



# ReSet Your Ideal Weight



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**RESET YOUR IDEAL WEIGHT**

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## Introduction

This will be one of my shorter booklets. It's a weight loss program based on the Ketogenic Diet. However, you can also fast for a few days as a jump start to your Keto Diet, but be sure and take all the Complement Formulas (except ReStructure) to avoid any fasting side effects. I also recommend taking psyllium and bentonite to absorb toxins released during fasting and during the Keto Diet.

I'll describe my own Keto Diet and Fasting routine below, but I'm not one for recipes, so I'll refer you to the dozens of Keto Diet books readily available on the Internet. Note that ReStructure can easily be part of your Keto Diet; just add an extra source of fat or oil – coconut milk, coconut oil, macadamia nuts, or cream – to your daily smoothie.

I've written before about magnesium as a weight loss nutrient. I did it partly tongue-in-cheek because people will read anything to do with weight loss! However, while writing the article I realized how important magnesium is for balancing your weight. I won't reproduce the article here, but I will give you the link to "[Magnesium – The Weight Loss Cure.](#)"

The Keto Diet is high fat, moderate protein, and low carb.

- 60-75% (or more) of calories from fat
- 15-30% of calories from protein
- 5-10% of calories from carbs.

Instead of doing elaborate calculations, I just went with the understanding that, when beginning the Keto Diet, in order to turn on fat burning, I could only eat 20 grams of carbs a day. Fiber carbs don't count! Then I chose foods high in fat and moderate in protein to satisfy my hunger and avoid sugar cravings. It was only after I was well into the diet that I began to calculate how much protein and fat I was eating. There are dozens of Keto websites that will help you calculate your dietary intake, so I'm not going to include that information here either.

NOTE: A high fat diet to lose weight doesn't mean that the more fat you eat in a day, the more you will lose. Common sense should tell you that your body will burn off the fat you are eating for energy and won't go after your fat stores. Of course, you will keep producing ketones because you are burning your dietary fat, not your stored fat, so producing ketones doesn't equal weight loss. Remember, this diet is not a license to eat more calories than your body needs. If

you do, you will gain even more weight! Got it? This is the best time to remind you that each gram of fat contains 9 calories whereas each gram of carbs and protein has only 4 calories.

After I lose about 15 pounds, I'll experiment with adding more than 20 grams of carbs a day by seeing if my urine dip stick for ketones still shows that I'm in the fat burning zone and maintaining my weight by stepping on the scale once a day when I wake up. I get my ketone dip sticks from Amazon. The brand I use is Healthy Wiser Ketone Strips.

## Why Keto Now?

The epidemic of overweight and obese people in our population continues to escalate with almost 75% of adults between 50 and 70 in those categories. At the age of retirement, instead of enjoying a carefree life, many people are applying for a wheelchair and financial assistance to be able to afford a dozen medications for their obesity-related diseases.

I've heard about the Keto Diet for decades. Unfortunately, the first experience I had was a negative one. An obese, diabetic patient told me that when she did the Keto Diet, she ended up in hospital with ketoacidosis and worsening of her psychiatric symptoms. Based on that one case, I avoided the Keto Diet for many years. I read about its success in cases of epilepsy where nothing else was helping. Then I gradually unplugged my ears enough to hear about its success in weight loss. Finally, customers started asking me about the diet and I knew I could no longer hide my head in the sand – or in my case, in a basket of fruit!

## A Brief History of Diets

This is my very biased overview of diet and where we fit in the midst of the two major categories: Hunter Gatherer Fishers and Farmers.

1. Hunter Gatherer Fishers:

The Paleo people say that the human body is adapted to animal protein and theirs is the best example of a high protein diet.

The Paleo Diet Allows:

Animal protein (grass fed); fish, fresh fruits, and vegetables; eggs, nuts, and seeds; healthy oils (avocado, coconut, flaxseed, macadamia, olive, walnut).

The Paleo Diet Avoids:

Cereal grains, legumes, dairy, refined sugar, potatoes, processed foods, refined vegetable oils, salt!

I exclaim at salt restriction because I couldn't believe Paleo would restrict salt.

But here's what Loren Cordain, PhD, the author of *The Paleo Diet*, says:

“Neither sea salt nor conventional manufactured salt should be considered ‘Paleo,’ as both were rarely or never consumed by our hunter gatherer ancestors, and both maintain nutritional qualities that adversely affect our health when consumed regularly.”

I don't know if we can verify whether or not salt was accessible in Paleolithic times, but I've heard reports that salt was so valued in the past that it was used as currency. Animals traveled miles and miles to get to salt licks and farmers put them in their fields for their livestock. In present times, sea salt is extremely important because our drinking water is so devoid of minerals from being excessively filtered to remove toxins. That fact should be recognized rather than fanatic adherence to the “rules” of Paleo. I don't think it's wise to restrict people and avoid the health benefits of sea salt with its 72 minerals.

Here are two diametrically opposed positions regarding sea salt. Cordain wrote about the evils of sea salt, and cardiovascular research scientist Dr. James DiNicolantonio wrote the book *The Salt Fix*, proving that sea salt is an important health food. In my experience, the vast majority of people who drink sea salted water feel the enormous benefits so, I'm firmly in Dr. DiNicolantonio's camp.

The other foods that are avoided in Paleo all fit into a good Yeast ReSet Diet, which I think is beneficial for most people. The only other cause for concern is that people can eat too much fruit on the Paleo diet. Otherwise, Paleo could be a good weight loss, fat-burning diet.

2. Farming began around 9000 BC and can be cited as focusing on high-carb foods. Critics of grain consumption say that man has not yet adapted to eating grains and that they are

the cause of many forms of chronic disease. What? Eleven thousand years is not long enough? Sounds a bit extreme to me. I say it's more about hybridization that creates high gluten grains, as well as GMO grains, the processing of grains, and the fact that most people eat wheat several times a day that have made grains relatively toxic.

