THE NEW SOUTH COMMON SENSE NO WHITE FOOD DIET

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HISTORY
It is said that after “The War Between the States” the people of the South would have died without grits. Grits are pure starch and of very little nutrition. Grits are mostly white so they provided southerners with a lot of energy. Southerners burned a lot of energy in the form of blood sugar by working physically hard every day. By 1900, the Southern States were rebuilt by the hard work of the average man, woman and child. Nearly everyone worked physically hard and walked everywhere they went. There were very few machines, no cars or trucks, no forklifts, no tractors, no chainsaws, no washing machines, no vacuum cleaners or dishwashers. We plowed with mules, grew our own food, felled trees with axes, split our own wood, and everybody picked cotton when the time came. We grew our own food and the women and girls canned and preserved it. Nearly every individual Southerner, man, woman, and child, all burned thousands of calories a day, some probably over four or five thousand calories a day. They would have died without energy foods; the white starchy foods and sugary foods sustained them. In the mornings they ate grits, biscuits, potatoes, grains and cereals of any form, jellies and jams with their eggs and bacon. At lunch they ate left over biscuits and potatoes if in the field or they ate a full meal if they came back to the house, which included a lot of bread, and desserts. For supper they ate meat, vegetables, and more bread, corn and potatoes. Then they ate more desserts or pie and went back outside and took care of the animals and prepared their primitive equipment for the next day before going to bed. To ingest even more calories to make it through the day they covered much of their food in starch in the form of flour or corn meal and fried it. It decreased cooking times and increased the flavor.

TIMES HAVE CHANGED
Today we are not just living in a different century, we are living in a different millennia. We’re in the New South now. Now the average Southerner drives to work, sits or stands all day and drives back home. We are tired when we get home but did we burn many calories? There are many days where it is doubtful that many of us burn more than 1200 calories. If we tried to walk to work we would get run over. We now have a labor saving machine that helps us do everything both at work and at home. We have riding lawnmowers, play sedentary softball and call ourselves athletic. We don’t walk to our tree stands, and we ride a four-wheelers. Instead of paddling a canoe, we fish out of a bass boat that goes 50 miles per hour. We have washers, dryers, dishwashers, and even our vacuum cleaners are self-propelled. We sit in front of computers at work and sit in front of a TV at home. At work, forklifts and conveyors carry everything and electric or pneumatic machines turn every screw and nail every nail. Southerners stand in one small area at the plant, sit at a desk all day, or we ride around trying to sell stuff. Our children are even worse. Electronics in some form consume nearly every minute of their waking hours and some sleeping hours. They rarely go outside and play and they don’t walk to school. They are the first generation in the history of America predicted to not live as long as their parents simply because of their poor health habits.

Now contrast the amount of energy and calories you expended every day compared to your Southern great-great grandmother and great-great grandfather in 1900. They carbohydrate loaded every day like marathon runners do today and they burned every calorie they ate. We inherited their eating habits and our love for Southern cooking but we did not inherit the work. Even worse, we can add carbohydrate loaded fast food and quickly fixed processed food on top of our desire for southern cooking. Southerners guzzle sweet soda pop by the gallons. The Southern States, by far, lead the nation in being overweight and obese. Alabama usually comes in third place. Thank goodness for Mississippi and Louisiana. Going by a scale of how much you weigh for your height, called Body Mass Index (BMI), over one third of Southerners are overweight, over one third are obese, and less than one third are of normal weight. The scientists who create these scientific determinations of who are overweight and obese do not do this arbitrarily according to what looks good in a bathing suit at Lake Martin or at Orange Beach. These charts statistically determine what weight ranges are healthy and what weight ranges have more heart attacks, strokes, high blood pressure, high cholesterol and worst of all, diabetes. Does this mean that Southern cooking is bad? No. Does this mean that we are bad for eating it? No. What is bad is not recognizing that times have changed and the fact that we cannot continue to eat what we cannot burn. We're in the New South now.
EXERCISE

So, what can we change in our diets that will not compromise our needed healthy nutrition but also will not leave us hungry? Something has got to go! Something has got to be given up! What if we decide that we do not want to give up the foods that we have learned to enjoy? After all food gives us pleasure and historically in the South, food is the center of every social event. What would holidays, church, weddings, ballgames, social events be without food playing such a major part? One answer a person could consider would be to join a gym or exercise our weight down to the normal range. The problem with this idea is that it seldom works. Even if you ran as hard as you could on a treadmill for 45 minutes you would burn only about 350 calories and then reward yourself when you got to work with a chocolate covered donut and blow the whole 350 calories. The point is that if you exercised yourself to exhaustion in the small amount of time allotted between job, family, church and your other activities of daily living, there is NO WAY your exercising can equal what your great grand-parents did in a full day's time. Remember, they walked everywhere they went and worked hard physical labor for ten hours a day. We just cannot equal that with exercise in our modern lifestyle unless you sell your vehicles, cut your electricity off, and live off the land in the primitive way that they did. Aerobic exercise and resistance training are very important to our overall health and injury prevention but it is not the answer to weight loss in our current culture. Think of the contradiction. On one hand, we "exercise to lose weight" and on the other hand we "work up an appetite" with exercise and hard work. If you are living on white foods and sugars and you exercise, it will leave you craving more white foods and sugar leading no weight loss at all. This will be explained later. KEEP READING!

The recommendation for exercise is 30 to 45 minutes a day of aerobic type exercise six days a week. Aerobic exercise is any exercise that makes you breath hard enough to make talking a little difficult and to get your heart rate to aerobic exercise goal. This can be a problem for some southern women because they do not like to do anything that makes talking difficult. Feel your pulse and count how many beats in a minute OR how many beats in 15 seconds and multiply times 4. Your target exercise heart rate you should slowly work up to is 220 minus your age times 70%.

(220 - your age x 70% = target exercise heart rate x 30 to 45 minutes/day, 6days/week).
Example: 220 - age 40 = 180 x 0.70 = equals an exercise heart rate goal of 126 for 30-45 minutes a day.

Aerobic exercise includes fast walking 3 miles, jogging, bicycling hard, treadmill, stationary bicycle, stepper, elliptical trainer, or an aerobics dance class. It is the 30 to 45 minutes of sustained exercise that has the cardiovascular benefit that is needed to reduce blood pressure, cholesterol, heart attack and strokes. Unfortunately, the standing and walking to and fro at work does not count. Strolling, meandering, sashaying and wandering down the road does not count. Riding in any motorized vehicle, fishing or sitting in a tree stand does not count. Walking from the couch to the refrigerator and back does not count. Anything that depends on electronics does not count. Playing church softball does not count. Lifting weights or yoga stretching does not count. If you are over 20 years old, the sports you played back in high school does not count. Again, exercise alone is NOT the answer to the problem of being overweight or obese but exercise is of huge benefit to your overall health. Exercise, a waist line of <38 inches for men/<34 inches for women, along with not smoking (anything) will knock out most of the terrible diseases of old age that will consume all of a Southerner’s retirement money and time. Just these three things! So, how can I get my waist and weight under control? KEEP READING!

