



Quiet the Ghost in Your Genes - To Lose Weight Effectively

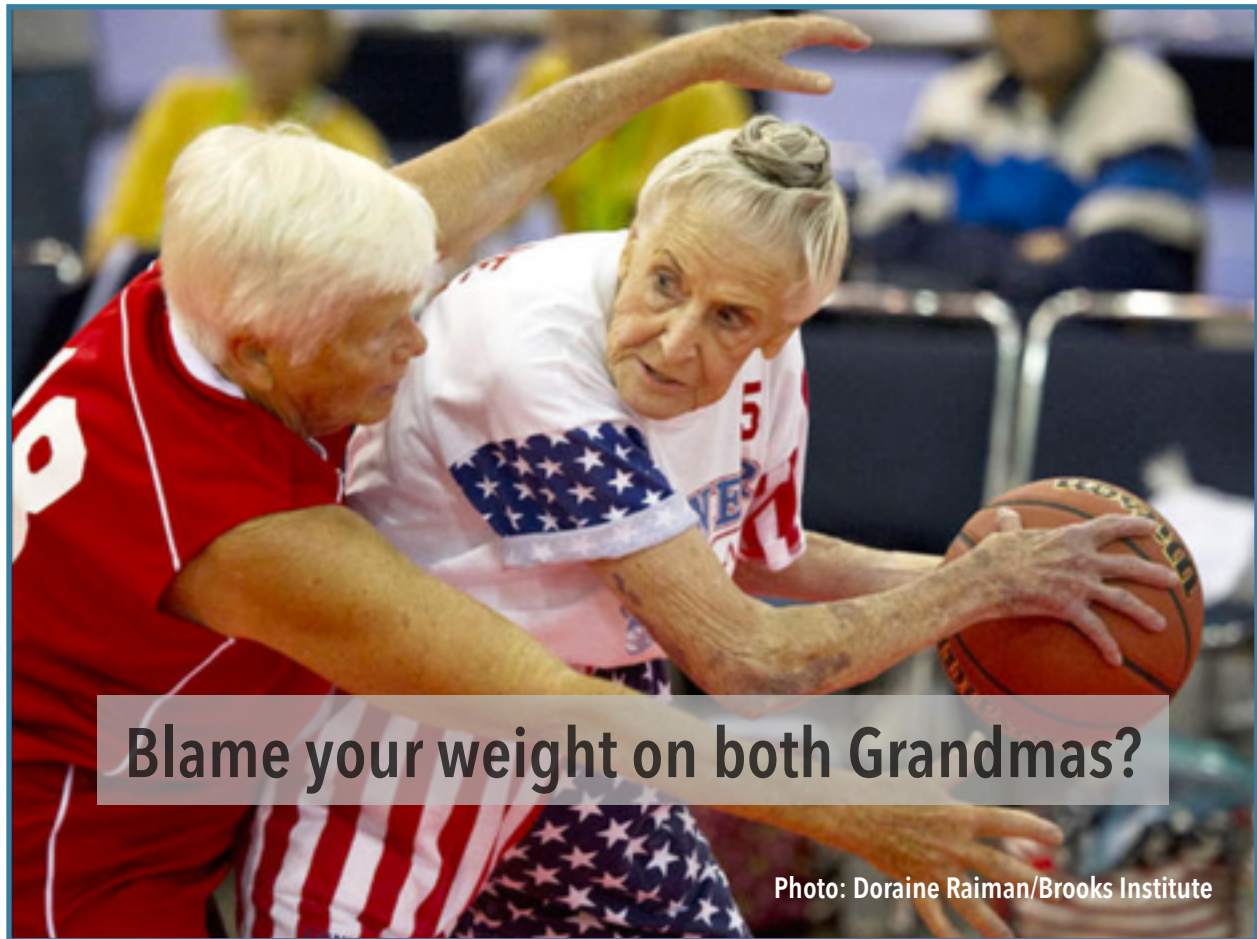
Well, if you can't blame your Mom for your surging appetite (not that you haven't tried), how about blaming your Dad AND Mom for your fat genes? Or better yet, blame Grandma?