3. In the 1970s, sugar went to the top of the food chain because of shameless promotion of high fructose corn syrup. Read my blog, "[A Sugar-Free Half Century](#)" to find out how and why we were hoodwinked 50 years ago into accepting sugar as okay and rejecting fat as dangerous. Basically, "About 50 years ago, the sugar industry stopped funding research that began to show something they wanted to hide: that eating lots of sugar is linked to heart disease. A new study exposes the sugar industry's decades-old effort to stifle that critical research. This study in JAMA (Journal of the American Medical Association) proves what was becoming apparent 50 years ago – that a high sugar diet increases your risk of heart disease. As soon as that inconvenient fact became known, all funding for that project was pulled and the results were never published."

The sugar industry has never admitted that sugar causes weight gain – they said it's due to lack of exercise. However, weight gain is caused by sugar, which leads to insulin resistance, metabolic syndrome, elevated lipids, and eventually heart disease. And, according to this JAMA study, sugar intake can harm the heart even without weight gain."

4. High Fat Keto Diet. Fast forward to present time and 72% of the population is overweight and obese with complications of diabetes, metabolic syndrome, high blood pressure, high cholesterol, heart disease and kidney disease. A Keto diet is designed to lower fat-inducing insulin by avoiding carbohydrates and turning on fat burning. It seems to work on the motivated individual, but can it turn around the current slow march to an early demise for most of the American population?



## Blame It On The Fruit

Since moving to Maui I've become a fruit-aholic, which is easy to do here when I can pick various types of fruit from trees on my morning walk! I gradually put on several pounds and finally, at 15 pounds over my lifelong normal weight of 107 pounds, I went on the inevitable weight loss pilgrimage. I was doing penance in the traditional form of calorie restriction and trying to burn off calories with more exercise. I was very fortunate that I never had to go on a diet before in my life, so I thought I was just not good at it.

Even at times when I'd be very strict and only eat one meal a day and exercise for several hours, I did not lose weight. I was sure my scales were broken. Finally, I reached a point where I just had to try the Keto Diet.

## It's Not the Calories

When I began searching for information on the Keto Diet I came upon the website DietDoctor.com, and immediately found Dr. Jason Fung, a Canadian Nephrologist. Dr. Fung, after watching his allopathic medical treatments fail with his kidney patients, realized that obesity was the culprit. He watched the progression of obesity to diabetes and on to kidney failure. He decided someone had to solve the problem and wrote about his findings in his book, *The Obesity Code*. His investigations supported my experience that caloric restriction and exercise weren't making a big enough impact on weight loss. Dr. Fung even goes so far as to say, "The failure rate of the Eat Less, Move More strategy is about 99%!"

One study providing 1570 calories a day found that the subject's metabolic rates decreased by about 40%. Everything just slowed down to compensate for less energy. But many other things also happened: the heart volume shrank, the stroke volume of the heart shrank, and the heart rate slowed. Also, everyone's body temperatures dropped. People obsessed about food and developed neuropsychiatric symptoms. The scary part is that 1500 is a common calorie count for weight loss diets.

An expensive and ambitious study following 50,000 women on a high carb, low fat diet resulted in, "...the weight loss over 7.5 years of the Eat Less, Move More strategy was not even

one single kg (2.2 lbs).” No wonder doctors just gave up and began recommending more gastric band and gastric bypass surgery, but surgery didn’t work either!

## Obesity Basics

Dr. Fung, while living in Toronto, the home of Drs. Banting and Best, who discovered insulin, was amazed to find that Banting named refined carbohydrates as the cause of diabetes 150 years ago! Fung says it’s quite incredible that it has taken medicine this long to realize that Banting was right. Actually, it’s taken Dr. Fung several more years to convince his colleagues that he is onto something. Fortunately, now many are doing the Keto Diet and Intermittent Fasting and referring their patients.

Dr. Fung found that weight gain has nothing to do with calories, which is why consistent weight loss has eluded us. The basic reason is our unstable relationship with the hormone insulin. If you produce too much insulin, it follows its prime directive to stuff glucose into cells for energy, and when the cells are full, the excess is stored in fat cells.

Low carb diets that do not trigger automatic insulin surges will consistently keep insulin levels low, reduce weight gain, and even allow some people to reverse their Type II Diabetes. However, when low carb diets were married to high fat diets, something very interesting happened. Without carbs to burn for quick glucose energy, the body had to turn to burning fat, which produces ketones for cellular fuel and weight loss!

Ketones are the natural breakdown product of burning fats; it isn’t a sign of the ketoacidosis that my patient suffered. Ketoacidosis in diabetes is a perfect storm of high ketones, prolonged high blood sugar, and insulin deficiency. Being in ketosis on a Keto Diet is a good thing. It indicates that you are in the fat burning zone. Ketones can be measured by testing your urine with a ketone dip stick and provides feedback on how many carbs you can eat and still stay in the fat burning zone.

Let me repeat: insulin is the hormone that tells the body to either burn energy by pushing it into cells or store energy. Sugar is stored in the liver as glycogen and fat is stored in fat cells. Stored energy from glycogen is as close as the money in your purse, but stored fat is like money in the bank and harder to get at and only available when your stored sugar is all used up. When you eat carbs your insulin goes up; when insulin falls, it tells the body to release energy from

glycogen storage sites in the liver and muscle. I can't leave out the important fact that a diet high in protein also stimulates insulin release – especially animal protein. That's why the Keto Diet recommends moderate protein.