A PERMANENT LIFESTYLE CHANGE

Obviously the best and most important answer to healthy weight loss is a permanent lifestyle change in your DIET. The healthiest diet is THE NEW SOUTH COMMON SENSE NO WHITE FOOD DIET. The focus of THE NEW SOUTH COMMON SENSE NO WHITE FOOD DIET is that you do not eat anything WHITE. White foods include any food containing sugar or corn syrup sweetener. Any foods made from flour which includes bread, biscuits, pancakes, cakes, cookies, pasta, tortillas and the like. White foods include potatoes in any form, rice in any form, any kind of cereal, and grains in any form including wheat, corn and oats. Milk and milk products (excluding cheese) are considered a white food. Milk has a lot of sugar in it. It has the same amount of sugar in it whether the fat content is whole, 2%, 1%, or skim milk. Yes, milk is very nutritious but when you eat cheese, you get the nutrition out of the milk without all the sugar. These white foods are all full of carbohydrates and once eaten, they raise your blood sugar quickly and dramatically. Carbohydrates are sugars and starches. The whiter they are the more quickly they convert into blood sugar once eaten. This is what is meant when people say that they are on a "no carb" or "low carb" diet. The low fat diets of the past did not work. In fact, the processed foods that are sold as “low fat” have the fat replaced with starchy carbohydrates or sugar. It is sad to see diabetics eating “low fat, no sugar” cookies by the bagful thinking they are healthy when the main ingredient is white flour that skyrockets their
blood sugars. The old low cholesterol diet caused weight gain and did not lower blood cholesterol in any significant amount but the weight loss that comes from THE NEW SOUTH COMMON SENSE NO WHITE FOOD DIET will lower blood cholesterol in most people. **KEEP READING!**

**IT IS ALWAYS ABOUT THE MONEY!**
The NEW SOUTH COMMON SENSE NO WHITE FOOD DIET works by cutting out the useless parts of your diet that have very little nutrition. The sugary and starchy foods in your diet, the white foods, have very little nutrition in them. Years ago the government realized how useless flour was and made the producers make “enriched flour” by throwing a few vitamins in it. Potatoes and rice are nutritionally useless for the most part except once eaten they turn into glucose or blood sugar that we do not need and cannot burn. Almost all processed foods are processed for a reason. If you can process out the nutrition in the food there is not much in it that can spoil. Foods that do not spoil have a long shelf life. Food distributors and grocery stores can make much more money off of the processed foods that have no nutrition but a long shelf life than foods that are full of nutrition that spoil quickly. It is always about the money! The grocers are throwing out the produce, fresh fruits and vegetables, and meat every few days and losing money but they can sell that box of cereal or sweet cake treats for years without it spoiling, thus increasing their profits at your nutritional expense. Sugar is a preservative and foods containing much sugar and little nutrition are where the money is made. That is why it is smart to shop for the NO WHITE, nutritious foods on the outside walls of most Southern grocery stores, that is, the produce section with fresh fruits and vegetables, the meat department, the egg section, and the cheese section as, your travel around the outside aisles of the store. Almost everything on the inside aisles are processed foods that are high in carbohydrates and sugar, canned in syrup or salt, low on spoilage and nutritionally poor. These are the foods that are killing Southerners. This is not complicated, it is good SOUTHERN COMMON SENSE. You want to eat foods that have the most nutrition without spiking up your blood sugar with white sugars, cokes and white starchy carbohydrate foods.

**FEEDING THE MONSTER**
What happens when a Southerner gets up in the morning and eat white foods or starchy carbohydrates like biscuits, grits, toast and jelly, pancakes and syrup or pastries? Maybe you even eat oatmeal or a “healthy” cereal with milk. Some skip breakfast and drink a coke. What happens is that you shoot your blood sugar up very quickly which is great if you are walking to the field with your hoe and your shovel. But, if you are headed to the sedentary job most Southerners have, it is not so good. When you eat these foods and shoot your blood sugar up rapidly high, your pancreas has to pump out a large amount of the **HORMONE INSULIN** to get your blood sugar back down. Insulin will help you use this sudden increase in blood sugar by forcing the sugar into your muscles to burn for energy in hard, physical work. But, if instead, you head to the office and sit down, this same insulin will help your body store this rise in blood sugar in your liver and will lock the existing fat in your blood stream into the fat cells mostly of your abdomen. Running a high, body made insulin level is disastrous for a Southerner’s health. **KEEP READING!**

**A HIGH INSULIN LEVEL IS YOUR ENEMY. PART 1: INSULIN IS A HORMONE**
Insulin is a hormone and when your body pumps out a large amount of insulin to cover the sudden increase in blood sugar following a high carbohydrate meal, the insulin will make you **hungry**. When this happens, about mid-morning your blood sugar will drop quickly and that will also make you **hungry**. That is why about mid morning you may get the shakes and you get **hungry**. So what do you do? You eat a little candy bar or some crackers or drink a coke and guess what? You feel better because you shot your blood sugar back up again and that feels good! This sets you up for a 2 to 3 hour cycle of constantly running a high blood sugar level, a high insulin level, a bad feeling of emptiness and hunger and the addicting reward of feeding sugar to the hunger monster. A high blood sugar feeds the reward center of the brain that makes substances addictive, like nicotine, alcohol and cocaine. And then it is lunchtime and you're hungry again. You eat a sandwich, bag of chips, and a cookie, all high in starchy white carbohydrates and sugars and you feel better, sleepy but better. Then you crash your blood sugar down with insulin again and about 3pm you are desperate for a coke or a bag of something that will shoot your blood sugar and insulin up again and it feels good until it falls before suppertime.

If you have Southern kids, they want to be fed the four worst food groups for supper: These four are some kind of meat in a white bun or crust, macaroni and cheese, some form of potato, and milk or sweet tea to drink. You wonder why you are **hungry** two hours later even though you ate the last piece of pizza that no one wanted rather than throwing it out. Some ice cream before bedtime would really satisfy that craving for something sweet. Shoot your blood sugar up, pump out insulin, drop your sugar back down, shaky and hungry, reward the monster of hunger with white food. Ahh, it tastes so good! You feel better now! The next day you start all over again. Constantly **hungry**
every few hours and feeding the Monster. This is why portion control diets do not work for long because you will soon learn to give up your nutritious food “points” so you can feed the white foods “points” to the Monster just to satisfy hunger. **HIGH BLOOD INSULIN LEVELS MAKE YOU HUNGRY!**

**A HIGH INSULIN LEVEL IS YOUR ENEMY, PART 2: INSULIN'S AFFECT ON BURNING FAT**

Think back to the farm life from which our Southern ancestors came. They ate a high carbohydrate diet. They got up in the morning and ate the usual farm breakfast of eggs, grits, sausage and gravy, biscuits with butter and jam or pancakes with butter and cane syrup and then headed to the field. For the first two hours of hard labor they pumped out just enough insulin to burn up the sugar in their blood from the carbohydrates they had eaten. The second two hours they burned up the fat in their blood from the fat they had eaten for breakfast and later stored fat. Your muscles will burn the sugar in your blood for energy FIRST and then burn the fat SECOND. There was no mid morning snack and coffee break standing in a field. Then came lunchtime. Again, a high carbohydrate lunch was eaten such as biscuits with butter and ham, a sandwich, left over foods such as potatoes or fried hoecakes, cornbread or fried grits. They worked physically hard with no afternoon break until suppertime when they walked home. Again, the first two or three hours after lunch they burned the sugar in their blood with the help of insulin and after that they burn the fat in their blood and stored fat for energy to work hard.

Today in the NEW SOUTH, we eat a high carbohydrate breakfast raising our blood sugars rapidly high, our body pumps out excessive insulin into our blood and then we drive to work where we sit at a desk or stand around watching a machine work. Two or three hours later the high insulin causes our unused high blood sugar to decline rapidly and we get hungry. This is about the time that our body would start to burn the fat in the blood and even stored fat but that's NOT what happens. We take a mid morning break and eat something sweet and/or drink a coke and shoot our blood sugar back up and our insulin level back up until lunch time.

It is the same after lunch. You are supposed to burn your carbs with insulin the first 2-3 hours and then burn fat the second 2-3 hours. The trouble is that when you take an afternoon break and eat white food and drink a soda, you reset for carb burning and skip fat burning. The problem is that **you never get to the fat burning** second half of the morning or the afternoon. You perpetually live in the sugar burning, high insulin phase and **never get to the fat burning phase.** This is bad for you and sets you up for adult onset, insulin resistant, type 2 diabetes.

