protein.

Rule 8: Eat from the rainbow: Choose Color and Variety for Phytonutrients

This means put natural foods in your diet of many different colors, such as blueberries, pomegranates, yellow squash, and red bell peppers. This will boost the antioxidant levels in your body and help keep your brain young. Of course, this does not mean Skittles or jelly beans.

Rule 9: Cook with healing herbs and spices to boost your brain and lose your belly. Trading in heavy cream

saucers for herbs and spices can help you look and feel younger. Here are ways herbs and spices help. Turmeric, found in curry, contains a chemical that has been shown to decrease the plaques in the brain thought to be responsible for Alzheimer's disease. In four studies, a saffron extract was found to be as effective as antidepressant medication in treating people with major depression. Sage has very good scientific evidence that it helps to boost memory. Cinnamon has been shown to help attention and regulate blood sugar levels.

When Eating Out Always Ask for the Nutritional Guide: Make informed choices

Always Read the Food Labels: If you do not know what is in something don't eat it.

Be smart with your food and you will be smarter overall.

B. Simple Tips for Fun Exercise

If exercise could be put in a pill, it would be the biggest blockbuster medication of all time. Unfortunately, today nearly half of Americans live a sedentary lifestyle and 88 percent don't get enough exercise. When it comes to weight and metabolism, exercise is critical for the improvement of insulin sensitivity. It helps reduce central body fat and improves sugar metabolism. Walking after dinner is a powerful way to reduce your blood sugar. Regular exercise may help reduce your risk of complications with diabetes, reverse the diabetes, and help prevent it. Regular exercise also prevents or cures almost all known diseases of western civilization including heart disease, cancer and dementia.

Ideally you should do a minimum of 30 minutes of walking every day. More vigorous and sustained exercise is often needed to reverse severe diabetes. Sustained aerobic exercise, during which you reach 70-85 percent of your target heart rate (see the formula below for calculating your target heart rate), for up to 60 minutes at a time five to six times a week is often necessary for getting diabetes under full control.

Substituting shorter sessions (30 minutes) of interval training two to three days a week in place of your regular aerobic exercise routine can give you more benefits in less time. These sessions help you exercise smarter, not longer. Interval training can help you improve your metabolism and mitochondrial function, and can increase the efficiency of your calorie burning so you burn more calories and energy even when you are NOT exercising. It also takes less time than many other forms of aerobic training. Less time, more benefit—a good formula.

Strength training is also important because it helps maintain and build muscle, which can help with your overall blood sugar and energy metabolism.

As a basic minimum, we only ask you to commit to 30 minutes of vigorous walking every day while you are on this program. However, more is better, and for some of you increasing your aerobic exercise overtime is particularly important. Start by walking every day. Then, if you want or need a more comprehensive exercise regimen (which we strongly encourage), follow these guidelines.

Aerobic Conditioning: The Basics

- Do at least 30 minutes of aerobic conditioning exercise at least five days a week.
- Aerobic conditioning is anything that gets your heart rate up consistently to between 70 and 85 percent of your maximal heart rate. To calculate your target heart rate, subtract your age from 220, and then multiply the resulting amount by 0.70 to 0.85. For example, if you are 45 years old, subtract 45 from 220 to get 175, and then multiply that by 0.70 and 0.85. In this case, your target heart rate would range from 122 to 148 beats per minute
- Use a heart rate monitor; it can help you maintain your pace. We recommend Polar heart rate monitors—you can find out more at www.polarusa.com.



Building Up Your Muscles: Strength Training

It's also good to do something to stop the inevitable loss of muscle that happens with aging. One exercise we have patients perform in the office is to stand up out of a chair without leaning forward or using their arms. It is incredible how many people (even younger people) have lost so much muscle that their thighs can't even lift their body weight off the chair without some help. Try it yourself now.

Strength training helps to increase muscle size and strength, and increases the number of mitochondria in your body—they are found in the highest concentration in muscle cells and the brain, and are essential for energy production and optimal brain function. Strength training can also boost your metabolic rate so you burn more calories at rest or sleeping.