**NOTE:** In this booklet, I am in no way attempting to advise diabetics in Keto Dieting or Intermittent Fasting. If you are diabetic you should consult with a Keto doctor and the DietDoctor.com website.

## Keto Diet Side Effects

- Keto Flu
- Dizziness
- Drowsiness
- Sleep problems
- Heart palpitations
- Frequent urination
- Diarrhea
- Constipation
- Sugar cravings
- Hypoglycemia
- Muscle cramps
- Dehydration
- Mineral depletion

Some practitioners list the following as the three main causes of Keto side effects:

- a. Hypoglycemia (low blood sugar)
- b. Hypothalamic-Pituitary-Adrenal (HPA) axis dysfunction
- c. Electrolyte/mineral deficiencies

Suddenly switching energy production from glucose to ketones may lead to transient hypoglycemia as the body ramps up its fat metabolism and its ability to use ketone bodies as a fuel source. The HPA axis is activated when the blood sugar drops, which triggers cortisol to help release glucose from the glycogen stores in the liver. But cortisol, being a stress hormone, will also push glucose into fat storage around the belly! This is the opposite of what we want. However, quite quickly, your ketones will kick in and start doing their job of energy production just like glucose. Also, when the HPA axis is in overdrive and cortisol is elevated, you have an increase in urinary excretion of minerals from the body that depletes important minerals like magnesium.

Of course, some people are already in cortisol overdrive with other stressors, which means the Completement Formulas will be even more helpful in balancing the body.

It may be intellectually instructive to know the mechanisms of Keto Diet side effects, but I looked deeper for the root causes of these symptoms found them in calcium excess, magnesium deficiency, and yeast overgrowth.

Let me deconstruct the symptoms mentioned above:

- Keto Flu – The Keto Diet is very close to a Yeast ReSet Diet – except for the lactose in dairy products. Thus, some of the symptoms of Keto Flu can be attributed to yeast die off. Also, when you burn fat and break down fat cells, you release stored fat-soluble toxins. The toxins are purposely stored there to protect the body from these dangerous circulating toxins. You may experience symptoms from these toxins when they are released into the blood stream before they finally exit the body.
- Dizziness and drowsiness are likely related to yeast toxins and fat-soluble toxins circulating through the blood stream before they are released through the kidneys, bowels, breath, or skin.
- Heart palpitations are common in magnesium deficiency and dehydration.
- Sleep problems are another sign of magnesium deficiency.
- Frequent urination is a symptom of detox.
- Diarrhea can occur as a result of detoxification.
- Bad Breath is a sign of detoxification. The tongue becomes coated and the mouth dry and sticky. Be sure you stay hydrated – follow the directions in #11 below. I keep a whole

clove in my mouth as a breath mint. I only slightly chew it to release the clove oil. A child who was a patient of mine said I smelled like Christmas!

- Constipation is partly due to increased intake of dairy products, which are constipating due to their high calcium content. It can also be a result of dehydration. Most people do not drink enough water and they certainly don't get the proper amount of minerals in their overly-filtered drinking water. See #10 below.
- Sugar cravings are often a sign of yeast organisms demanding to be fed. But the cravings stop very quickly on a Keto Diet. Fat has always been a great substitute for sugar because it's tasty and filling.
- Muscle cramps are a sign of magnesium deficiency and can be prevented by taking supplemental ReMag rather than just treating them when they occur with Epsom salts baths as Keto practitioners recommend.
- Dehydration can be common when eating a diet that is as dense as the Keto Diet, especially if you don't make a point of eating large amounts of greens. Follow the TBR (Total Body ReSet) Water and Sea Salt Guidelines:
  - Drink  $\frac{1}{2}$  your body weight (in pounds) in ounces of water. If you weigh 150 pounds, you will drink 75 ounces.
  - Sea salt or Himalayan salt: Add  $\frac{1}{4}$  tsp to every quart of drinking water; you will add ReMag and ReMyte to one of these bottles.

## Let's Talk About Dairy

I blame dairy for some of the side effects of the Keto Diet. Let me elaborate. One of the high fat food sources on the Keto Diet is dairy – especially cheese. You will come across sources that break down the calories in cheese to 2% carbs, 26% protein, and 72% fat, which is ideal for a Keto Diet. However, when I look up each individual cheese for the

actual grams of fat and protein, it's a different story. Most cheese has 7-9 grams of fat per ounce and equal amounts of protein. The exception is cottage cheese with only 1 gram of fat. I'd stick with the reports on the individual cheeses to factor into your diet because you're counting grams, not calories. Keto practitioners tell you not to worry about getting too much protein if you eat cheese because you can just cut back on lean protein sources to balance out your ratios.

There are other things to take into consideration when you add cheese to your diet. Dairy is very high in calcium, which can reduce your magnesium levels and cause magnesium deficiency symptoms. Also, many cheeses are high in lactose, a milk sugar that can feed yeast, contributing to yeast overgrowth. So, if you are on a Keto Diet, you need to take extra ReMag to balance the calcium, and if you have a tendency toward yeast overgrowth, you should curb your intake of dairy that is high in lactose.

For people already on a Yeast ReSet Diet, here is a [Lactose in Dairy](#) website that gives the percentage of lactose in dozens of cheeses and a low lactose or lactose-free cheese list:

Brick cheese

Cheddar

Colby

Dry-curd cottage cheese

Gruyère

Havarti

Manchego

Provolone

Swiss

When I began the Keto Diet and happily bought bottles of cream to slather on my frozen organic raspberries for a low carb, high-fat treat, within a week I developed my

tell-tale sign of yeast overgrowth. I get tiny staphylococcus boils in my nostrils under the immune suppressing influence of yeast. I acquired them during my hospital years where they are epidemic. I get them when I eat too much fruit, and I just learned they pop up when I eat too much dairy and the lactose milk sugar feeds yeast! Instead of dairy cream I use full-fat coconut milk and a little goat milk kefir on my berries. The lactose in goat milk is fermented away in the process of making kefir.