But it gets even worse. Insulin is a hormone. Insulin affects your body in many different other ways than just its affect on blood sugar. Your blood has a constant amount of fat molecules floating around available for your muscles to burn for energy. These free floating fat molecules flow in and out of your body's fat cells freely through a little hole in the fat cell wall as your body needs them to burn for energy. A high insulin level drives the fat in your blood into the fat cells and locks them in. The hole doesn't close. What happens is that the high insulin level in your blood causes insulin to get into the fat cell and jams three fat molecules together turning these three fat molecules into one big Triglyceride molecule and that triglyceride is then too big to get out of the hole. So now you are stuck with a fat cell crammed full of fat that cannot get out to get burned for energy, all because you ran a high insulin level in your blood. A high insulin level also inhibits the body from burning protein as energy. So, you can't burn your protein for energy, you have locked out the burning of fat for energy, so when you run out of blood sugar, what do you crave? The sugars and the WHITE foods that turn into sugar. So you get fatter and fatter all the while craving more sugar and starch. Why did you run a high insulin level in your blood? Because you eat WHITE FOOD and live in the sedentary 21st century South. Lower insulin levels will help reverse the curse.

**A HIGH INSULIN LEVEL IS YOUR ENEMY, PART 3: YOUR WEIGHT**

If normal size, normal height and weight parents saw that their 16 year old daughter had grown to over 7 feet tall, would they immediately assume that this girl has succumbed to the sins of gluttony and slothfulness? She has obviously eaten so much and has become so lazy that she has grown to over 7 feet tall. She needs to get on a diet and an exercise program and let's see if we can get some of that height off of her. **HOW OUTRAGIOUS! SHE OBVIOUSLY HAS A GROWTH HORMONE PROBLEM.** Call the endocrinologist, she is abnormally producing too much Growth Hormone. She is not suffering from the sins of gluttony and slothfulness causing her to grow tall, she is producing too much of a hormone.

But what if instead of growing tall, she grew big. What if she was normal height but gained up to 300 pounds? Has she sinfully become a lazy sloth and has she been glutonously eating too much? NO, SHE HAS A HORMONE PROBLEM! Instead of excessive Growth Hormone, she has a problem with excessive INSULIN HORMONE. If
it's a hormone problem, then why have we, for the last 60 years, sent our obese children to the psychiatrist for the obvious diagnosis of an "Eating Disorder". The disorder is often not with the children but with the parents who let them eat whatever they want. Big surprise, did you know that children (and adults that don't know better) will gravitate toward sweet foods and high carbohydrate, starchy, white processed foods because these foods are easy to prepare and eat and they taste better than meat and veggies. These children will maintain a high insulin level and it is disastrous for their future health. When children go into puberty with a high insulin level, the insulin hormone can change other hormones and their problems have only just begun. Children and adults need to be disciplined in the foods that they eat to normalize their blood insulin levels.

AS AN ADULT, if you had a normal weight through high school but have since gain a lot of weight and especially in your abdomen, you are not crazy, you don't have an "eating disorder", YOU HAVE A HORMONE PROBLEM! That hormone is INSULIN! When you eat WHITE FOODS, that is, sugar, foods with high fructose corn syrup, and any foods made from grains, potatoes, rice, tamales, cornbread, etc., your blood sugar will rise quickly, your body will produce excessive blood levels of insulin and you will gain weight, stay heavy and stay hungry all of the time. Now, you see why Yankees view Southerners as stereotypically fat, gluttonous and slothful because we are hungry and tired all of the time. We weren't born tired, we developed a hormone problem. Feed the monster, feed the monster, feed the monster. "But, hey, I like being big, nobody pushes me around anymore." "My husband likes me big, he says I'm sexy big." That's all well and good except for what is coming next.

A HIGH INSULIN LEVEL IS YOUR ENEMY, PART 4: DIABETES
Then there is the heartbreak of becoming a Southern diabetic. One of the dire consequences of running a high insulin level all of the time to control your white food diet induced blood sugar is adult onset, insulin resistant, type 2 diabetes. (Type 1 diabetes is different. It is a disease where the pancreas stops making insulin leading to the need of insulin shots. This usually starts in children.) Type 2 diabetes is a result of too much production of insulin by the pancreas from a high white, high carb diet. The insulin overload burns out the system until the body becomes resistant to the ability of the insulin to get the sugar from your blood into the muscles for your body to burn. Then the level of sugar in the blood rises and rises and you wonder where your energy went.

You can eat a white, high starch, high sugar, high carbohydrate diet and keep your blood sugar under control by running a high blood insulin level for many years. At some point this system will wear out and you will become "insulin resistant", no longer able to control your blood sugar with the insulin your body produces. On average, a diabetic has been a diabetic for eight years before the blood sugar is checked and the diabetes is discovered and treated by your health care provider. Eight years of sugar damage to the retinas of the eyes, damage to the fine circulation in the kidneys, damage to the nerves of the hands and feet, reduced testosterone levels in men, erectile dysfunction in men, low sex drive in women, and damage to the blood vessels of the heart, brain, and sexual organs before the diabetes is even diagnosed and treated. Later will come horrible nerve pain in the feet and if untreated, amputation. Eventually, after many, many years of uncontrolled diabetes, the pancreas will burn out from the excessive insulin production and will stop making insulin altogether, then you have to start insulin shots or die.

A HIGH INSULIN LEVEL IS YOUR ENEMY, PART 5: ABDOMINAL FAT
But before you get to the point of losing control of your blood sugar and finding that you are diabetic, many bad things are happening. When your blood sugar rises according to your high white food eating habits, insulin will store this sugar in your liver making it "a fatty liver". Your fatty liver will function poorly in it's job of removing poisons from your body and can eventually lead to cirrhosis like an alcoholic. Diabetes also damages the kidneys, the other organs that remove the poisons from your body. Remember, one of the jobs of excessive insulin production is to stop fat burning and enhance fat storage. Excessive Insulin is very fond of the fat cells that surround the abdominal organs called "brown fat". Excessive insulin crams these fat cells of the abdomen so full of fat that it causes what is called "Abdominal Obesity" or "Central Obesity". Abdominal Obesity is an especially good predictor of the terrible health consequences of what is called "Metabolic Syndrome" which is described later.

A HIGH INSULIN LEVEL IS YOUR ENEMY, PART 6: HIGH BLOOD PRESSURE & CHOLESTEROL
High blood insulin levels stiffen the blood vessel of your body. A high blood sugar level causes "oxidative stress" to blood vessels causing them to stiffen. The sugar attaches to proteins that then attach to the blood vessel wall causing inflammation and stiffening. When high insulin levels drive more blood fat into the body's fat cells than they want to hold, the fat cell will release "cytokines" which inflame the walls of your blood vessels causing them to
stiffen. Then excessive insulin jams three fat molecules together forming a triglyceride type of cholesterol which hitchs a ride on protein called an “LDL” which becomes small and dense enough to cram itself into the walls of the blood vessels causing fat streaks inside the blood vessel leading to further inflammation and stiffening. A stiff blood vessel causes your blood pressure to go up like standing on a garden hose. Insulin keeps your kidneys from letting the salt out of your blood and pass into your urine. High blood salt can make your blood pressure go up. This inflammation in the blood vessels cause narrowing leading to heart attacks and strokes. Damaged blood vessels in the penis cause it to not be able maintain the blood flow needed for an erection. We usually do not treat high triglycerides (a type of cholesterol) in diabetics until we treat their high blood sugars first. Usually when their blood sugars come down their triglycerides will come down also. Subsequently, when the triglycerides come down the good HDL cholesterol goes up as a rule. The HDL cholesterol protects the blood vessels. It is thought that this is why THE NEW SOUTH COMMON SENSE NO WHITE FOOD DIET, which is a low carb diet improves high cholesterol in most Southerners as well as their weight loss and helps prevent diabetes if caught early enough. There are some people who inherit a genetic very high cholesterol but that is very rare. Southerners earned our high cholesterols fair and square by the high WHITE FOOD diets that we eat, not from eating fat. KEEP READING!