Find something you like; maybe vary it, but try something. Using your own body weight by doing an activity such as stair climbing, push-ups, or squats can be great. Finding a gym and using weights is another way to build muscle. If you have never lifted weights, be sure to get some help from the fitness trainer in the gym on using proper technique and form to avoid injury.

Ideally, you want to build up to two sets of eight to 10 repetitions of an exercise using a weight that leads to muscle fatigue for each major muscle group. A 20-minute routine two to three times a week can cover all the bases. Who doesn't have 40 to 60 minutes a week to invest in his or her health?

Stay Flexible

Keeping flexible with stretching prevents injury and general pain from any other type of activity.

To stay flexible, here is what we suggest:

- Try to stretch for at least five minutes both before and after you exercise.
- Do 30-60 minutes of whole-body stretching twice a week.

Exercise will help you stay mentally and physically fit and it will heal your body, mind and spirit.

C. Targeted Supplements—Optimizing Metabolic and Cellular Function

What You Really Need: The Truth about Supplements

Nutritional supplements are an essential part of creating optimal health.

Think of nutrients as fertilizer for your biochemistry and metabolism. Think of them as little helpers that improve cellular communications and connections.

In a perfect world, no one would need supplements. But given the stress of our modern life, the poor quality of our food supply, and the high load of toxins in our bodies, we clearly need a basic daily supply of the raw materials so that all our enzymes and biochemistry can run as designed.

Remember, studying one nutrient alone used as a drug to treat one disease will often fail. That is because nutrients work in a team. This is where most clinical studies looking at nutrients are flawed and why you may see confusing reports in the news.

There are many unique and specific nutritional requirements people may need depending on their health and specific health conditions. However there is a basic supplement regimen that everyone should be on regardless of their health status. Not all supplements are created equally and many products may not have the optimal forms of nutrients, or they may contain additives, fillers and contaminants.



Ninety-two percent of Americans are deficient in one or more essential vitamins and minerals, 80 percent are deficient in vitamin D, and more than 99 percent are deficient in the essential omega-3 fatty acids.

There are three supplements everyone should take:

1. *High-quality, High-potency, Highly bio-available Broad Spectrum Multivitamin*

The right multivitamin will contain all the basic essential vitamins and minerals in the right doses and forms that can be best utilized by the body.

A good multivitamin and mineral generally contains the following:

- Mixed carotenes (alpha, beta, cryptoxanthin, zeaxanthin, and lutein) 15,000–25,000 IU
- Vitamin A 1,000–2,000 U preformed retinol
- Vitamin D₃ 400–800 U
- Mixed tocopherols (vitamin E, including d-alpha, gamma, and delta) 400 U
- Vitamin C (as mixed mineral ascorbates) 500–1,000 mg
- Vitamin K₁ 30 mcg
- B₁ Thiamine 25–50 mg
- B₂ Riboflavin 25–50 mg
- B₃ Niacin 50–100 mg
- B₆ Pyridoxine (ideally including pyridoxyl-5-phosphate) 25–50 mg
- Folate (including L-methylfolate) 800 mcg
- B₁₂ (ideally as methylcobalamin) 500–1,000 mcg
- Biotin 150–1,000 mcg
- Pantothenic acid 100–500 mg
- Iodine 25–75 mcg
- Zinc (as amino acid chelate) 10–30 mg
- Selenium (ideally as selenomethionine) 100–200 mcg
- Manganese 5 mg
- Chromium (ideally as chromium polynicotinate) 500–1,000 mcg
- Molybdenum 25–75 mcg
- Potassium 50–100 mg
- Boron 1 mg
- Vanadium 50 mcg
- Inositol 25–50 mg
- Choline 100–200 mg
- Iron (as chelate) 8–12 mg (only for menstruating women)

Keep in mind that this usually requires the intake of two to six capsules or tablets a day to obtain adequate amounts. Some people may have unique needs for much higher doses that need to be prescribed by a trained nutritional or functional medicine physician.

You may not get exactly these amounts, forms, or ratios of ingredients in your multivitamin. Remember that these are optimal guidelines and the exact forms and amounts of nutrients in a vitamin depend on the company that formulates it. So don't be rigid. These are overall guidelines.