Yogurt is not really a high fat Keto food. An 8-ounce container of plain full-fat yogurt provides 8 grams of protein, 7.4 grams of fat, 11 grams of carbs, and 275 milligrams of calcium. It's the high amount of calcium that I have to watch when I eat a few cups of yogurt because it lowers my magnesium levels.

## **Jumpstart the Keto Diet with Fasting**

I think the best way to make the Keto Diet successful for weight loss is to start with a few days of fasting and then do a 24 or 48-hour fast once a week to keep up a gradual weight loss of one pound per week. Fasting quickly burns off stored sugar so you can trigger the fat burning switch. A low-carb diet keeps you from burning and storing carbs so that you continue in the fat-burning zone. While researching the Keto Diet and fasting, I read that carbs are not essential in our diet. This was one of my arguments against a very low carb diet. If glucose is required, the body can actually make carbs from fatty acids and protein in a process called gluconeogenesis.

When you have achieved your ideal weight, you don't necessarily need to continue fasting unless you see it having other benefits, which you can read about on various Intermittent Fasting websites. On those fasting days, I recommend taking all your Completement Formulas except ReStructure.

You will take ReMag, ReMyte, ReCalcia, ReAline, and RnA Drops. The body is seeking nutrients and fats or sugars in the foods we eat. If you are getting energy nutrients from ketones by burning our fat stores and you are getting your minerals and some of your vitamins from the Completement Formulas, most people can fast for several days with minimal discomfort.

## A Brief History of Fasting

The roots of fasting are very strong in most religions even to this day. Christianity has much to say about fasting, however it seems that we have strayed far from that Biblical text.

I remember admonishing a minister at my mother's Baptist church for sending missionaries to other countries when they could be teaching people at home how to stay healthy. I said, "After all, the Bible says the body is a temple!" I told him that he spent most of his sermon praying for people who were sick and dying and then announced the fellowship hour after the service, which involves mass quantities of white sugar and flour. My mother was completely mortified and finally dragged me away. But I meant every word of it. Most of us were entrusted with relatively healthy bodies when we were born and we have abused what we were freely given!

Fasting in the 70s was the domain of the Natural Hygiene Society, founded by Dr. Herbert Shelton, who says he was following traditions begun in the 1830s. During my naturopathic training, I met Hygienists who were vegetarians and fasted regularly. I also heard of clinics run by non-medical people who were quite fanatic in their advice to clients that they could fast away any disease. This fanaticism, of course, led to problems and negatively affected the reputation of the movement.

Around the time I was learning about fasting, a brilliant PhD, Dr. Jeffrey Bland, began coming to Toronto to give nutritional lectures. Jeff convinced us that fasting to achieve weight loss or for detoxification was not healthy and would eventually break down muscle protein. His solution to water fasting was to create a nutrient protein powder that was easy to digest and would allow the body to detoxify. What wasn't known back then was the need to have a high fat ratio, low carbs, and moderate protein to encourage fat burning.

I didn't hear much as fasting in the 90s, with the dieting trend turning toward raw food and green juicing. However, in order to entice people into these extreme diets, proponents offered lots of fruit and sweet vegetables (like carrots and beets).

All this became more relevant with Dr. Jason Fung's research into Intermittent Fasting and the Ketogenic Diet for weight loss, diabetes, and kidney disease. I've already



mentioned Dr. Fung's work, which lends credibility to safe fasting and exposes the need to keep in the low carb, low insulin, fat burning zone to achieve success with obesity and all the resulting diseases.

## **Divert the Detox**

My experience with treating yeast overgrowth with the Yeast ReSet protocol led me to use bentonite and psyllium seed twice a day while fasting. I use it to absorb and adsorb toxins from yeast die-off and from toxins being released from fat. Psyllium also bulks up the stool and you can continue to have bowel movements. You can also do coffee enemas while fasting. I'll fully describe how to do a coffee enema below.

1. Bentonite clay: Begin with 1-3 tsp. I take 1 Tbsp. twice daily in 4 ounces of water along with psyllium seed while fasting. Put the liquid bentonite in first, then the psyllium; add the water and shake vigorously and drink quickly.

I recommend Yerba Prima Great Plains® Bentonite Detox from VitaCost.com. After learning the consistency of a liquid bentonite, you can graduate to a [Food Grade Bentonite Powder](#), also sold at VitaCost. I don't put the bentonite powder together with my psyllium seed; I mix ¼ cup of powder with 32 ounces of water and blend it in my high-speed blender. Doing so fully dissolves the powder but you may have to play with the amounts of clay and water to get the right consistency.

2. Psyllium seed powder: depending on the type of powder – granular or fine, begin with 1-3 tsp. I'm using a very fine powder right now that I ground from psyllium husks. I'm only using 1 tsp. twice a day with 1 Tbsp. of bentonite clay. On my regular Keto Diet days, I still do one dose of bentonite and psyllium in the morning.

The recipe is important so I'll mention it again. Measure bentonite first and then psyllium into an empty shaker cup and add 4 oz. of water. Shake quickly and drink.

Follow with another 8 ounces of water using your sea-salted water. The bentonite will absorb and adsorb intestinal toxins and the psyllium will create bulk in the intestines so you continue to have bowel movements while fasting and do not keep reabsorbing toxins from the gut.

I also do coffee enemas while fasting. However, I'm not recommending coffee enemas carte blanche. You must decide if you are "healthy enough" or "agile enough" to use them by doing your own research and/or discussing with your health practitioner.

## **TBR Fasting**

What can I say about "the fasting diet" except – don't eat anything! However, I can give you some advice to support your body with nutrients while you fast!