A HIGH INSULIN LEVEL IS YOUR ENEMY, PART 7: METABOLIC SYNDROME

Obesity is the primary cause of what is now called “Metabolic Syndrome”. The criteria for Metabolic Syndrome is to have most of the following: Diabetes, High Blood Pressure, High Cholesterol, Heart Disease, Waist line of greater that 35 inches for women and 40 inches for men (that is over the Dunlop not under Dunlop). They should rename this the "Southern Syndrome". Yankee doctors up North laugh and shame the Southern Doctors and NP's and say that we live in "The Dialysis Belt" because we cannot effectively manage our Southerners uncontrolled diabetes and high blood pressures that destroy our kidneys. As you can see, eating white foods, sugars and starches, and forcing your body into overproduction of insulin is one of the major causes of these diseases. If this describes one or both of your parents you need to change your lifestyle and do it quickly. Another waistline criteria for poor health outcomes is that your waistline should never exceed one half of your height. If you are six feet tall (72 inches), your waist should not exceed 36 inches. If you are 5 feet tall (60 inches), your waistline should not exceed 30 inches. Again, that is your real waistline, not your imaginary one. If your tape measure disappear while measuring, that is not your real waist line. If you focus on your metabolic health then your bikini health will greatly improve.

A HIGH INSULIN LEVEL IS YOUR ENEMY, PART 8: GENETICS

Ever wonder why some people are thin and live to run in 10K races every weekend? They wake up in the morning and are miserable until they can get their running shoes on and take off down the road. Some people feel so uneasy, even jittery until they can get on the basketball court and play full court for a couple of hours. Ever wonder why people who live to run, like the Kenyans, win the Boston marathon every year but you cannot catch a toddler running across the yard without pooping out of energy? One theory is that genetics can affect a person's ability of their insulin to transport blood sugar into the muscles for energy. Some people may be genetically set up for their insulin to more easily transport energy or even over-transport energy into their muscles than other people. They may feel that they must run or die of the heebie-geebee's because their muscles are crammed full of sugar for energy. If you are not Kenyan, your body may be genetically set up for only normal to low energy/sugar/insulin transport into your muscles. A person may not be genetically set up for winning the marathon but that does not mean that one cannot run the marathon. Somebody has to come in last. If you are a genetically a normal or an under insulin transporter, your only recourse is back to diet control of your carbohydrate intake and normalizing your blood insulin level or you will suffer the consequences. (If you are reading this, I promise, you are not of Kenyan descent.) The problem of obesity is not genetic problem, it's a high insulin hormone control problem.

Less than 1% of obesity has a secondary identifiable cause. In countries that are suffering a famine, there are no obese people walking around with “a gland problem”. A great study was done years ago of a genetically pure, isolated tribe of American Indians. When boundary lines were drawn, half of the tribe ended up in the mountains of Mexico and the other half ended up on an Indian reservation in the United States. There were no jobs on the U.S. reservation so they were given free processed foods of all kinds and a welfare check. To this day, the American Indians on reservations have the highest obesity rates and their rate of diabetes is around 90%, the highest of any American subculture. The other half of their tribe who ended up in the mountains of Mexico, worked hard every day growing their own food and walked everywhere they went, up and down mountains, and their rates of obesity and diabetes were almost nonexistent. The two groups were as genetically identical as you can possibly get.
A HIGH INSULIN LEVEL IS YOUR ENEMY, PART 8: YOUR CHILDREN
So you get up in the morning and feed your little Southern younguns a toaster pastries and sweetened fruit juice or cereal and milk and then they are happy and energetic. Don’t you just love them! They are so sweet and cute when they get up in the morning. Then a couple of hours later they are fighting with each other, crying, and whining. Your first impulse is to just beat them unmercifully. Maybe if they are stuck in a desk following their high white food breakfast, your usually bright children lapses into a space staring, mouth open, dumber that a sack of hammers, semi-comatose state. They must have ADD. What’s a mother to do? Give them some sugary juice and a cookie and they get happy and overly energetic again. Now it’s just before lunch, their high insulin level has caused their blood sugar to bottom out and they are again whining, fighting, whining, whining, and now they are crying. They are miserable and they feel terrible. They don’t know what is wrong. They cannot come to you and say in a British accent, “Oh, mother dearest, I suddenly feel that my blood sugar has precipitously declined and left me in a dreadful dilemma of illness!” They are just little children. All they know is that they feel like crap. When Southern children feels like crap their natural inclination is to sit on the floor underneath their Momma and whine and cry. You just want to clobber your little fat, snotty nosed children, all they do is eat and whine, eat and whine. And whose fault is it? They don’t have a driver’s license nor do they have money to buy nutritious food. They are completely at your mercy for the food that they eat and you bear the responsibility for their behavior. Yes, all children would rather eat sweet toaster pastries and cereal but who is the adult here, who is in charge of their discipline and well being? If you buy "NO WHITE" nutritious foods only and there is nothing else to eat but the "NO WHITE" foods that you have gotten up a little earlier to prepare for your family, then they will eventually eat it. There are no death certificates that list a child's cause of death, "Child died from refusing to eat nutritious low glycemic foods". You are the adult provider for these children's health, behavior and nutrition needs. It's very important because they will be caring for you in your old age some day when all you do is whine and cry.

A QUICK NOTE FROM YOUR ORTHOPEDIC SURGEON
Unfortunately, God did not make knee joints to carry over 200 pounds for a person's lifetime. The cartilage will pound down, then grind down until your knee joints are bone on bone and you will suffer with every step you take until you either die or get knee replacement surgery. Either way, you are going to walk like Fred Sanford the rest of your life. No one, no matter how tall you are or how “big boned” you are, no one should weigh over 200 pounds unless you are a professional athlete. But they too will suffer. There is four-fold increase in the stress on your knees for every pound over 200 pounds. If you weigh only 250 pounds, the stress on your knees is like you weigh 400 pounds.

DIET VERSUS LIFESTYLE CHANGE
So, now that you get an idea of what is bad for a Southerner to eat, so what is good for a Southerner to eat? What can you eat that will cause you to lose weight, help save you from Southern Metabolic Syndrome, keep you from being hungry all the time, be nutritious and delicious, and yet make bowel movement a pleasure? Will a diet solve your problems? The word “diet” sound like something that you do temporarily for a few months to get your weight down so that when the holidays come you can resume your old Southern eating habits. This may work if at the end of your diet you quit your current job, build a log cabin and take up plowing with a mule. If you don’t like mules, then what you need is a change of LIFESTYLE, not a diet. A diet is temporary; a LIFESTYLE change is forever.

SLOW RISE, SLOW FALL KILLS THE MONSTER
THE NEW SOUTH COMMON SENSE NO WHITE FOOD DIET is really not so much a specific diet of what exactly to eat but a lifestyle change of what foods to NOT eat so that these white foods do not lead you to being overweight or obese which will make your miserable and lead to your early demise. So if you are NOT to eat the white foods, what can you eat, what does this leave you? It leaves you foods that cause your blood sugar to rise slowly and decline slowly. When you eat foods that cause your blood sugar to rise slowly, your pancreas does not have to pump out excessive insulin, after 2 or 3 difficult weeks of breaking the excessive sugar/excessive insulin cycle, you stop driving the monster of hunger. You will be able to make it to lunchtime and make it to suppertime without feeling like you will die for a coke or cookie. It is a good idea to start saving some money during this period because if you do this “lifestyle/diet” change correctly without cheating, you may need to buy some new clothes in about a month. Your exercise tolerance may decline during these 2 to 3 weeks because your body will be changing over from burning just carb fed blood sugar to burning fat and stored sugar from your liver. After this period of transition your exercise tolerance will return. You do not need “diet pills” to control hunger, you need a diet/lifestyle change. When you stop diet pills you rebound back to DOUBLE MONSTER HUNGRY and will gain your weight back and more. DON’T GIVE UP, YOU’RE FINALLY TO THE DIET!
FINALLY, THE NEW SOUTH COMMON SENSE NO WHITE FOOD DIET

So much for the theory behind THE NEW SOUTH COMMON SENSE NO WHITE FOOD DIET. You don't have to count calories, just make good food choices. The following is the practical advice on "WHAT TO EAT" and "WHAT NOT TO EAT" in the course of a day. Please understand that the foods and food groups mentioned here are to be eaten in a “PORTION SIZE”. Eating too much of even a good food is bad for you and will prohibit you from losing weight. The exception to this is meat. Eat as much as you want but stop when you are full. Since most Southerners are known for being blessed with GOOD SOUTHERN COMMON SENSE, please feel free to use it and use it often. Eat when you are hungry, stop when you are full, use some common sense.

