



The Reset diet



Thank you for reading the “Reset diet”.

Before we go through all the diet info I have to go through the Legal disclaimer.

Not because this diet which focus on eating healthy fresh foods and removes many toxins, chemicals, sugar and caffeine dependencies and gets you a healthy association with wheat and dairy should in anyway harm you. But you need to be covered anyway.

Therefore, please read the following statement before you read the reset diet or follow any of the advice given.

The information contained in the reset diet is provided for informational purposes only. It is not intended as and should not be relied upon as medical advice. In no way does it supersede prior advice given by a nutritionist, dietician or any medical advice.

It is your decision to follow the advice contained, you do so of your own free will in full knowledge that

The information may not apply to you and should you suffer from a medical condition of any kind or suspect that the dietary regimen may cause you a medical problem of any kind whatsoever that you should speak to a qualified medical practitioner for advice.

If you use any information provided in this diet, you do so at your own risk and you specifically waive any right to make any claim against Cambridge fitness as the result of the use of such information.

If you choose to follow the dietary recommendations and feel that it is affecting you adversely or that you are feeling negative side effects in any way then you should cease it immediately and consult your doctor.

Introduction and background of diet

The definition of diet is “*the food and drink usually taken by a person or group*”

Not the modern definition which is a form of fasting, which will deprive your body of vital nutrients it needs.

It is important to dispel this negative associating with the word diet. I will be using it a lot so please remember the above definition.

The reset diet is a 3 stage diet, based around healthy eating.

Stage 1

A 2 week reset, removing all toxins and resetting the body.

Stage 2

Continuing on the good work but filtering back in certain foods and monitoring their effect on you.

This stage continues until you are at your target weight.

Stage 3

You're at your target weight now let's maintain that. This is a healthy long term diet you are happy with. Permanently removing some toxins we continue accept as the norms in modern life.

(the 3 stages are described in full on the last page)

About the reset Diet

The reset diet is very simple and it resets the body back to normal function and brings us back to a healthy association with food and our body. It does this by following the following simple principle.

Reset diet Principles:

1:By removing all the toxins, irritating and devitalizing foods and drinks

2: Making sure that only wholesome nutritionally rich foods are consumed.

3:Reducing the amount of high Carbohydrate foods consumed

It is in no way a fasting diet and you are encouraged to eat as much as you want but only of the healthy food and completely cutting out all the banned foods stage 1 and filtering some back in during stage 2 .

What to expect:

If you stick to the Reset diet you can expect the following.

You will lose large amounts of fat and excess water.

Fat and water storage are your body's way of protecting you from poisonous toxins by diluting them and storing them in water and fat. This is often the reason why people can't lose weight.

The highly intelligent immune system will not allow the removal of excess fat and water if the level of toxins that is stored in the fat and water may put your life in jeopardy by their release into the bloodstream

You cravings and need to be stuffed will subside.

your hormone levels which control your cravings , emotions and much more will stabilise which will result in less craving and high and lows of energy levels.

You will feel healthier and more energetic.

Because of reduced the amount of toxins in the body your whole body will function better from the cells up. If you have lots of toxins floating in and out of your cells your cells will function less efficiently. On the other side though if you have less toxins and higher levels of useful micro and macro nutrients from eating wholesome and unrefined foods your cells will function better so your organs will function better and you will function better.

Ultimately you will feel healthier and more in tune with your body. You will also loose lots of body fat.

Many peoples bodies are addicted to caffeine, sugar and chemical highs such as MSG. This will make it tough to quit initially but usually 2-5 days is enough to get over the craving so stick with it.

Why it works:

Our body has hardly evolved in the last 2000 years, but our diet has completely. We evolved as hunters and foragers, eating little and often with the ability when food is in abundance to store this for times of need.

Food is no longer scarce and we have as much as we want, the price of modern processed food is too cheap, which means that when we look at high quality food full of nutrients farmed conscientiously with respect to the ecosystem, animals, workers but most importantly the consumers health we consider them to expensive.

Modern processed food

Food has become produced and processed no longer prepared or grown.

The over processing of foods mills out the vitamins and minerals, and can damage the molecular structure of the food, into something completely different (like margarine turning a liquid into a solid).

Removing vitamins minerals and fiber from our food results in high (Glisamic index) GI foods, meaning the food can quickly turn into sugar in our blood stream which will spike our adrenalin levels and lead to sugar addiction and possibly diabetes.