1. Drink sea-salted water throughout the day with your daily dose of ReMag, ReMyte, and ReCalcia – sea salted water. You may drink more than half your body weight (in pounds), in ounces of water.
2. Take your ReAline twice a day.
3. Take RnA Drops – twice a day.
4. Take psyllium and bentonite twice a day to absorb toxins.
5. If you want something to "taste" while fasting, instead of coffee, drink non-caffeinated herb teas. Taheebo is one of the best, especially for people with yeast overgrowth, because it has antifungal properties.

The research uncovered and spurred on by amazing doctors like Jason Fung has proven that you don't digest your own muscles for protein when fasting. They learned about that by doing blood and urine tests on fasting patients and found that they were not losing amino acids in the urine that would indicate protein breakdown. While fasting, the body naturally recycles proteins as needed. If proteins break down, their amino acids are recovered and recycled.

The body can produce glucose from fats through a process called gluconeogenesis, so there is no such thing as an essential carbohydrate! I know I've said

in the past that it seems like such stress on the body to not eat enough carbs; however, I now see that by activating glycogen breakdown, creating ketones by fat burning, and activating gluconeogenesis you are helping the body to “fire on all cylinders” using the metabolic processes it is designed to engage.

At the onset of Fasting you are burning off your glycogen stores of glucose from your liver. That mechanism kicks in about 5-6 hours after your last meal. That’s why it’s important to wait that long between meals so you can keep recycling your glycogen stores. Otherwise glycogen builds up and I think that can contribute to fatty liver. In my *Completement Now* online wellness program I have a module called “Liver Fasting!”

After about a day of fasting, the glycogen is gone and fat burning is turned on. The end products of burning fat are ketones and testing your urine with a dipstick for ketones is a great way to tell if you are in the fat burning zone – that and your weight scale, which usually shows that you are losing at least one pound a day during a fast.

When I told Michael Brown, a wonderful friend, writer, musician, and customer about this protocol, he said “Carolyn, you may actually have the only safe, solid and grounded weight loss protocol in the world, and the only water fasting protocol that is truly effective. It demonstrates the power of real 'nutrition' beyond what people think of as food because the RnA Drops are actually the best food to take. With the *Completement Formulas*, the body will do what it needs to do without feeling punished because the opposite is happening; it is being thoroughly supported. In fact, there doesn’t even have to be any contrast, the body can feel deliciously elevated from the beginning to the end.”

## **The Fasting Mimicking Diet (FMD)**

The FMD is obviously promoted as an alternative to fasting. It’s a severely calorie restricted diet that you do for 5 days per month. The purpose is to give people something to eat, which means it’s not a fast. Dr. Verner Longo, a biochemist with a life-long interest in aging, is the creator of FMD. His company sells the \$300 ProLon 5-day food program with the proceeds going to his research. I guess time and research will tell if the FMD is sustainable and comparable to fasting. In the meantime, I feel fine doing a 2-day

fast per week with my Completement Formulas and no extra expense, although I did do a 5-day fast in the very beginning.

## Don't Drink the Coffee

Keto practitioners may be well versed in Keto Dieting but maybe not so much on natural health practices. On a Keto Diet, dieters are offered coffee as the drink of choice. No matter how many studies show that coffee is a healthy drink, for my customers with Atrial Fibrillation, adrenal fatigue, and anxiety, coffee is not their best friend. The caffeine in coffee over stimulates the adrenal glands and the heart, and it's a diuretic that depletes magnesium. Some practitioners even allow diet sodas, not realizing that the artificial sweetener aspartame is a neurotoxin and leads to more weight gain.

## My Current Keto Diet

5:00am: ½ tsp. ReMag in 10 ounces of sea-salted water along with one ReAline, one Blue Ice Royal, and two food-based Vitamin C (total 400mg).

6:00am: 1 tsp. RnA Drops

6:15am: Morning walk

8:00am: 10 ounces sea-salted water

9:30am: Psyllium 1 tsp. fine powder and Bentonite 1 Tbsp. liquid in 4 oz. of sea-salted water, followed by 8 oz. sea-salted water.

11:30am: Salad – High fat, moderate protein base of chicken, salmon, or tuna made with 3 Tbsp. macadamia nut pâté. I mix in sauerkraut, cut up cherry tomatoes, avocado, 20 dried cranberries. I then add a salad mix of lettuce, arugula, spinach, kale, collards, cilantro, string beans, green onions, mint, basil – and any other salad green from my biodynamic, organic farmer. My homemade salad dressing is olive oil, garlic, apple cider vinegar, Dijon mustard. I eat half the salad and save the rest for about 5-6 hours later.

12:00pm: 1 tsp. ReMyte, 1 tsp. ReCalcia

2:30pm: 30-minute swim

4:30pm: Second half of salad

6:30pm: ¼ - ½ cup frozen raspberries with 2-3 oz. coconut milk and 2-3 oz. goat milk kefir

9:30pm: ½ tsp. ReMag in 6 oz. water along with one ReAline, one Blue Ice Royal, two food-based Vitamin C (400mg).

When I write out my diet I realize it doesn't seem like I'm eating very much, but with the pâté, the avocado, and the olive oil, I feel quite full. For the past several years taking the RnA Drops, I've been feeling quite satisfied with much less food than I used to eat.

There are two Keto "rules" that I really like: "Don't eat unless you are hungry and only eat until you feel satisfied."