BREAKFAST
WHAT TO EAT:
- Eggs
- Breakfast meat: bacon, sausage, ham - Eat as much as you want within reason, really.
- Cheese (Be creative and make an egg, cheese, ham omelet with peppers & onions, or eat it separately)
- A half of a piece of fruit
- Coffee, limit your caffeine to one in the morning
- Water
- DO NOT SKIP BREAKFAST!

WHAT NOT TO EAT:
- Biscuits, grits, toast and jelly, pancakes and syrup, pastries, toaster pastries, donuts, cream of wheat, milk, any cereal including cereals that are supposed to be "good for you" and "heart healthy". They are not.
- Health bars, energy bars, vitamin bars, breakfast bars, open bars, candy bars, chocolate bars, ALL, even "healthy bars" are full of processed starch and sugar as their main ingredients, it's renamed something else.
- Fruit juice of any kind, orange juice, apple juice, cranberry juice, cranapple juice, grape juice. EAT THE FRUIT instead.
- Do not pre-digest your fruit in a juicer machine, eat the 1/2 piece of fruit instead, no juicing machines
- Do not pre-digest your protein in a shake, EAT THE MEAT instead
- The fruits that you should not eat are bananas (they are white starch) and grapes and melons of any kind because they are full of sugar with very little fiber to slow the absorption of the sugar (a high glycemic index).
- Jellies, jams, honey, syrup (Any of the sugars like fructose, lactose, maltose all turn into GLUCOSE sugar)
- A coke doth not a breakfast make.

MID MORNING SNACK
WHAT TO EAT:
- Nuts - 15 assorted tree nuts, not peanuts. If you are not from the South, peanuts do not grow on trees.
- Cheese stick or a cheese stick wrapped in a slice of lunch meat
- Jerky, pepperoni slices, or a piece of lunchmeat
- Water

WHAT NOT TO EAT:
- Sodas - Regular or diet sodas, the affect on your blood sugar and insulin appears to be the same.
- Candy, chocolate, candy bars, chips, cookies, crackers

LUNCH
WHAT TO EAT:
- Salad - Whatever you can put on a sandwich you can put on a salad and you can make some really good nutritious salads by adding meat, fruit, nuts, meat, cheese, meat, crunchy veggies, eggs, meat, and use a mayonnaise based salad dressing like ranch or bleu cheese or oil & vinegar. Then add some more meat.
- Water or unsweetened tea

OR
- Meat - Broiled or grilled, of any kind, like a hamburger patty, chicken, steak, pork chop with mustard, fish or tuna with tartar sauce. Eat as much as you want. Tuna or chicken salad made with regular mayonnaise is good but no sweet pickles. Mustard/chicken salad makes a good meat dip for flavor
- A vegetable portion, cooked or raw
- A piece of cheese
- A half piece of fruit, the other half from breakfast

**WHAT NOT TO EAT:**
- Hamburger, fries and drink. The combo meal at any fast food restaurant, not even the "Unhappy Meal". It is said that fast food places put sugar in the hamburger meat as a flavor enhancer so you will eat more and get addicted.
- Sandwiches. Whatever you can put on a sandwich you can put on a salad. Even store bought “whole wheat” bread is usually just white flour with brown stuff mixed in to make it look healthy. You don't need any bread or rolls, any bread in any type, color, or form. (Jesus is the only "bread of life" you'll ever need)
- Chips, crackers, or croutons in any form
- Catsup is loaded with sugar as well as the catsup-based salad dressings like thousand island, catalina, and French. Read the labels on the salad dressings and you will be amazed at the difference in the Carbohydrate grams compared to the fewer carbohydrate grams in the mayonnaise based dressings.
- Most store bought sauces and condiments have added sugar. Plain mustard and regular mayonnaise are ok.

**MID AFTERNOON SNACK**
**WHAT TO EAT:**
- Nuts - 15 assorted tree nuts
- Cheese stick
- Jerky, pepperoni slices, or a piece of lunchmeat
- Water

**WHAT NOT TO EAT:**
- Sodas or cokes.
- Candy, chocolate, candy bars, chips, cookies, crackers

**SUPPER**
**WHAT TO EAT:**
- Meat - Broiled or grilled, of any kind, like tuna (not fish sticks), hamburger patty, chicken, steak, pork, venison, possum, squirrel, rabbit, road kill (only if you hit it or saw it get hit). Eat as much as you want.
- Two vegetables, especially Southern grown vegetables
  - OR: One of your two veggies may be beans or peas of any kind. Though they are starchy, they have a lot of fiber that offsets the absorption of the starch and sugar (lower glycemic index). Must be limited to a cupped hand size portion.
  - OR: One of your two veggies may be a half of a small to medium sweet potato with cinnamon and butter but without sugar or marshmallows,
  - OR: One of your two veggies may be a salad
- Dessert of a small amount of cut up fruit sweetened with a heaping spoonful of whipped topping
- Water or unsweetened tea

**WHAT NOT TO EAT:**
- Fried anything, no fried chicken, no fried okra, no fried chocolate bars
- Corn, in any form, is not a vegetable.
- Potatoes, in any form, are not a vegetable.
- Beer - Beer is like drinking bread. It is made from grains and yeast, same as bread.
- Hard liquor - Alcohol is chemically sort of a sugar made from sugar that turns back into sugar in your body.

**BEDTIME SNACK**
**WHAT TO EAT:**
Nothing, get a grip, go for a walk after supper.
One small 4-ounce glass of red wine for those who think they will die without some alcohol. It can actually be good for you if limited it to a small 4 ounce glass a night, not “the Bubba” coffee mug sized wine glass. No wine for the first 3 weeks especially or until you have reached your weight loss goal.

GLYCEMIC INDEX
You may be wondering why you can eat some foods that have sugars and starches in them but you are not to eat others. Why is a sweet apple ok but not cantaloupe? Why are beans ok but rice is not? Why is a sweet potato not as bad but a white potato deadly? It all has to do with the GLYCEMIC INDEX of the foods you eat. GLYCEMIC INDEX is determined by the amount of fiber that is in the food you eat because it offsets the absorption and the speed of absorption of the carbohydrate, starch and sugar that are absorbed and turned into blood sugar. The benefit comes from a slow rise and slow fall of your blood sugar and the corresponding low production of insulin. Most of this is SOUTHERN COMMON SENSE. Eat your foods in the form God made them with the exceptions of the white stuff (milk, potatoes, rice, bananas, and melons). White foods and some foods with color that grow below the ground usually have a higher glycemic index that foods that grow above the ground.

It may be helpful to buy a little glycemic index book from “wally world” or look up it up on line. The LOWER the GLYCEMIC INDEX the better. Even though cauliflower is white it has a low GLYCEMIC INDEX and is good to eat. If you are a good cook, there are several excellent “low carb’ cookbooks available. The ones written by Dana Carpender are excellent. She is so creative and has a way to make just about anything low carb. The above THE NEW SOUTH COMMON SENSE NO WHITE FOOD DIET should be followed strictly for three weeks before branching out with some of these recipes because they are not quite as strict in breaking the high blood sugar/high insulin cycle strangle hold that has become an addiction. If you’re OCD and really feel the need to count carbs just try to keep them below 20 grams a day, otherwise, don't count, just don't eat WHITE FOODS.