2. Vitamin D₃

Vitamin D deficiency is epidemic, with up to 80 percent of modern humans being deficient or suboptimal in their intake and blood levels. This is why we recommend taking additional vitamin D₃ to what is in your multivitamin.



Vitamin D₃ improves metabolism by affecting more than 150 different genes that affect inflammation and metabolism.

For maintenance we recommend 2,000 IU of Vitamin D₃ daily, however, some may need as much as 5,000 IU daily. Be sure to take only vitamin D₃. Get tested for 25 OH vitamin D. Optimal levels are between 45 to 70 ng/dl.

3. Omega-3 Fatty Acids (EPA and DHA)

These fats are essential for life. They form every cell membrane in our body, reduce inflammation, improve brain function and lower risk of heart disease, diabetes and cancer. We can't get enough on a daily basis from food.

Take 1000-2000 mg of EPA/DHA a day in a ratio of approximately 300/200.

D. 19 Tips to Improve Sleep

First, you have to prioritize sleep! Far too many of us think we don't have to follow the same sleep rules as every other human being. We stay up late working long shifts, ignoring the demands of our bodies to rest.

Unfortunately, our lives are infiltrated with stimuli – and we keep stimulated until the moment we get into bed. This is not the way to get restful sleep. Frankly, it's no wonder we can't sleep well when we eat late dinners, answer emails, surf the Internet, or do work, and then get right into bed and watch the evening news about all the disaster, pain, and suffering in the world.

Instead, we must take a little "holiday" in the two hours before bed. Creating a sleep ritual – a special set of little things you do before bed to help ready your system physically and psychologically for sleep – can guide your body into a deep, healing sleep.

We all live with a little bit of post-traumatic stress syndrome (or we should say, traumatic stress syndrome, because for many of us there is nothing "post" about it). Much research has been done on the effects of stress and traumatic experiences and images on sleep. If you follow these guidelines for restoring normal sleep below, your posttraumatic stress may become a thing of the past.

Here's how to restore your natural sleep rhythm. It may take weeks or months, but using these tools in a coordinated way will eventually reset your biological rhythms:

- **Practice the regular rhythms of sleep** – go to bed and wake up at the same time each day
- **Use your bed for sleep and romance only** – not reading or television
- **Create an aesthetic environment that encourages sleep** – use serene, restful colors and eliminate clutter and distraction
- **Create total darkness and quiet** – consider using eyeshades and earplugs
- **Avoid caffeine** – it may seem to help you stay awake but actually makes your sleep worse
- **Avoid alcohol** – it helps you get to sleep but causes interruptions in sleep and poor-quality sleep
- **Get regular exposure to daylight for at least 20 minutes daily** – the light from the sun enters your eyes and triggers your brain to release specific chemicals and hormones like melatonin that are vital to healthy sleep, mood, and aging
- **Eat no later than three hours before bed** – eating a heavy meal prior to bed will lead to a bad night's sleep
- **Don't exercise vigorously after dinner** – it excites the body and makes it more difficult to get to sleep
- **Write your worries down** – one hour before bed, write down the things that are causing you anxiety and make plans for what you might have to do the next day to reduce your worry. It will free up your mind and energy to move into deep and restful sleep



- **Take a hot salt/soda aromatherapy bath** – raising your body temperature before bed helps to induce sleep. A hot bath also relaxes your muscles and reduces tension physically and psychically. By adding 1/2 to 1 cup of Epsom salt (magnesium sulfate) and 1/2 to 1 cup of baking soda (sodium bicarbonate) to your bath, you will gain the benefits of magnesium absorbed through your skin and the alkaline-balancing effects of the baking soda, both of which help with sleep
- **Get a massage or stretch before bed** – this helps relax the body making it easier to fall asleep
- **Warm your middle** – this raises your core temperature and helps trigger the proper chemistry for sleep. Either a hot water bottle, heating pad, or warm body can do the trick
- **Avoid medications that interfere with sleep** – these include sedatives (these are used to treat insomnia, but ultimately lead to dependence and disruption of normal sleep rhythms and architecture), antihistamines, stimulants, cold medication, steroids, and medications that contain caffeine
- **Use herbal therapies** – try passionflower, or 320 mg to 480 mg of valerian (*valeriana officinalis*) root extract standardized to 0.2 percent valerenic acid one hour before bed
- **Take 200 to 400 mg of magnesium citrate or glycinate before bed** – this relaxes the nervous system and muscles.
- **Other supplements and herbs can be helpful in getting some shuteye** – try calcium, theanine (an amino acid from green tea), GABA, 5-HTP, melatonin, and magnolia.
- **Try 1-3 mg of melatonin at night** – melatonin helps stabilize your sleep rhythms.