## **Keto Entrees**

1. Scrambled eggs made with coconut milk and 2 strips of bacon.
2. Lamb chops with steamed green or yellow beans and lots of butter.
3. ReStructure smoothie with ¼ cup macadamia nuts, coconut milk, kefir, ¼ cup berries (raspberries, blueberries, strawberries). Add more fat with peanut butter or almond butter.
4. Chicken (cut up), macadamia nut pâté, and avocado mixed together.
5. Smoked wild salmon or canned tongol tuna and macadamia nut pâté.
6. Soup from chicken broth with lots of vegetables and coconut milk.
7. Shrimp dishes with bacon or cream to increase the fat content.

## **High Fat Snacks**

80% Cacao, dark chocolate bars

Frozanas

Nuts are high in fat, but avoid cashews and pistachios because they have high carb content.

Peanut butter

Almond butter

Low-lactose cheese – yummy with nut butters

Salami – best with cheese

One quarter cup of raspberries, blueberries, and strawberries with cream or coconut milk and kefir.

## Recipes

I know I said no recipes because you can Google hundreds of Keto recipes online, but the following two recipes are my favorites, and they are already out in the blogosphere:

### Frozana Recipe

1 heaping Tbsp. cacao powder

2-3 Tbsp. coconut oil - liquid

½ tsp Just Like Sugar, Stevia, or Maple Syrup

Mix the three ingredients in a small shallow dish and drop in a 2-inch piece of frozen banana and coat. You can coat the banana once or several times. The oily cacao will harden immediately around the frozen banana.

You can either eat immediately or return to the freezer for another time – if you can wait that long!

Crunchy, creamy and so tasty. You could also add grated coconut or crushed nuts to the chocolate sauce for even more enjoyment.

### Macadamia Nut Pâté

8 ounces lemon juice concentrate

2-4 oz. water

1 tsp sea salt

1 handful of peeled garlic cloves

Blend in a VitaMix or Blendtec

Add 1-1.2 lbs. of mac nuts and blend to creamy consistency

## **What About Vegetarian Keto**

Eggs and dairy make a vegetarian Keto diet quite comfortable. Otherwise you are obtaining your fat calories from avocados, olives, olive oil, nuts, seeds, nut butters, seed butters, coconut oil, and coconut milk.

I'm not a vegetarian so I can't give advice on following a Keto Diet. As an "O" blood type, I gravitate more toward animal protein and heavy exercise. "A" and "AB" types are more adapted to vegetarian diets and gentle exercise. "B" blood types are somewhere in between. This is a vast generalization but it does seem to fit the experience of a lot of people. If you are interested in a Keto Vegetarian Diet, you can Google for more information.

## **What About Exercise**

In my 15-pound weight gain journey, I did try to eliminate the pounds with exercise and came away very frustrated! I would return from a 4-mile walk and the scale said I'd gained weight! I have no idea why that would happen! But maybe I'm exaggerating. I just know exercise wasn't working for me. I have been invited to lecture at exercise retreats and have participated in 5-hour workouts. I would lose inches but they didn't track weight loss. However, 5-hour-a-day workouts are not sustainable! People will say that they lose weight on their intense exercise programs, and I'm sure they do, but most people are also, either consciously or unconsciously, changing their diet at the same time, which can also account for some of the weight loss.

When I have pursued weight lifting in a gym, I did gain muscle, my neck muscles got so thick at one point I couldn't do up the top button of my blouses! I was bench pressing half my body weight! Perhaps exercise mainly builds and tones muscle, and in the process, you can lose weight. You must avoid the temptation to eat more when you expend all that energy exercising! When I come home from my 2-4 mile walk, I take my

bentonite and psyllium and water, which fills my stomach, and I wait an hour before eating.

I will not stop exercising and I recommend it heartily. I walk and swim and use both times to relax and meditate or to write a blog in my head. Cross training is a combination aerobic exercise (walking, swimming) and weight training. I sometimes carry a 2-lb weight and do arm exercises when I walk. Weight training helps the muscles burn sugars. Exercise also helps stimulate mitochondria to proliferate, which is a great bonus. You want all the mitochondria you can get – but remember, the best thing for your mitochondria is magnesium!

## **More Than You Ever Wanted to Know About Coffee Enemas**

I have talked about coffee enemas but I've never written down a proper procedure. I'll embellish some excellent material from Dr. Sherry Rogers 1994 book *Wellness Against All Odds*, which I found on a website selling “the best coffee for coffee enemas.” My comments are offset with my initials: CD.

The very last part of the colon, before reaching the rectum, is in an “S” shape and called the sigmoid colon. By the time stool gets to this part of the colon, most nutrients have been absorbed back into the bloodstream. Because the stool contains products of putrefaction at this point, there exists a special circulatory system between the sigmoid colon and the liver. There is a direct communication of veins called the enterohepatic circulation. Have you ever felt sick just before having a bowel movement, when stool material has just moved into the rectum for elimination? As soon as the material is evacuated, you no longer feel sick. This is due of the toxic quality of the material and the enterohepatic circulation coming into play. Because of this, it is important to evacuate when you have the urge. The rectum should usually be empty.



This circulatory system enables toxin to be sent directly to the liver for detoxification, rather than circulating them through the rest of the body and all of its vital organs including the brain. This system of veins carries rectal / sigmoid toxins directly to the liver for detoxification.

When a coffee enema is used, the caffeine from the coffee is preferentially absorbed into this system and goes directly to the liver where it becomes a very strong detoxicant. It causes the liver to produce more bile (which contains processed toxins) and moves bile out toward the small intestine for elimination. This seems to free up the liver to process more incoming toxic materials that have accumulated in the organs, tissues and bloodstream. The coffee does not go into the systemic circulation, unless the enema procedure is done improperly.

