



The
Ezekiel Diet
Handbook

Helping
you avoid the
multi-million
dollar
Medical Early
Demise
tax

Notices

DISCLOSURE

This diet is not intended for minors under 18 years of age or for anyone with a medical condition. It is not appropriate for everyone. Rapid weight loss may cause the risk of certain medical conditions. This outline simply details how I lost 100 pounds in about five months eating fresh food from the grocery store, drinking 80 ounces of water per day, eliminating refined sugar, chemicals, and excessive sodium. Consult your physician before beginning this or any other weight loss program, or using any products suggested herein.

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Articles, videos, and opinions are for entertainment and educational purposes and should not be construed as medical advice. The opinions expressed herein are not necessarily the view or opinion of any product manufacturer recommended but solely those of the contributing authors. Consult your physician before beginning this or any other weight loss program, or using any products suggested herein including foods and supplements.

MY STORY

This ebook is an ongoing journal of my research into how to lose weight and keep it off, or maintain a healthy weight. It is over 40 years of weight loss experience. Maybe by reading it today you can benefit by discovering and putting to use some of the key points and secrets I learned the hard way, and spare yourself making the same mistakes that kept me from maintaining my ideal weight over those 40 years.

EXCESS WEIGHT AND CHRONIC HEALTH ISSUES

In March of 2010, I embarked on yet another of many weight loss programs tried over the years in one more attempt to lose the extra weight I had accumulated and then, once again, to keep it off. I am in my mid 50's. At the time, I was easily 100 pounds overweight and plagued with sleep apnea, heel spurs, high blood pressure, rapid pulse, and knees that ached from all the extra weight.

This time, the weight loss effort had a decidedly different result than all of the earlier ones. I lost a pound a day for 45 days and another 55 pounds in the following 105 days. Altogether, I experienced a total of 100 pounds lost in five months. The results were truly amazing. I went from weighing 325 pounds with 62-inch shoulders and a 52.5-inch waist to weighing 225 pounds with 50-inch shoulders and a 38-inch waist. I've never lost this much weight in my life. I didn't even believe it was possible for me.

As amazing as the weight loss was, imagine my surprise when my chronic medical conditions began to disappear. Sleep apnea was completely cured. Blood pressure and pulse medications were no longer necessary after only eight weeks. Today, my average blood pressure is about 115/70 with a pulse in the mid 70s range, and I regularly see it go as low as 100/55 with a pulse in the 60s. The heel spurs went away, too, and I currently have the same waist size that I had when I was a teen.

MY STORY *(Continued)***THE EZEKIEL DIET SECRET**

How did I do it? By eating only fresh food from the grocery store. Fresh meat, fruits and vegetables. Nothing out of a box, bag, can, jar, or bottle with very few exceptions like 1 in 100 products in the grocery store. Basically, I completely eliminated refined sugar, high fructose corn syrup, corn syrup, bread, pastas, basically all refined carbohydrates, and I drastically limited sodium (salt) to less than 2,000 mg a day.

Thinking of leaving?

Does eliminating these foods sound impossible?

Don't turn away until you take a look at the pictures of the meals, snacks, desserts, and condiments distributed throughout this book and at the web site. I specifically suggest that you visit these two pages: [**128 EZ Meals on the Ezekiel Diet Files**](#) and [**Sample Meals on the EZ Diet and the 34337 System**](#). I think you will be encouraged to give it a try once you see the plentiful and delicious foods I used to achieve this weight loss.



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EZEKIEL MEANS STRENGTHENED BY GOD

I dubbed this system of eating The Ezekiel Diet in part because I discovered that eating Ezekiel Bread for my daily starch servings actually accelerates weight loss. Its name reminded me of the bread recipe God gave to Ezekiel as part of a special ritual given to Ezekiel alone and which he lived on during his two years in the desert.

This is the only incident in the Holy Bible where we see God hand a recipe to man. As far as I'm concerned, the Creator is giving us the fuel formula for the human body He designed. There's probably more to this bread recipe than we'll ever know, in this dimension anyway.

The Ezekiel bread of today is made by sprouting the ingredients to create a perfect protein that helps you reduce carbohydrate intake and accelerate weight loss. It's the ingredients that are so rich in nutrients and assist in the weight loss process that we're after. And, of course, the Ezekiel bread you can buy today is manufactured in ovens rather than baked over dung, as God prescribed in the defiling ritual to Ezekiel.

By the way, Ezekiel means strengthened by God, not "bread cooked over dung" (Ezekiel 4:9-12). The defiled bread (because of the cooking process) was symbolic of the coming defilement of the children of Israel in the land of the Gentiles. This spoke to me for another reason.

We're moving into extremely perilous times geopolitically, financially, and spiritually. A period of time I believe Ezekiel foretold about in the second half of his Biblical writings and I believe it is more important now than ever before to get healthy.