If you are still having trouble sleeping, you should be evaluated by your doctor for other problems that can interfere with sleep, including food sensitivities, thyroid problems, menopause, fibromyalgia, chronic fatigue syndrome, heavy metal toxicity, and, of course, stress and depression. Also, consider getting tested for a sleep disorder.



Step #5: Secrets of Success: 8 Ways to Curb Your Cravings

Use the following secrets to lose your cravings and gain control over your life.

1. **Balance your blood sugar:** Research studies say that low blood sugar levels are associated with LOWER overall blood flow to the brain, which means more BAD decisions. To keep your blood sugar stable:
 - a. Eat a nutritious breakfast with some protein, like eggs, protein shake or nut butters. Studies repeatedly show that eating a healthy breakfast helps people maintain weight loss.
 - b. Also, have smaller meals throughout the day. Eat every 3-4 hours and have some protein with each snack or meal (lean animal protein, nuts, seeds, beans)
 - c. Avoid eating 3 hours before bedtime
2. **Eliminate sugar and artificial sweeteners and your cravings will go away:** Go cold turkey. Eliminate refined sugars, sodas, fruit juices, and artificial sweeteners from your diet, as these can trigger cravings. Many doctors believe that sugar is the PRIMARY cause of obesity, high blood pressure, heart disease, and diabetes ... and all of these illnesses damage your brain! The average American consumes 150 pounds of sugar a year!
3. **Manage your stress:** Anything stressful can trigger hormones that activate cravings. Chronic stress has been implicated in obesity, addiction, anxiety, depression, Alzheimer's disease, heart disease, and cancer. Adopt a daily stress-management program that includes deep-breathing exercises, prayer, and other relaxation techniques.
4. **Outsmart sneaky food triggers.** Environmental cues can sabotage your weight loss efforts. For example, going to the movies can ignite your brain's emotional memory centers and make you feel like you HAVE to have an extra large tub of popcorn. Know the people, places, and things that fuel your cravings and plan ahead for your vulnerable times. For example, take a healthy snack to the movies so that you are not tempted by the popcorn.
5. **Determine if hidden food allergies are triggering your cravings.** Did you know that we often crave the very foods that we have a hidden allergy to? Or that if you have wheat gluten or milk allergies and you eat wheat or dairy products, it can reduce blood flow to the brain and decrease your judgment? In the Daniel Plan we will help you discover whether or not you have food allergies.
6. **Get moving.** Research shows that physical activity can curb cravings.
7. **Get 7-8 hours of sleep.** Research shows that lack of sleep increases cravings.
8. **Optimize Your Nutrient Levels**
 - a. **Optimize your Vitamin D level:** According to one study, when Vitamin D levels are low, the hormone that helps turn off your appetite doesn't work and people feel hungry all the time, no matter how much they eat.
 - b. **Optimize omega 3s:** Low levels of omega three fatty acids have also been associated with depression, Alzheimer's disease and obesity.
 - c. **Consider taking natural supplements for cravings control.** N-acetyl-cysteine, alpha-lipoic acid, chromium, dl-phenylalanine, and l-glutamine are five amazing natural dietary supplements that can help take the edge off cravings.

Trying to use willpower to control your cravings when your Vitamin D, omega 3 fatty acids, or blood sugar levels are low is nearly impossible!



Step #6: Boost Your Brain to Heal Your Body

Boost Your Brain to Avoid the Dinosaur Syndrome

It is your brain that pushes you away from the table, telling you that you've had enough, or it is your brain that gives you permission to have that second bowl of ice cream, making you look and feel like a blob. **If you want a better body the first place to always start is by having a better brain.**

One of The Daniel Plan physicians was at dinner recently with a friend who was NOT taking his weight problem seriously, even though he worked for a health care company! He was morbidly obese and ordered two soufflés for desert, on top of a huge meal. Dumbfounded by his friend's bad judgment, the doctor told him that he wanted to avoid the "dinosaur syndrome." "What's that?" his friend laughed. "Big body ... little brain ... become extinct!"