The coffee contains some alkaloids that also stimulate the production of glutathione-S-transferase, an enzyme used by the liver to make the detox pathways run. It is pivotal in the formation of more glutathione, one of the main conjugation chemicals, enabling toxins to be eliminated via bile into the small intestine. In other words, a coffee enema speeds up the detoxification process and minimizes the backlog of yet to be detoxified substances. You will need the following materials:

- An enema bag or bucket, preferably one of clear plastic that you can see through

CD: I buy my [Disposable Enema Kits](#) from Amazon. Being of Scottish descent, I reuse the bags and keep them clean by putting 2 ounces of 3% hydrogen peroxide in the bag and through the tubing between uses.

- A stainless-steel cooking pot to boil the coffee.
- Organic coffee fully caffeinated, drip grind coffee.

CD: I buy my organic coffee from VitaCost.com. I make sure to grind it in my Blendtech high-speed blender before using it. If not, the larger grains WILL clog the tubing.

- A source of uncontaminated water. Chlorinated water should be boiled for 10 minutes

- The see-through enema bag/bucket is preferable, but an old-fashioned type that doubles as a hot water bottle can be used although it is hard to tell how much is used at each pass. Do not use any bag with a strong odor.

CD: Keep a few ounces of 3% hydrogen peroxide in the enema bag between uses to keep it perfectly clean and safe.

## Enema Procedure

1. Put a little over 1 quart of clean water in a pan and bring it to a boil. Add 2 flat tablespoons of coffee (or the coffee amount that has been prescribed for you; the Gerson Program recommends 3 rounded Tbsp.). Let it continue to boil for five minutes, then turn the stove off, leaving the pan on the hot burner.

CD: I learned my coffee enema technique when I was invited to be a member of the Gerson Institute Board and given the gift of a week's detox. I use 3 level Tbsp. of coffee. However, if you are new to coffee enemas, begin with only one teaspoon. The caffeine is not supposed to get into your bloodstream, but some people can feel a bit jittery after a coffee enema, so you need to allow your body to get used to a bit of caffeine in your system.

2. Allow it to cool down to a very comfortable, tepid temperature. Test with your finger. It should be the same temperature as a baby's bottle. It's safer to have it too cold than too warm; never use it hot or steaming; body temperature is good.

CD: Because I have no patience, I drop a half dozen ice cubes into the hot water to bring it to the right temperature. OR, an even more efficient way of preparing your coffee is to put the 3 Tbsp. of coffee in a mason jar with 24 ounces of water, shake it up, and let it sit overnight on the kitchen counter. In the morning, I shake it up again and let it sit for a few minutes and then pour the liquid into another mason jar and rinse the dregs out of the first jar. I also make a probiotic implant to use after my coffee enema. In a small jar, I open up one or two capsules of Prescript Assist and then add 2 ounces of filtered water.

3. Instructions on setting up the bathroom.

CD: Sherry's instructions are a bit convoluted. Let me just tell you what I do. I make my bathroom as comfortable as possible for my coffee enema experience, which I actually find quite enjoyable! I fold up a huge beach towel and put it on the floor. On top of that, I put a large Ziploc plastic bag and on top of that two double sheets of paper toweling to catch any and every drip that may occur! I use a bolster pillow for my head that is nice and solid so I don't have to chase a floppy pillow around the room. Since I'm not going to have anything on below the waist, I wear socks and a sweater and have another large beach towel ready to cover me up when I'm lying down on the towel. To my right I have my roll of paper towels and four pieces ripped off and ready. To my left I have my Kindle to read while I'm waiting.

4. Pour the coffee into the enema bag. Loosen the clamp to allow the coffee to run out to the end of the catheter tip and re-clamp the bag when all the air has been removed from the enema tubing.

CD: I just run the coffee to the clamp because if you let it run to the end, the section after the clamp will drip all over the place.

5. Use a coat hanger to hang the enema bag at least two feet above the floor; on a door knob or towel rack. Do not hang it high, as on a shower head, because it will be too forceful and the hose won't reach. It should flow very gently into the rectum and distal sigmoid colon only. It is not a high enema or colonic. Allowing it to go well up into the colon may introduce caffeine into the general circulation as though you had taken it by mouth.

CD: I found some great shower hooks to hang my coffee enema bag. It is large enough to fit over a door handle or towel rack. It is stronger than a coat hanger and you can take it traveling with you.

**IMPORTANT NOTE:** To make sure coffee doesn't get past your colon into your small intestine, you should hold your ileocecal valve closed while doing your enema. The valve is located about halfway between your belly button and your right hip bone. While

introducing the coffee into your colon, hold the valve shut by placing the fingers of your right hand over the valve and pushing in, pulling up toward the left shoulder. You are exerting a deep pressure, not a superficial push.

6. Lie down on the floor on your back or right side and gently insert the catheter. If you need lubrication, food grade vegetable oil such as olive oil, a vitamin E capsule, or KY jelly should be fine, unless you are chemically sensitive. It is generally a good idea to avoid petroleum products.

CD: I just stay on my back during my enema. I use George's Aloe Gel from VitaCost.com as my lubricant. Before lying down, I put a generous amount of aloe on the last several inches of the enema tubing and in and around my anus.

7. Gently insert the tube into the rectum a few inches and then release the clamp and let the first 1/2 of the quart (2 cups maximum) of coffee flow in. Clamp the tubing off as soon as there is the slightest amount of discomfort or fullness. Do not change positions or use an incline board to cause the enema to enter further into the colon; this defeats the purpose of this type of enema.
8. Try to retain the enema for a minimum of 12 or more minutes. Sometimes there will be an immediate urgency to get rid of it and that is fine. It helps to clean the stool out of the colon so that next time around you can hold more of the enema longer. Never force yourself to retain it if you feel that you can't. When you have clamped the tubing, remove the catheter tip and void when you have to. It is best to hold it for at least 12 minutes each time. After you have emptied the bowel, proceed with the remaining 1/2 quart and likewise hold that for at least 12 minutes, if able, then void.