YOUR PERSONAL INVITATION

Follow me on this journey of regeneration and awaken to a world of deceit that seems to have your early demise as its endgame. Stow your tray tables, put your seat in the upright position, and fasten your seat belts because we're about to embark on a life-changing journey. Come with me and we'll crack the weight loss code, and make it simple. I have no motive than to help you do exactly what I did. It was the easiest weight loss I've ever experienced.

I'm no stranger to losing weight. I've been doing it -- losing 30 to 50 pounds every 3 or 4 years -- since I was 10 years old. I know what it is to struggle hard to lose weight. I've bought into the lie that the only way to lose weight is to use a Biggest Loser boot camp style regimen of cardiovascular workouts.

That's not exactly true; not true at all, in fact.

While on this journey I learned what the vast majority of weight loss and fitness proponents will not tell you. In this book, I expose the numerous lies and ploys used by the weight loss industry, the media, fast food establishments and the restaurant industry in general, food manufacturers, and huge corporations who have a profit motive behind keeping you in the dark about the truth regarding weight loss as well as your overall health. This knowledge will help you own your weight loss results and maintenance so that you do not fall back into the old traps and tricks those industries set for us all.

EZD Key Points & Secrets

You're about to enter the vault, so to speak, where I reveal the key points and secrets that I discovered on my weight loss journey. Here, I will share the unique Ezekiel Diet (EZD) eating pattern that will last you a lifetime. Along with that basic information, you will learn all the tips and strategies you need to experience a fast and easy weight loss journey as I did.

Later in the book, I will dispel myths propelled by the food and diet industries, and help you read food labels to find foods that are better for you and perfect for EZD meals and snacks.

Finally, I will help you make a grocery shopping list to prepare some of the most delicious and nurturing breakfasts, lunches, dinners, snacks, and desserts you have ever eaten.

And so now, my friend, let's look at the first key point and secret of the EZD that you need to know.

PROPRIETARY WEIGHT LOSS SYSTEMS

There seems to be so much confusion about how to lose weight today, and for good reason. Let me explain.

You see, to make money in the weight loss industry, you have to have a proprietary system. That is a system that belongs to the originator and is unique from the other systems. Popular examples include Weight Watchers, NutriSystem, Lean Cuisine, HerbaLife, and the myriad of different plans, pills, shakes, drinks, etc. on the market.

I'll be the first to tell you most of these programs all work to some degree, some faster than others; however, there is one huge problem. The minute you stop buying the proprietary system and try to go-it-alone, eating real food, all the weight slowly returns.

Proprietary weight loss programs simply aren't sustainable long term. This is a huge point I missed for 40 years.

EZD Key Point & Secret #1:

- ***Forget about proprietary weight loss systems. They do not work for you long-term.***

PROPER HYDRATION

Adequate water is absolutely essential to the weight loss process. This is especially true with the Ezekiel Diet.

With your new way of eating, you will be losing weight -- fat cells -- fairly rapidly. Your body will be dumping excessive fluid from every one of these fat cells, and that fluid is filled with toxins. So that your liver and kidneys can efficiently filter out this filth from your system, you need to drink water, and lots of it.

The link between water consumption and weight loss was seen in a 2010 study of 48 men and women between the ages of 55 and 75; all were overweight or obese. The women in the study were given about 1,200 calories per day in their diets and the men received about 1,500 calories daily, similar to the guidelines of the Ezekiel Diet plan.

The test group was given these calories with a requirement that they drink two cups (16 ounces) of water before every single meal; the control group was not given the extra water to drink.

The participants drinking the extra water lost an average 40% more weight than their counterparts in the control group. This demonstrates the power of hydration and why it is one of the key components of the Ezekiel Diet.

(Source for study: <http://www.cnn.com/2010/HEALTH/08/23/drink.water.lose.weight/index.html>)

I recommend 64 to 80 ounces of the cleanest water you can filter yourself. Forget about most bottled water as it has been found to be more polluted than plain tap water. This is partially due to the chemicals that leach out of the plastic into the water. Pure, clean water is important so that the water filters out the toxins in you, not the other way around.

PROPER HYDRATION *(Continued)***Fluoride**

When you go looking for a water filtration system, do not forget about the fluoride that is found in most community water supplies.

Forget about all the hype and propaganda about fluoride being good for the teeth of children under 10 years old. That's a complete lie. It's said that Hitler was the first to medicate water supplies with fluoride in the prisoner of war camps to keep the prisoners docile and compliant. Does anyone really believe Hitler was concerned about prisoner's teeth?

Also, hundreds of years ago in Europe someone asked the question of two communities, "Why does this whole group of people seem to be docile and not care what their government does, while this other group over here is militant and riots in the street every time their government gets out of line?" The answer was that the docile zombie-like population had naturally-fluoridated water. The alert non-zombie crowd were not drinking the naturally-fluoridated water but instead had a fluoride-free source.