A series of horrifying studies have shown that **AS YOUR WEIGHT GOES UP, THE ACTUAL PHYSICAL SIZE OF YOUR BRAIN GOES DOWN!** Without a healthy brain, nothing in your life is as good as it can be! Not your relationships, not your work, not your money, not your energy, not your memory, nothing.

When your brain works right, you work right.

When your brain is troubled, you are much more likely to have trouble in your life.

The first step to getting healthy is to boost the actual physical functioning of your brain, so you have better forethought and you make better decisions.

Boosting your brain is very simple. It only requires two strategies:

*Avoid things that hurt your brain and
Engage in regular brain healthy habits.*

For example,

Avoid:

- Poor nutrition
- Drug and alcohol abuse
- Chronic stress
- Smoking, excessive caffeine
- Sleep deprivation
- Physical trauma
- Dehydration
- Lack of exercise
- Overweight, obesity
- Diabetes, heart disease, hypertension
- Low thyroid, low testosterone
- Too much computer or TV time
- Negative thinking patterns
- Low vitamin D levels
- High or very low cholesterol levels
- Depression
- Environmental toxins

Engage in:

- Great nutrition
- Adequate sleep (7-8 hours)
- Maintain stable blood sugar
- Continual new learning
- Exercise, especially coordination exercises
- Manage your stress
- Gratitude
- Killing the ANTs (automatic negative thoughts)
- Prayer and Scripture meditation
- Supplements (multi-vitamin, fish oil, etc.)
- Brain type specific interventions
- Emotional support
- Assertiveness to advocate for own health
- Brain rehab if trauma is present
- Calorie restriction
- Treat any emotional or brain problems

Make a commitment to brain health and you will make better decisions for the rest of your life!

Know Your Brain Type

Based on brain imaging work, it has been discovered that there is not ONE brain pattern associated with being overweight and unhealthy; there are at least FIVE different patterns. Knowing your brain type can help you fit this program to your own specific needs. Here is a brief summary:

Type 1 is “The Compulsive Brain Type.” People with this type tend to get stuck on the thought of food and feel compulsively driven to eat. They often say that they have no control over food and tend to be nighttime eaters because they worry and have trouble sleeping.

Type 2 is “The Impulsive Brain Type.” People with this type have poor impulse control, they get distracted easily, and just reach for food without thinking. It is often associated with ADD or past brain trauma.

Type 3 is a combination of types 1 and types 2 and is called “The Impulsive-Compulsive Brain Type.” This type is often seen in children or grandchildren of alcoholics.

Type 4 is “The SAD Brain Type.” People with this type overeat to medicate their feelings of sadness and to calm the emotional storms in their brains. They often struggle with depression, low energy, low self-esteem, pain symptoms and they tend to gain weight in winter.

Type 5 is “The Anxious Brain Type.” People with this type medicate their feelings of anxiety with food.

SUMMARY CHART OF THE 5 TYPES OF OVEREATERS

(Always talk to your doctor before starting any treatment program)

Type	Symptoms	Brain Findings	Supplements	Other Interventions
1. Compulsive	Over-focused on food, worrying, trouble letting go of hurts	Front part of brain works too hard/ low serotonin levels	Supplements that enhance serotonin, such as 5-HTP or St. John's wort	Avoid low carb diets. Exercise. Medications that boost serotonin such as the SSRI Lexapro
2. Impulsive	Poor impulse control, bored, easily distracted	Front part of the brain does not work hard enough/low dopamine levels	Supplements that increase dopamine such as green tea or L-tyrosine	Avoid high carb diets. Exercise. Medications that boost dopamine such as phentermine or Adderall
3. Impulsive-Compulsive	Combination of types 1 and 2	High and low areas of front part of brain/low serotonin and dopamine	Supplements that boost both serotonin and dopamine, such as 5-HTP plus green tea	Balanced diet, exercise, and medications to boost both serotonin and dopamine
4. Sad	Depressed, winter blues, pain, loss of interest, low energy	Overactive emotional brain works /check vitamin D and DHEA levels	Supplements such as SAME, vitamin D or DHEA if needed	Balanced diet, exercise and the antidepressant Wellbutrin
5. Anxious	Anxious, tense, nervous, predicts the worst, eats to calm	Anxious brain works too hard/low GABA levels	Supplements that boost GABA such as B6, magnesium, valerian	Balanced diet, exercise, and certain anticonvulsants such as Topamax