CD: If you are going to do the 2-cup treatment, I would just put 2 cups in the enema bag to start with. That way you don't have to clamp the tubing closed and the intestinal peristalsis will just push gas or bowel contents and coffee back into the enema bag and cause you much less discomfort.

9. The goal is to have two enemas, not exceeding 1/2 a quart (2 cups) each, that you are able to hold for 12 to 15 minutes each. Usually 2 or 3 times will use up all of the enema, but that is not your goal. (The Gerson Program recommends one 4 cup enema) Being able to hold it for 12 to 15 minutes is. When you have finished your session, rinse out the bag and hang it up to dry. Periodically run boiling water, peroxide, or other comparable antimicrobial agent through the empty bag to discourage mold growth when not in use.

CD: I do the Gerson 4 cup enema and keep the tubing open to minimize distress. I hold it for 15 minutes and clamp off the tubing and use paper towels to keep everything clean as I remove the tubing from my anus, drop the enema bag and tubing in the sink, and dive over to the toilet! When I've emptied my bowels fully, I then rinse out the enema bag and put in the two ounces of Prescript Assist and repeat the enema procedure. But this time, when the probiotic implant is in place I clamp the tubing, remove it and lie on my towel for 5-10 minutes resting and allowing the implant to circulate through my colon.

If you feel wired or hyper, or have palpitations or irregular heartbeats after a coffee enema, you should reduce the amount of coffee, usually by half for a few days or weeks. Or consider that you really need organic coffee. Be sure the source of your water is good clean chemical-free spring, well, or filtered water.

CD: You also could just be magnesium deficient, so you can take care of that very easily by using ReMag.

Sometimes you will hear or feel a squirting out and emptying of the gallbladder. This occurs under the right rib cage, or sometimes more closely to the mid line. If after a week of daily enemas, you have never felt or heard the gall bladder release, you should consider making the coffee stronger, going up in 1/2 tablespoon increments per quart, not exceeding 2 tablespoons per cup. Alternately, you may need a slightly larger volume, such as 3 cups at a time. Sometimes, 3 enemas (2 cups or less each) rather than two at a session are more beneficial for some.

CD: I experience this bile dump more at the colon level. It sometimes comes after I think the colon has emptied after my enema and then I get a flush of very warm liquid, which I think could be bile.

Always discontinue the enemas if there is any adverse reaction whatsoever, and discuss it with the doctor at your next appointment. If you find the enema helpful, do not use it more than once per day for any extended period without medical supervision. Use it as necessary, perhaps several days in a row, but more commonly a few times a week.

CD: I personally take one enema a week and an additional one on my fasting days. However, I will make a big confession. When I first began to experiment with coffee enemas I did them daily for several months. A friend of mine, Dr. Nick Gonzolas, recommended them to his cancer patients and did two a day himself. When I decided to cut back on them and maybe only do them once a week, I got caffeine withdrawal! But it took me weeks to realize this.

I never drink coffee, so I've never tried to go off it, and never developed a caffeine withdrawal headache. Well, that's what happened when I stopped doing coffee enemas! I'd wake up in the morning and a few hours after my usual enema time, I'd develop a heavy head. So, I would just do a coffee enema and feel better thinking I was toxic – or some such nonsense! I kept telling myself stories about how I needed to keep taking the coffee enemas. Then it finally hit me that I was in caffeine withdrawal, so I just bit the bullet and had a slight headache for one day and that was the end of it!

## **Is the Keto Diet Forever?**

I've only been doing the Keto Diet for about one month and I'm using it as a short-term diet for weight loss. Or as one of my staff said, "To clear the yeast and clean the fat!" The diet is very close to my Yeast ReSet Diet and the O Blood Type Diet, and for the first time in years, I'm only 2 pounds short of my target weight. I calculate ideal weight this

way: for a five-foot woman, the ideal weight is 100 pounds. For every inch add 5 pounds. I am 5'1 ¼ inches, so my ideal weight is 107 pounds. After my initial fast of 5 days, each week I fast 1 or 2 days and lose 1 more pound. After I reach 107 pounds, I'll use the Keto Diet and keep in the fat burning zone to maintain that weight. But look out, Christmas and New Year's are coming with carbohydrates galore!! I'll be sure to gain weight on those days, but then I can drop the carbs back to 20 grams and day and "regain" my weight loss. So far it seems to be a very workable system.

As for long-term Keto Dieting, I'll have to do more research, but I think it makes sense to stay in the fat burning zone, perhaps 80% of the time, as a way of maintaining your weight, protecting the pancreas, keeping insulin from surging, and preventing diabetes and all the insults to the body that follow those diagnoses. Of course, the Completement Formulas provide their own layers of protection against nutrient deficiencies and help the body stay as healthy as possible.

I'll keep you posted about my Keto research on my radio show and blog!

Mahalo for reading.

Aloha,  
Carolyn

## Meet the Doctor of the Future



Dr. Dean is a medical doctor, naturopath, herbalist, acupuncturist, researcher, and formulator. She's authored 110 Kindle books and 35 print books, including *The Magnesium Miracle*, *IBS for Dummies*, *Hormone Balance*, and *Death by Modern Medicine*.

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At [www.DrCarolynDean.com](http://www.DrCarolynDean.com), you are invited to receive a free subscription of Dr. Dean's Doctor of the Future Newsletter and join her online wellness program *Completement Now!* On that website, you will see links to her weekly radio show and product website [www.RnARESet.com](http://www.RnARESet.com).

Disclosure: Dr. Dean has an economic interest in the innovative products RnA Drops, ReNew, ReAline, ReMag, ReMag Lotion, ReMyte, ReCalcia, and ReStructure. They can be found at [www.RnARESet.com](http://www.RnARESet.com).