THE REAL FOUR FOOD GROUPS
The food pyramid most of us learned in school was developed for primitive farm workers of the 1950’s. It is a disaster for Southerners now but the government cannot seem to let it go. The largest portion is the carbohydrates base of the pyramid that we cannot burn sitting in front of any electronic device. Nor can we burn the sweets and desserts of the tip if the pyramid. This was based on four food groups, which are Meat, Fruits and Vegetables, Dairy, and Grains. Please FORGET THE FOUR FOOD GROUPS! Forget the Food Pyramid and leave the pyramids to the Egyptians. Foods that we eat are made up of four components that the body can use to maintain your health and provide the energy that we burn in the form of the sugar glucose. Three components, Proteins, Fats, and Carbohydrates, the body can break down and turn in to the blood sugar glucose that the body needs to burn to live. There is a fourth component that the body needs but does not turn into glucose, which is the Vitamins and Minerals.

PROTEIN
Meat is mostly protein and some fat. Meat has a very low glycemic index in that, though the body can turn protein into glucose sugar if it needs to, it will do so very slowly. Common sense tells you that if famine came and you started to miss meals, you body will naturally use up your blood sugar stores first and your fat stores second. Your body would consume your own muscle mass, which are your protein stores, lastly in desperation because you need your muscles to gather more food. Protein is filling and satisfies hunger. The reason the “all protein” diets worked is not because of the protein itself but the fact that carbohydrates are not being eaten. Again, good Southern common sense tells you that it is not as good for you to eat all meat to the exclusion of the nutrition in vegetables and fruit. The proteins, vitamins and minerals in meat provide the building blocks of the body. Contrary to your Southern upbringing, you should NOT batter your meat in starch and fry it in fat or oil. Though it tastes very good, fried foods are very bad for you and turn a low calorie, low glycemic index food into a high calorie, high glycemic index food. Get a gas grill and grill your meat. You grill away a lot of the fat but retain the flavor. Don’t just grill meat for today but since you have it fired up, go ahead and grill meat for next few days. Chop up the meat you don’t eat today and put it on your salad tomorrow. Think ahead. Go ahead and grill some Conecuh sausage for in the morning while you are grilling your chicken tonight.

Some meats are better than others depending on the fat content and what the animal ate. Salt-water fish probably is the healthiest meat because of its low fat content and what fats or oils that are in the salt-water fish are actually the good omega 3 fat. If the fish is “farm raised”, it is no better for you than chicken because it is fed corn and corn
increases the bad omega 6 fat. This holds true for any land animal that is fed corn rather than grass and other forage foods. That is why venison and other game, grass fed beef or even road kill for that matter is far better for you than corn fed beef, corn fed pork and chicken and farm raised catfish which are fed corn. Corn is the base of most store bought feeds. But, please, eat any meat that you can get over eating carbs, starches, or sugars. You want the meat that you eat to be in the form closest to the way God made it and the least processed as possible. Vienna sausage is 90 to 95% fat! Chicken, turkey, and beef lunchmeat is far better than processed meats such as souse meat and potted meat. Hamburger is good but try to get the lowest fat content hamburger you can afford. Remember, hamburger ranges in fat content from ground sirloin (least fat), ground round, ground chuck, and regular ground beef (most fat). If you are away from home, hungry and forgot your lunch, it is ok to whip into your favorite fast food burger place and grab a salad and a burger. Just toss the buns out the window to the sparrows and eat what is in between. Salad, burger, and water, not the value meal, nothing fried, no fries, no coke. With good meat there is no limit on the portion size, just stop eating when you are full.

There are other acceptable sources of protein that are very good for you. Eggs are very nutritious. Forget about the cholesterol in the eggs, your weight loss will usually lower your cholesterol far more than two eggs a day would ever raise it. Cheese is very nutritious. Milk is full of milk sugar despite the fat percent and is considered a WHITE food so do not drink it. When you eat cheese you get the nutrition out of the milk without all of the sugar. Beans and peas are a good source of protein. Though they are starchy, they are full of a very good kind of cholesterol lowering fiber that offsets the absorption of the starch and lowers the glycemic index.

**VEGETABLES AND FRUITS: THE GOOD SOURCE OF CARBOHYDRATES**

The healthier of the fruits and vegetables are the ones with the most water and color in them like berries, green lettuce, green beans and squash. Also healthy are oily fruits like avocados. You can eat two or three portions of these at lunch and supper along with a portion of meat. A large salad at lunch may contain all three portions of lettuce and fruit. Then add on your portion of chopped meat and cheese of any kind. Spice up your salads with peppers, pickles, onions, seeds, nuts, fresh fruit chunks, but no croutons or crackers. For supper you can eat meat and two veggies and then fruit with regular (not low fat) whipped topping for dessert. Remember moderation in all things! All fruit and veggies have sugar and carbohydrates in them. There is a big difference in how much sugar you are eating when you eat a portion sized amount of berries as opposed to a large bowl full. Any of the fruits eaten in excess will bounce your total calorie count up so that you may not lose weight. The idea is to cut out useless, nutritionless carbohydrates that drive hunger and replace them with foods eaten in moderation without going hungry. Remember that with any of these foods, you are to eat a PORTION SIZE. A PORTION SIZE is the amount that you can hold in your cupped hand (not both hands, not Shaquille O’Neal’s hand). Eat when you are hungry, stop when you are full.

The fruits and vegetables, beans, peas and nuts are so good for us for many reasons. They are our main source of the vitamins and minerals that we need for our health. Since they can be eaten mostly in the form God made them, the vitamins and minerals can be more easily absorbed by the body than by taking a vitamin pill. Most fruits and veggies are high in natural fiber which normalizes the body's absorption of sugar from food. These natural fibers are very good for your digestive system health and as Granny says, “They’re good to you, good for you and will make bowel movement a pleasure!” It is important to eat fruits and veggies on THE NEW SOUTH COMMON SENSE NO WHITE FOOD DIET because they will be replacing the dietary fiber that you will not be eating from the grains and grain products that you have given up because they are too white, starchy and processed to eat. Fiber is very good for you whether you mix and drink store bought fiber powder or get it from fruits and veggies. Fiber slows the intestinal absorption of sugars, starches, and carbohydrates and therefore helps control high blood sugar and high blood insulin levels. That is what gives you a glycemic index of your foods.

There are some fruits that have just too high a sugar content unopposed by fiber causing them to have a high glycemic index. Bananas, grapes, watermelon, cantaloupe, honeydew and other melons should not be eaten at all. Store bought dried fruits should not be eaten because they almost always have added sugar. Be very careful to limit the portion on raisins, dates, pineapple, mangos and other extremely sweet fruits because of the higher natural sugars. Carrots are good as long as you do not cook them with sugar or make carrot salad with sugar. Sorry, carrot cake is not a portion of vegetable. Corn is not a vegetable, it’s a grain and it is so high in sugar that they ferment it for the alcohol that goes in our cars. If daisies were sweeter then Iowa would be covered in daisies. Also be careful to limit the portion on nuts because of the higher fat content that is high in calories (explained in FATS and OILS). Iceberg lettuce is nutritionally useless and is not recommended. If you fed it exclusively to rabbits they will die. It
is almost white. The less color there is in the lettuce that you eat, the less nutrition and fiber. Any of the other lettuces, cabbages, spinachs for salads are very good for you. The slaw that comes with barbeque is full of sugar and so is the barbeque sauce, sorry.