Kill the ANTs and Decrease Stress

Too often, when people get stressed or upset, they turn to food as a way to soothe their mind. Some foods, especially those filled with simple carbohydrates like cookies, cake, or bread, boost a chemical in our brains called serotonin that can quickly make us feel less anxious and less depressed. The problem of course is that these comfort foods can become addictive and cause us to lose control.

There are better ways to deal with stress. If you want to get control of your mind and your waistline, it is essential to stop emotional overeating. Here are four simple techniques we recommend whenever you feel stressed or out of control.

1. Write down 5 things you are grateful for everyday. Research from the University of Pennsylvania reported that doing this one exercise significantly increased “level of happiness” in just three weeks.

2. Regular time each day for prayer and quiet time. In a research study it was found that a simple 12-minute quiet time boosted blood flow to the prefrontal cortex, the most human thoughtful part of the brain. Do this for 8 weeks and your memory will also be better.

3. Spend 5 minutes each day focusing on deep breathing exercises. Slowing your breathing naturally causes your body to go into a relaxation response. It only takes 5 minutes. Take a deep breath, hold it for a second, then take 5 seconds to blow it out. Repeat this over 5 minutes to help yourself de-stress.

4. Kill the ANTs. ANTs stands for automatic negative thoughts ... the thoughts that come into your mind automatically and ruin your day. You do not have to believe every thought you have. Thoughts lie. They lie a lot. And, it is your uninvestigated thoughts that make you sad, anxious and feeble-minded. To get control of your mind do this simple exercise:

Whenever you feel sad, mad, nervous or out of control write down the thought or thoughts that are bothering you. Then for each thought ask yourself 4 questions:

1. Is it true? Is the thought that is upsetting me really true?
2. Can I absolutely know that the thought is true? Do I know more than God?
3. How do I feel when I believe the negative thought? (physically, emotionally, spiritually)
4. Who would I be or how would I feel without the thought?

Then take the original thought and turn it around to its opposite and ask yourself if the opposite of the upsetting thought is true? Sometimes the answer to this question will amaze you.

Here is an example: Upsetting thought – *I have no control over my cravings.*

1. Is it true? *Of course not. I do have some control.*
2. Can I absolutely know that the thought is true? *No.*
3. How do I feel when I believe the negative thought? *Weak, inferior, upset, out of control, anxious and sad.*
4. Who would I be or how would I feel without the thought? *Free to be in control.*

Then take the original thought and turn it around to its opposite and ask yourself if the opposite of the upsetting thought is true? *I do have control over my cravings.*

You have to do at least 100 of these ANT killing exercises to solidify the process in your head. This exercise will decrease your risk of depression and anxiety and will help you get healthy.

DO NOT BELIEVE EVERY STUPID THOUGHT YOU HAVE!!



Step #7: Give Back and Influence Others to Get Healthy Too

With your behavior, you can influence your loved ones to get healthy. You have much more influence than you ever imagined. The best way to influence the people you love is to get healthy yourself first. If your health habits are bad, you influence your loved ones in a negative way. When you follow the Daniel Plan and get healthy then others will want what you have.

How Carlos influenced his entire family to get healthy.

Take Carlos, who lost 50 pounds using this program. After seeing Carlos' success, his wife, who was not overweight, started our program to learn how to create a brain healthy family and ended up losing 10 pounds herself. Then Carlos' 14-year-old daughter took the program and lost 9 pounds too. Carlos' success influenced everyone he loved.