Blaming genes is a satisfying answer because it doesn't blame anyone personally. Your parents - and Grandma - are no more responsible for their own genes than the ones they passed on to you.

So, let's start there. Let's accept the fact that, if you are overweight by more than a few pounds it's probably the fault of your genes. That done, what do you want to do now? Stay overweight? Get bigger?

You have a perfectly good excuse – genes. Lean on it. Use it for all its worth. When you reach for that extra serving of mashed potatoes, say out loud, "GRANDMA, THIS SPUD'S FOR YOU!" There, you have peace in your war with food.



That having been said, were you looking for an excuse? Or a solution?

Before we talk about potential solutions, let's take a closer look at your genes. Because, as it turns out, **your fat-building genes are actually great genes**. In fact, if it weren't for them you wouldn't be here.

You have great fat-building genes

Somewhere, far back in your ancestry, was a woman who got pregnant in the late Summer or Fall. Her genes made her able to accumulate fat during the "abundant

food" time of Summer and Fall. During the "starvation" time of Winter and early Spring, she was able to supplement her meager diet (for both herself and her unborn child) from her fat reserves.

Fat in the Winter. Thin in the Spring.

Your grand-forebearers had exactly the right "fat building" genes to bring their



healthy babies into this world – living off the fat of their mothers. And you are the

recipient, the direct descendant of that happy "fat building" gene, passed on and made stronger by each successive generation of "Fat-in-the-Fall" women.

Women whose genes made it so they could NOT build fat reserves during the "abundant" time, were not as fortunate in bringing their babies to full term. In short, most "Skinny-in-the-Fall" women didn't pass on their skinny genes.

Fat-in-the-Fall women passed on their genes more prolifically. Today, this accounts for about 80% of us. You are fortunate to be alive today because of Fat-in-the-Fall women, successive generations of them. IF YOU ARE OVERWEIGHT IN EVERY SEASON, CHANCES ARE, YOU ARE A FAT-IN-THE-FALL WOMAN, TOO. Or man.

Your family survived because of fat. So, say: "Thank you Mom, thank you Grandma, thank you Great Grandma. The fat ghost in your genes, that you bequeathed to me, made me what I am today. Alive. Just fatter than I should be. That being said, **be quiet fat genes**, quit talking my body into gaining weight so easily."

So, how do you quiet the fat-ghosts in your genes?

The same way your great-great-grandmother did. SHE FEASTED IN THE SUMMER and FALL – put on all the fat she could. She did that because she knew she would be STARVING IN THE WINTER. FEAST – FAMINE. That's the key.

Eat heartily all Summer long, gorge at Thanksgiving, then eat a pittance, (barely at all) in the Winter. It really is that easy. That's what your Grandma's Grandma did. On a year-long cycle, it really works. Are you up for that?

If not – if living off the "fat of the land" during Winter is not your style – **WHICH INVOLVES YOU WILLINGLY GETTING FAT DURING SWIMSUIT SEASON** (instead of skinny) – at least STOP eating and get skinny during the "put-on-a-coat-it's-time-to-starve-season." (**I'm not talking about a Winter diet here, I'm talking about barely eating at all – ALL Winter**). Are you ready for that? (Sorta the opposite of what you are used to, right?)

If you're not into fasting for three Winter months, to pare down that bikini you deliberately over-stuffed during the Summer, what can you do?

You just have to do the **reverse** of what your grandma's grandma did. WHAT GREAT GRANDMA DID, YOU SHOULD NOT DO. She awakened the get-fat-ghost hidden in her genes to get it talking to your body, making it an active part of her dietary life in the Fall. And she put the fat-ghost quietly back to sleep in the Winter.

So what should you do? Here are two ghost quieting lessons for you.