A word of advice for those who refuse to give up "White foods" or high glycemic index carbohydrates. Some people just do not like fruits and vegetables. You do not care for the texture in your mouth or you say it "tastes funny". You tried veggies once when you were 5 years old, hated them, and have never tried them again. The only fruit that you will eat is a banana. You vow to never, ever give up bread. Your daily diet consist of cereal and milk for breakfast or usually no breakfast, a donut and coke for mid morning snack, pizza or burger and fries for lunch, a coke in the afternoon. For supper you eat fried meat and potatoes in some form with macaroni and cheese and ice cream for dessert. The good Southern gas stations have a lunch menu of only fried chicken, mashed potatoes, tater tots, and sweet tea and you eat there nearly every day. You cannot live without a cola or a soda of some form no more than 3 feet away at all times. You would like to lose weight but you say, "Wait a minute, I love my sweets and I'm not giving them up! You ain't my momma and I'll eat whatever I want to eat. I got my rights! You ain't the boss of me!" My advice is to please, without delay, call your insurance agent and purchase a large life insurance policy to take care of your loved ones when you die an early death. Statistically, you are bound to die an early death but not before costing your spouse and children, your health plan, and the government's tax payers hundreds of thousands of dollars in increased health care costs following years of painful disability and then an early death.

**FATS AND OILS**

Fats and oils are essential to good nutrition and they are not all bad. Animal fat actually has a ZERO Glycemic Index. Never limit fats and oils in a Southern child’s diet because it is needed for good brain development and they need all the brain development they can get. Much of the flavor in food is in the fats and oils. Fats and oils carry the fat-soluble vitamins A, D, E and K. There are bad fats and oils and good fats and oils. The oils that Southerners cooked with in the past would spoil. Years ago, those in the cooking oil business figures out a process to “hydrogenate” cooking oil so that it would not spoil, giving it a forever shelf life so they could make more money. These oils are called Trans Fats. Hydrogenated cooking oil is so bad for clogging arteries and is now thought to even cause cancer, we were better off cooking with butter and bacon grease like our grannies used to do. The less good fats and oils are the saturated fats that come from animals (like granny's bacon grease in a coffee can under the kitchen counter or even lard). These are usually solid at room temperature. A little better are the polyunsaturated fats and oils like corn oil. Anything from corn is viewed with disfavor (except for maybe Southern corn likker). Corn is a grain, not a vegetable. The BEST are the monounsaturated fats and oils that come from plants such as olive oil and flax seed oil. Olives, avocados and peanuts have monounsaturated oils. The oil that is still in the fruits, vegetables, and nuts in the form God made them are generally good for you.

The Omega 3 fatty acids are the best of the fats and oils for good health. The best source of the Omega 3s is salt-water fish that eat the micronutrients of the ocean. The fat in the meat of land animals and fresh-water fish is also better if they are not CORN fed or pond raised but instead, eat foraging plants or eat bugs and animals that eat plants. But, again, please, eat any meats or fats that you can get over eating carbs, starches, or sugars. Omega-3s are anti-inflammatory in your blood vessels whereas excessive Omega 6s are inflammatory in your blood vessels. Corn fed meat is highest in Omega 6 fat. We need both of these in our diets to support good health but in a ratio of 4 times Omega 6 to Omega 3. The average American diet contains a ratio of 25 times the amount of the bad Omega 6 to the good, anti-inflammatory Omega 3s. It should not surprise you that other great sources of the good Omega 3 oils are in fresh fruits and vegetables, olive oil, flax seed oil, and the oil in tree nuts, especially walnuts and almonds.

The problem is that fats and oils carry more than double the calories than other foods per weight. For you math whizzes the ration is 9:4:4, which means that an equal weight of Fat to Protein to Carbohydrate, is more than double for fat. For every 1 gram of fat is 9 calories, for every 1 gram of Protein is 4 calories, and for every 1 gram of Carbohydrate is 4 calories. You may not lose weight if you eat too much of the fats and oils because you will run your total calories up too high for weight loss. Remember portion control.

**VITAMINS AND MINERALS**

Because modern 21st century Southerners actually need so little food to meet our very low caloric needs we may not be getting the proper amount of vitamins and minerals we need. It is good Southern common sense to take ONE (not a pack, not a mega, not a handful), ONE good multiple vitamin with minerals a day. Women who menstruate
may need a vitamin with iron. Any woman who have even a remote potential to get pregnant needs to take folate or folic acid either separately or in their vitamin to help avoid certain birth defects. You only absorb small amounts of these vitamins and minerals and the rest of the “mega-pack” turns into very expensive urine. Extra vitamin D may need to be added. We need more vitamin D than previously thought. When Southerners used to all farm for a living we made our own vitamin D in our skin from sunlight. Now Southerner either work inside or if we go outside we wear sunscreen. Blacks are especially vulnerable to vitamin D deficiency because of the higher amount of melanin in the skin can block the body’s production of vitamin D. It is recommended for adults to add a vitamin D supplement in the range of 2000iu a day. Vitamin D is very important for calcium absorption to make your bones strong but also vitamin D is important for cardiovascular, neurological and especially immune system health.

MYTH BUSTERS

Myth #1: "Calories in equals calories burned. Eat more calories than you burn and you gain weight. Burn more calories than you eat and you lose weight". FALSE! This may be true when you burn a beaker of sugar in the chemistry lab but it is not true in these amazingly complicated bodies that God has created for us. HORMONES CONTROL EVERYTHING according to what you ate and the form you ate it in, whether you burn it or store it. HORMONES CONTROL THE WORLD. That lead to Myth #2.

Myth #2: "You can lose a lot of weight drinking Diet Colas and using the sugar substitute sweeteners." FALSE! After all, you are taking in fewer calories every day when you use a sugar substitute, right? Wrong, see myth #1. They did a study with diabetics, one group drank "the real thing" and the other group drank diet sodas and their blood sugar levels ran the same, not really any different. WHY? HORMONES! The stomach releases incretin hormones every time you eat and drink something. These incretin hormones stimulate the pancreas to produce more insulin because a meal is coming in. Excessive insulin stops fat burning and enhances fat storage, remember. So, some think that some insulin stimulating hormones may be released by the taste of sweet, whether it's real sugar or just tastes like sugar.

Myth #3: "Eating FAT makes you FAT and will give you a heart attack." FALSE! Eating fat in moderation is quite good for you and is full of good nutrition. Your body loves to burn fat and burns it quite efficiently when not inhibited by insulin from eating too much white food. The drug companies proved that some cholesterol lower drugs called "statins" did lower blood cholesterol causing less heart disease. They then guessed that therefore if you ate less high cholesterol foods that it would lower your cholesterol as well and prevent heart attacks. This has never been proven. Your body makes most of the cholesterol in your body anyway, only a little comes from the foods we eat. We do know that, statistically, those who run a high insulin level from eating white foods and are obese will also have higher cholesterol levels and more heart attacks. There is a tribe of nomads in Africa who herd goats in an area of little vegetation. All they have to eat for existence is goat milk which has an extremely high fat content, high fat goat cheese and goat meat. Goat cheese, goat meat and meander around following goats all day. They are skinny and their cholesterol levels are fine.

Myth #4: "Once I reach my weight loss goals then I can go back to eating whatever I want." FALSE! You can never go back to eating high glycemic foods again, ever! They are poison to you now. Once you get your weight down, if you cheat and eat something sweet or a high glycemic index food, in 2 or 3 hours you will feel terrible and you will be starvation hungry and fatigued. Slothfulness and Gluttony will return. Then you will remember how bad you used to feel before your lifestyle change and how much better you feel away from the Monster. When you reach your weight loss goal and you want to add a piece of very high fiber bread or drink a small glass of wine then it's OK as long as your weight doesn't go up. If your weight goes up a couple of pounds, then you know what caused it and then you can drop that food to get it back to goal. This is a "lifestyle change forever", you can NEVER go back. You will be so pleased with your weight, how you feel, what you look like at the beach, and your health care provider will be so tickled at your lab test improvements that you will not want leave your new LIFESTYLE.