Research suggests that your health will affect generations to come. In a new study, animals that were given the typical Western diet over several generations bred more obese offspring. The diet changed the functioning of the animals' genes, so that over time they ate more food and became fatter and fatter. This is very disturbing, because it means that unless you get your health under control NOW, it can affect your children, your grandchildren, and even your great grandchildren.

Your legacy can be about health or about illness. You get to decide. Are you going to be a good role model and help the people you love? Or are you going to be a bad role model and hurt them?

The best way to change other people's behavior is to start by changing your own.

- What are you doing TODAY to get healthy?
- What are you doing TODAY to model good health for those you love?
- Who do you want to influence? Is it your husband, your children, your grandchildren, your employees?

Most of you are like us. We want to influence all the people in our lives, but if we are not healthy we have NO influence and NO credibility. You can do this. It is not hard. It just takes loving yourself, loving those around you, loving God and great information. By participating in the Daniel Plan, you can get healthy and help those you love get healthier too.

Dealing with Food Pushers

Do not let other people or the food industry make you fat and steal your health. Many cultures are often centered on food; usually, wonderful, high caloric and unhealthy foods, like baklava and butter cookies. Too often, the food pushers are at the family gatherings. "Eat this ... try that ... just try one bite ... you are too skinny ... eat more or we'll have to throw it away."

If you don't use your brain to focus on your health, you can allow these people to contribute to your early death.

At home or work or parties or every single time you are in restaurant, someone is actively trying to sabotage your health.



5 Ways to Use Your Brain to Take Back Control Over Your Body

1. Stay focused. Before you go to a restaurant, or a party or a family gathering know the type of healthy food and portions you want to eat. Another trick, before parties have a little something to eat ahead of time to make sure you have a good blood sugar level and can choose wisely.
2. Practice saying no. Do you want to supersize your meal? No. Then think to yourself, “Why am I going to pay extra money to make myself fat and have less brain tissue? Do you want bread and butter before dinner? No. How about bottomless French fries? No thank you, they will likely make my bottom bigger.
3. If the other person persists, add a little more detail. “No thank you, I am on a special program called The Daniel Plan, and it is really working for me. May I tell you about it?”
4. If the other person is still persistent, pause, look them in the eye, and say something like, “Why do you want me to eat more than I want to?” That usually gets their attention.
5. Be persistent. We train other people how to treat us. When we just give so that we do not offend someone, or we say yes at a restaurant as an automatic response, we actually collude with the other person in our own demise. When we are firm and kind, most people get the message and they respect our wishes. Plus, it will give you a great opportunity to tell them how the Daniel Plan is changing your life!



Give Back by Participating in Research that Will Change the World

Our hope and prayer is that The Daniel Plan will change the health of our church, community, nation and ultimately the world. We are committed to changing our society from the church up. In order to do that we have to scientifically prove that it works.

To that end, we are doing a scientific research study on people who participate in The Daniel Plan who consent to help us.

This optional medical research study will be completely anonymous. Others will not ever know you participated unless you tell them.

As part of the study, we need you to go to www.danielplan.com to sign up.

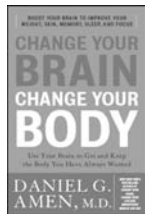
You will sign a consent form, acknowledging you are willing to participate in this optional medical study. As a participant, you will:

- Take more detailed questionnaires.
- Commit to doing the program to the best of your ability.
- Track your progress.
- Take follow up questionnaires.

Please join us on this world-changing journey.

Sign up at www.danielplan.com.

Resources from Amen Clinics, Inc.



Change Your Brain, Change Your Body Hardcover Book

Use Your Brain to Get and Keep the Body You Have Always Wanted

\$25.99

The key to a better body is a healthy brain. Based on the latest medical research, as well as on Dr. Amen's nearly three decades of clinical practice at the renowned Amen Clinics, where Dr. Amen and his associates pioneered the use of the most advanced brain imaging technology, *Change Your Brain, Change Your Body* shows you how to take the very best care of your brain and your body. With fifteen practical, easy-to-implement solutions involving nutritious foods, natural supplements and vitamins, positive thinking habits, and, when necessary, highly targeted medications.