Other Sweeteners, colors, thickeners and flavorings are added as a cheaper alternative to the real thing. These are all chemicals not food, these chemicals are brand new to our body in evolutionary terms and our body doesn't recognise them.

"The human body, when overwhelmed with toxins, will 'dump' many toxic substances within the adipose tissue stores (fat) in order to reduce their circulation throughout the body. When there are no longer toxins entering the body, those toxins will then be processed and expelled along with the fat (and a lot of excess water) that is storing them." Dax Moy

The highs and lows of Caffeine and sugar

Both sugar and Caffeine have a similar effect on the body, they give us a boost.

This boost is a shock to the body which causes our energy to spike and also controlling hormones to be released to bring the body back into stability. The body always releases plenty of insulin (for sugar) or nor adrenaline (for caffeine) which leads to a low point soon after the rush.

They also override our body's ability to regulate our energy levels which means we can push on when our body needs to rest. Pushing our body past its limits is obvious unhealthy and will always require recovery at some point.

These can lead to adrenal fatigue and diabetes.

I have just touched on this subject but there is loads of great information out there if you would like to find out more.

Alcohol

Alcohol is a toxin. So your body will have to work extremely hard to detoxify your system. This places stress upon your liver, kidneys and adrenal glands. On top of this Alcohol also contains high levels of sugar which coupled with your body already working hard to detoxify your system will increase body fat storage.

Dairy

(Excluding live yoghurt)

Unfortunately to maximize its shelf life Our dairy is subject to pasteurization and homogenization. This kills off all of the enzymes, these enzymes are needed to properly digest them so your body has to work much harder to digest dairy products and this is a major cause of food intolerances. Live yogurt is unprocessed and produces lactase and breaks down the lactose in milk and so is fine to have.

Wheat & Gluten

Many people have adverse reactions when they eat gluten, particularly wheat gluten, which is accompanied with other compounds found naturally in wheat. Others notice that they do not feel as well when they eat gluten.

Gluten is a type of protein found particularly in rye, barley, and wheat. Gluten is highly elastic and strong, making it the core of bread dough because it is the gluten in dough which allows it to rise.

On top of this Wheat products like bread and pastry are also highly processed in producing the wheat, reducing the wheat until it is a very simple flour (high GI) which our body can quickly convert to sugar which spikes our insulin levels.

Gluten because of its highly elastic properties is often used as a thickener in sources so please check the labels.

Removing wheat will be challenging but it will make a big difference.

Red Meat:

Avoid red meat for Phase 1.

There are lots of reasons to avoid red meats.

The iron in red meat can be easily absorbed which can significantly increase our cholesterol levels. Haem, the compound that gives red meat its colour, has been shown to damage the lining of the colon.

In the farming of red meat animals are fed growth hormones to grow bigger. We are trying to do the opposite so even trace amounts of these hormones can affect you.

In stage 3 of the diet we will reintroduce red meat but please keep red meat to a minimum because of the cumulative health risks of large quantities, and try and eat organic where possible.

Low carbohydrates in the evening meal.

Firstly this is not no carbs in the evening since carbohydrates are found in virtually all fruit and vegetables but in fruit and vegetables there is also fiber vitamins and minerals, fats and proteins which all help to slow the digestion down so our body can absorb the sugar from carbohydrates at a steady rate.

Carbohydrates are energy, your body will store this energy as fat for when you require it.

High carbohydrate foods like, Bread, Pasta, rice, Potatoes so by eating these you are eating lots of energy. Generally Eating these when you require energy like for breakfast and lunch is fine but we don't require this extra energy to go to sleep so for stage 1 and 2 we will remove high carbohydrate foods in the evening meal.

You can have corn on the cob however. This is relatively high in carbohydrates but it is also full of fiber and vitamins and minerals, and is widely regarded as a super food.

Key Diet points

Preparation is key

Preparation of food and planning for busy times is fundamental to make this diet a success and continue to make it a healthy part of your life. You will need to do a medium sized shop twice a week as fresh food is fresh and so doesn't keep like processed and treated food.

Planning in advance for any busy periods of work is important.

Clear your shelves of rubbish, if you don't have it then you can't be tempted. This is important.

Commit 100% and go through the long term view of the diet.