Myth #5: "Any diet will help you lose weight." TRUE! Most portion control diets are actually cutting out some of the useless carbs, sugars, and starches by default to the tune of about 1,000 calories a day. The problem is that if you do not cut them all out you will stay perpetually hungry and will eventually gain your weight back. It is the same with taking diet pills. After you stop taking the diet pills the Hunger Monster returns with a vengeance and the weight you lost will quickly return and more because there is no change in your lifestyle/diet.
PSYCHOSOCIAL ASPECTS OF OBESITY
There are many subcultures in the South and they all have their own sugars and starches that they favor. When asked to give up their “cultural carbohydrate” often their initial reaction is like they have been asked to stop breathing for the rest of their lives. At the risk of being politically insensitive the examples are Asians and their rice, Hispanics and their tortillas, those of German descent and their bread and beer, Irish descendants and potatoes, blacks and corn bread, Southerners and grits. Many foreign-born Asian women cannot understand why they have gained so much weight when they move to the South. They continue to eat rice three meals a day just like their parents back in the Philippines who work physically hard and walk everywhere they go. Attention! You’re in the South now where we are sedentary and do not work hard nor do we walk anywhere that we can drive to, even if it is fifty yards away. There are subcultures in the South, especially matriarchal subcultures where large women are viewed as leaders and are preferred sexually. This dooms them to disease, disability, and an early demise.

The psychological aspects of obesity are complicated and beyond the scope of this monograph. Some people overeat when they are happy, some overeat and gain weight when they are depressed. Happy or depressed people who have gastric bypass surgery and lose hundreds of pounds are just as happy or depressed afterward. You can blame your weight on anything. If you are Southern, you must immediately blame your parents for any and all problems in your life. Once you are through blaming everybody and everything for your being overweight, you must take responsibility for yourself. Your eating lifestyle got you to the weight you are and only a change in eating lifestyle, not a diet, can get you out. Two huge psychological barriers to losing weight are DENIAL and your prideful RIGHTS. Many overweight people have an false image in their minds of what they think their weight and appearance is rather than what it really is. A recent study showed that obese parents do not see their obese children as obese. It is simple DENIAL that there is a problem. If you weigh over 200 pounds and you are not a professional athlete, then statistically you are destined to have some serious health problems from your weight. Some overweight and obese people pridefully feel that they have a RIGHT to eat or drink whatever they want. They like bread, they have always eaten bread and always will eat bread and no one is going to stop them. You also have a RIGHT to shoot yourself in the head with a shotgun but it is not good for your health. One is just quicker than the other. You also have a RIGHT to take care of yourself. Hopefully you have been EMPOWERED to change your lifestyle to a lifestyle of good health.

SPIRITUAL ASPECTS OF OBESITY
"There is a way that seems right to a man, but in the end leads to death.” Proverbs 14:12.
“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” Jesus, Matthew 10:10.

Is there anyone who does not want to have life to the full? Will our poor health that results from our weight and addiction to white foods limit our service in the kingdom of God? Will our time and resources in the second half of our lives be spent in health clinics and supporting pharmaceutical companies instead of serving God and helping those in need? Because of our addictions and our refusal to change our lifestyle leading to poor health, will you be a burden to the Kingdom of God rather than a working asset? These are very hard questions that you and your God will need to reconcile. Please do not forget what our purpose on this earth really is to glorify God and to serve in the Kingdom of God. Addiction to food, especially white foods and sugars, as well as any other addiction such as the addiction to nicotine, alcohol, narcotics or any other chemical dependency is a physical disease and a psychological disease but it is mostly a SPIRITUAL DISEASE. This goes all the way back to The Ten Commandments #1 and #2. “You shall have no other gods before me. You shall not make for yourself an idol in the form of anything …” God, Deuteronomy 5:7,8 NIV

Who is your god, what is your idol? If food is consuming your thoughts and has become the focus of your life, it is time for some serious introspection. For every spiritual disease there is a spiritual cure and His name is Jesus Christ. “He took up our infirmities and carried our diseases.” Matthew 8:17 NIV

How did Jesus do that?
“Surely our sickness He Himself bore, And our pains that He carried; Yet we ourselves esteemed Him stricken, Smitten of God and afflicted. But He was crushed for our iniquities; The chastening for our well-being fell upon Him, And by his scourging we are healed.” Isaiah 53:4,5 NASB
If you grew up in the South or have lived here very long, it is hard to escape some knowledge that Jesus died for your sins on the cross and that it is by His blood shed on that cross that we are saved should we accept Him as our Lord and Savior and live in obedience to Him. If Jesus is the Lord of our life we can pray for and claim healing from our diseases by His stripes, His wounds, His scourging. We know from the Gospels that Jesus was beaten severely before he was crucified for the sins of the world. How badly was He beaten for our sickness and pain?

“Just as there were many who were appalled at Him - His appearance was so disfigured beyond that of any man and His form marred beyond human likeness.” Isaiah 52:14 NIV

Pray, call on the name of Jesus for healing from the addictions that lead to ill health. The Apostle Peter who was an eyewitness to the horror of the beatings Jesus received and His torture on the cross wrote:

“And He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.” I Peter 2:24 NASB

Jesus is the only Bread a southern will ever need.

"Jesus said to them, I am the bread of life; he who comes to Me will not hunger, and he who believes in me will never thirst.” John 6:35 NASB

For those who are followers of Christ Jesus but have illnesses and addictions, please pray to Jesus for relief. He was beaten beyond recognition as a man for those illnesses and addictions. Pray for guidance, encouragement and healing. “You do not have because you do not ask.” James 4:2 NASB. When you take communion and you take the bread, the Lord’s body into you, pray for healing. (See I Corinthians 11:17-33) Find fellow believers to become accountability partners and pray together about this. Do not forget that God loves you so much that He gave His Son to die for you. We are to glorify Him and serve Him.

“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God, this is your spiritual act of worship.” Romans 12:1 NASB

“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 with a price. Therefore honor God with your body.” I Corinthians 6:19,20.

Please make an appointment with a minister, pastor, or priest if you do not understand any of this.

SUMMARY

THE NEW SOUTH COMMON SENSE NO WHITE FOOD DIET is an explanation of why the GRITS that saved the South from starvation and extinction following the “War Between the States” have now become the bane of our existence. Please understand that most foods are not bad and Southerners are not bad. The problem is that times have changed and we must change with the times. If we do not change, Southerners may become extinct. This diet/lifestyle change is not intended to make you feel bad about yourself but to motivate change, your life depends on it. No one intentionally wants to gain weight so that they have to retire early on less pay because they no longer have any cartilage in their knees. No on intentionally wants to spend the second half of their lives living under the curse of ill health, disability and the poverty that comes with it, a burden to family, church, and government tax payers. We would rather be a blessing to our children and grandchildren, our neighbors and productive in the Kingdom of God. Please join the new revolution of the South and strive for good health.

It is said that it takes twenty-one days to make anything a habit. If you will follow the above advice for a lifestyle change for better health WITHOUT CHEATING, you will lose weight. Remember that if you CHEAT and eat even a little sugar, just a little coke, just a little white food, you shoot your blood sugar up, your blood insulin level will dramatically rise and within a couple of hours, you will again be enslaved to the Hunger Monster and your weight loss will immediately reverse into weight gain, again enslaved to your addiction. You will have to admit, this is really common sense. Eating healthily and losing weight takes DICIPLINE and PREPARATION. It takes smart shopping and planning ahead. If you wait until you are hungry to plan what to eat, then quick and starchy will win but if you went to the trouble to prepare ahead what you will eat, then eating the right foods will win. This is a forever lifestyle change. You are not helpless. You now have the knowledge of what to do and KNOWLEDGE LEADS TO EMPOWERMENT. You are now EMPOWERED to change your life and your health for the better. Join the NEW SOUTH! May God bless you and you new lifestyle for the remainder of your healthy and productive life.