Change Your Brain, Change Your Body Total Health Program (comes as a set)

\$297 – Daniel Plan Discount \$199



- 2 DVD
- Hardcover Change Your Brain, Change Your Body
- 2 CD Set of Mrs. Amen's Change Your Brain Cookbook
- 6 CD Set Your Ultimate Brain/Body Makeover
- CYB CYB Daily Journal
- BMI Wheel
- Amen Clinics, Inc. Change Your Brain, Change Your Body Questionnaires with scoring keys

Coming February 2011 -- The Amen Solution Online Community:



Dr. Amen's NEW "Online Program" to HOLD YOUR HAND and give you all the tools you need to get thinner, smarter and happier, including:

- Detailed questionnaires, to help you know your BRAIN TYPE and personalize program to your own needs
- Interactive daily journal to track your numbers, calories, and brain healthy habits
- Hundreds of brain healthy recipes, tips, shopping lists, and menu plans
- Exclusive, award winning 24/7 BRAIN GYM MEMBERSHIP
- Daily tips, even text messages to remember your supplements and stay on track
- Exercises to help overcome being sad, mad, nervous, or out of control feel better fast.
- Plus much, much more.



Amen Clinics, Newport Beach 949.266-3700

Specialize in helping children and adults with a wide variety of emotional, behavioral, cognitive and weight problems. Amen Clinics is the world leader in applying brain SPECT imaging to help people struggling with ADD, anxiety, depression, memory problems, school failure, brain trauma, obsessive-compulsive disorders, panic disorder, drug or alcohol abuse and obesity. Amen Clinics

also specialize in using natural treatments whenever possible. Amen Clinics welcomes referrals from physicians, mental health specialists and individual clients.

7 KEYS TO ULTRAWELLNESS

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Dr. MARK HYMAN

Physician • Advocate • Educator



“The body is one integrated system, not a collection of organs divided up by medical specialties. The medicine of the future connects everything.”

You are here: Home / The Daniel Plan at Saddleback

The Daniel Plan at Saddleback

WELCOME SADDLEBACK MEMBERS! Here you will find the books and supplements that will support your journey on The Daniel Plan. Please choose the products that best suit your health goals and order them as soon as possible so you can get a prompt start on the program.

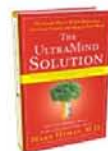


The Diabetes Prescription

Diabetes is the condition of metabolic imbalance and disease that ranges all the way from mild blood sugar imbalances to full-blown diabetes. Over the past 20 years an emerging body of scientific knowledge has pointed to a number of factors that are the true drivers of diabetes, they are not the things we usually think of as causing this condition. Your symptoms – high blood sugar, high blood pressure, cholesterol and the rest – are not the cause of diabetes. They are simply clues that can help us find the real underlying causes. With *The Diabetes Prescription*, Dr. Hyman presents a 6-week plan to fix the REAL underlying causes of diabetes. Based on the science of functional medicine, this plan helps us to understand the 7 fundamental root causes of the diabetes epidemic. You'll discover the new science that ... [read more online](#)

The Diabetes Supplement Kits

Supporting your body with the proper nutrients and herbs may allow you to compensate for your genetic tendencies and thus help you optimize your blood sugar and insulin levels, support optimal mitochondrial function, and help control appetite, weight loss, and support healthy cholesterol levels. These supplements are the exact products I recommend you take when you are on The Diabetes Prescription ... [read more online](#)



The UltraMind Solution

The UltraMind Solution is a 6-week, step-by-step program designed to help you fix imbalances in your body's core underlying biology, which will then trigger your body's own natural intelligence to heal and automatically fix your brain. Inside this 6-week program, you're going to find powerful tools for transforming your broken brain into an UltraMind – one that's calm, confident, alert and happy. You can not only overcome many chronic illnesses, but you can also heal from mental illness, neurological disorders and other types of brain disease ... [read more online](#)

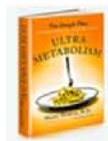


The UltraSimple Diet

If you need to lose weight fast but don't want to damage your health and are tired of hearing people tell you "just eat less and exercise more," then you need *The UltraSimple Diet*—a groundbreaking program based on 21st century science that Dr. Hyman has used successfully with thousands of patients. Lose as much as 10 pounds in 7 days ... [read more online](#)

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