Be realistic, my diet is realistic sustainable healthy way to live.

Drink water, at least 2 liters of filtered water a day, this will help flush out the toxins as well as hydrate your cells and make you function better.

Eat regularly and as often as you like, this is not a fasting diet and you will get results if you stick to it.

Vary your foods, eat lots of colourful food and variation. This will ensure you get a healthy mix of vitamins and minerals.

No vegetable oils for cooking and cook at a lower heat to avoid burning foods and oils which will change their molecular structure.

Don't microwave, microwaves damage the cells of our food.

Shopping list..

Organic and free range when possible, also only choose meat from the UK as we have very high standards. You cannot be sure of other countries adherence to these standards...

Meat

Eggs
Tuna steak
Haddock
Mackerel
Salmon
Chicken
Turkey
Duck
Ostrich

Oils

Flax seed oil
Olive oil

Carbohydrates

Potatoes
Brown Rice
Buck wheat
Sweet potato

Fruit and veggie

Broccoli
Cauliflower
Corn on the cob
Spinach
Carrots
Leeks
Celery
Apples
Oranges
Pears
Blue Berries
Strawberries
Bananas
Kiwis
Tomatoes
Plum tomatoes
Rocket
Water cress (organic)
Grapefruit
Peppers
Avocado
Lime
Lemon
Cabbage
Onion
Beetroot
Olives
Garlic
Courgette
Lettuce

Nuts and seeds

Pumpkin seeds
Sunflower seeds
Flax seed
Walnuts
Almonds
Brazil nuts
Cashew nuts
Peanuts
Kidney beans
Green beans

Herbs and spices

Black pepper
Thyme
mint
Basil
all other herbs
Cumin
paprika
salt
All other spices

The structure of the reset diet:

Stage 1 Big changes (2 weeks):

Stick to the above shopping list only. Remove all Gluten, wheat, Red meat, Alcohol, Processed food, Dairy (excluding live yogurt), Sugar and caffeine.

Reduced Carbohydrates in the evening meal, you can have corn on the cob if you feel you need some as this is a very fibrous and extremely healthy carbohydrate.

This is a very healthy way to eat, if it's hard it's because you are addicted to the foods above. You may feel a little bit rough as you filter out the toxins and get used to not having the highs of caffeine and sugar.

But you will notice the changes and by the end of week 2 you will feel great.

Stage 2 Getting to your target weight (2 -4 weeks):

Still stick to the shopping list where possible and eat fresh food.

Still no high carbs in evening meal.

No sugar or sweets

No bread – it is really high GI and too easy to consume

No processed food

In this stage you will be slowly filtering back in certain foods and drink. And monitoring how they affect your energy levels and mood.

First Caffeine, you can if you know want have caffeinated drinks however I recommend you switch to decaffeinated. But please record how you feel during and after the drink.

Alcohol and red meat I am sure you are now very keen to filter this back in. Keep this as a treat not an everyday intake. Also monitor how you feel afterwards.

Dairy slowly filter this back in to your diet and monitor how it affects your digestion, mood and energy levels. If it does you are likely to be intolerant and it is best avoided.

Wheat and gluten you can gradually filter back in these but after dairy and like dairy really monitor how it effects your digestion, mood and energy levels. If it does you are likely to be intolerant and it is best avoided.

Stage 3 Ongoing health diets for living

You're at your target weight now let's maintain that. This is a healthy long term diet you are happy with. Permanently removing some toxins we continue accept as the norms in modern life.

Continue to avoid processed food, read food labels and if you don't recognize it don't eat it.

Preparation is key, shop well and prepare food in advance.

Avoid sugar where possible, puddings are fine as a treat. But if it's daily then have some fruit and live yogurt.

Reduce the amount of high carbohydrates you eat at meals specifically in the evening. Carbohydrates should never be more than a third of the meal.

Reduce the amount of bread you eat.

Eat lots of fresh fruit and vegetables nuts and seeds. Shop well and enjoy your food and its quality listen to your body.

Drink lots of filtered water 2 liters a day.

Conclusion from Duncan Bolt

It is unfortunately impossible to live a perfect life free of toxins. Luckily our bodies are more than capable of filtering these out. So don't stress and panic too much about all the negatives out there. But be intelligent with what you eat and drink. If it's not natural avoid it.

Shop well, eat fresh, enjoy your food and listen to your body.