Lesson 1: Don't eat starchy foods (potato, rice, pasta, bread, cereals, refined grains, etc.) with protein foods (meat, fish, plus fatty foods, etc.) in the same meal.

What? What can that possibly have to do with your weight? As it turns out, quite a lot.

When great Grandma ate these foods TOGETHER, they doubled her fat formation from that meal. Did you get that? THEY DOUBLED HER FAT FORMATION. Unbelievable. Yet, absolutely true.

Plus, it ALSO made her much hungrier at her next meal, so she would repeat the fat-building step. To make sure it always happened every year, this eating style became a powerful part of the culture (and every culture has a similar one).

Think of Thanksgiving. The culture says eat lots of starchy foods (mashed potatoes, sweet potatoes, pumpkin pie), AND eat lots of meat (turkey, ham, roast beef anyone?). For Great Grandma, this type of meal led to the generous formation of fat that



Photo: Spoils Spa

allowed Grandma to be born healthy. For you, it compels you to decide between Weight Watchers and Jenny Craig.

Every culture has a tradition akin to America's Thanksgiving – a Fall harvest celebration, with ripe-for-the-picking starchy foods, and abundant meat. It is a celebration that used to last for days, not just one meal. Your old progenitors may not have understood why, but it is what got the pregnant ones through the Winter, starvation season – with a fat baby in the Spring. You've got to love culture, it has a certain genius to it.

The GHOST QUIETING lesson for you?

Don't eat starchy foods with protein or fatty foods in the same meal. When eaten together THEY MAKE YOU GAIN FAT. They also jump-start your hunger and appetite in your next meal. Repeat to gain weight. Simple, but true.

Chances are, combining starchy foods and protein foods in the same meal is exactly what you do now. You have been taught by your Mom, who was taught by Grandma, who was taught by Great-Grandma – (didn't I tell you to blame it on Grandma?) – to serve a "BALANCED" MEAL.

This meant making a point of having starchy vegetables and protein in every meal (hamburger and a bun, meat and potatoes, fish and rice, pasta and sausage, spaghetti and meatballs, ham sandwich, or eggs and toast for breakfast).

"Balanced" meals of starchy vegetables and protein are automatically adding pounds to your body. Do that multiple times a week, and you have a weight problem.

You can blame it on your genes that this style of eating makes you fat, because it really does arouse the ghost in your genes, telling your body to make a lot of fat.

But you also need to understand that your family culture is also to blame – **a tradition that insured fat babies for multitudes of generations, is making you fat today.** "This spud's because of you, Grandma."

How do you undo the weight gain?

Run great-grandma's methods in reverse: Don't eat starchy foods with protein or fatty foods in the same meal. Simple, but effective.

Lesson 2: Eat lots of raw fruit. But eat them alone.

(No, I don't mean skulking off into a corner to hide while you eat a banana.)

You see, when your Great-Grandma started eating the first fruits of Spring and Summer, and coupled it with eating **anything** else available, she was able to quickly rebuild her depleted energy stores, after a long Winter of sparse eating. That's how she successfully breast-fed Grandma in the Spring and Summer after she was born.

The “rebuild-depleted-fat-in-the-Spring” diet **combines** fruit with anything else you can get your hands on. This “fruit-plus-anything diet” quickly awakens the fat-ghost, who then talks your body into gaining fat. Is that what you want to do now?

The lesson for you? Eat fruit abundantly, but always by itself.

Quieting the Fat-Ghosts in Your Genes Means Less Weight.

Practicing these two lessons can go a long way toward quieting the fat-ghost in your genes – the noisy ghost that easily, automatically makes you fatter than you should be. These are not the only things you need to learn, but they are a great place to get started.

Unless you plan to get fatter, or go on a 120 day fast at the end of Summer, **quit eating every day like it's Grandma's Fall Feast**. While it made her babies thrive, it's killing you with excess weight.

Are you ready to quiet the fat-ghost in your genes?

– Boyd Jentzsch

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