Do yourself a favor and get rid of the fluoride zombie shuffle. Don't just take my word for it; do your own research. It's as easy as a Google search, or you can look at the back of your toothpaste tube where you will find a warning to call the local poison control center "right away" if "more than used for brushing is accidentally swallowed," and then note that fluoride is the only active ingredient listed.

I highly recommend filtering the fluoride out of your water. Try it. After a week or so of cooking and drinking fluoride-free water your mind will start working like it's on a ginseng buzz.

PROPER HYDRATION *(Continued)*

To meet the highest standards of pure, clean water, I recommend a good three to seven stage filtration including fluoride elimination. I use a [Crystal Quest](#) countertop fluoride filter.

EZD Key Point & Secret #2:

- *Drink a minimum of 64 to 80 ounces of water a day of the cleanest water you can afford to filter yourself. Fail here and you will not lose a pound a day. Weight loss is dependent on adequate hydration.*

GRAPEFRUIT COMPOUND

A compound found in grapefruit called naringenin actually triggers the liver to break down fat similar to the fasting process without dieting.

"It's a fascinating find . . . the results are similar to those induced by long periods of fasting." That's what Dr. Yaakov Nahmias of Hebrew University in Jerusalem [writes about naringenin](#), a compound found primarily in grapefruit and to lesser extents in other citrus fruit. Nahmias served on a team of researchers from Hebrew University and Massachusetts General Hospital that discovered naringenin's ability to activate proteins that break down fatty acids in the liver.

Normally, the bloodstream fills with sugars after a meal. The liver prepares to convert these carbohydrates to fatty acids for storage in our fat cells, which results in our putting on fat, or weight. In these tests on the naringenin compound, supported by the National Institutes of Health and the European Research Council, the liver behaves as if it were fasting and does not convert the sugars for storage. Fat cells eject fatty acids which are then converted to energy and burned off the body. That is an extremely simplified explanation of the process, but hopefully clear enough that you see the huge boon this is to anyone trying to lose weight.

In addition to this benefit for weight loss, earlier studies showed naringenin to play a part in lowering cholesterol and in helping to amend some of the symptoms of chronic type-2 diabetes.

EZD Key Point & Secret #3:

- ***A compound found in grapefruit will accelerate the weight loss process by creating a reaction within the human body similar to fasting. Eat at least one or two grapefruit a day to accelerate the weight loss process.***

NUTRITION MORE IMPORTANT THAN EXERCISE

Exercise is good for you, but proper nutrition matters more.

Several studies undertaken in the last few years have shown that, for various reasons, people lose more weight by simply eating less and eating well than through the sole or added benefit of exercise.

Research shows that while exercise will indeed burn calories, that in itself will prompt the body to want to replace those calories by increasing hunger, which is not helping with weight loss at all.

The more successful route from several analyses is clearly that nutrition -- low calorie, high-quality foods -- do far more to promote weight loss, increased energy, and generally positive health outcomes than exercise.

That doesn't mean that a good walk, swim, or round of tennis is going to hurt you. To the contrary, it will be very good for you. Just don't depend on it as a major part of your weight loss plans. What and how much you eat matters more.

EZD Key Point & Secret #4:

- ***In weight loss goals, nutrition is more important than exercise. Healthy, lower calorie meals will often take you farther than an hour on the treadmill.***

WEIGHT LOSS SUPPLEMENTS & HERBS

Getting as much of your daily nutrients from the food you eat is always the best way to go; however, if we tried to get all of the vitamins, minerals, and other compounds our bodies need to function well from food, it would be impossible to lose weight. The amount of food needed each day would simply overwhelm our efforts. This is where smart supplementation comes into the picture.

A big part of the Ezekiel Diet as with any other successful weight loss program is the proper metabolism of sugars and fat. There are several vitamins, trace minerals, and enzymes that are necessary for this to happen. Without taking the right amounts of them, you will lose weight much more slowly than you can when the body is working at its peak performance to help in your weight loss efforts.

You'll start with a daily multivitamin and then go into supplementing for vital nutrients. I'll also tell you about a couple of additions that can help with keeping your appetite under control and a carbohydrate blocking substance.

All of this is detailed beginning on [page 36](#).

EZD Key Point & Secret #5:

- ***Supplements help keep the body in balance for optimum health, which in turn helps us shed unwanted pounds.***

EZEKIEL BREAD

I'm willing to bet money when we get to heaven and ask what the benefits of Ezekiel bread are we'll learn that there are literally hundreds of benefits it has for the body. Plus it really helps the pounds come off fast.

Ezekiel Bread is made by Food for Life. It is based on the Scripture in Ezekiel 4:9, where God instructs His prophet Ezekiel on how to make the bread that will sustain him. It is a complete protein made with no flour or sugar.

Some chains like Publix have it but Ezekiel Bread is normally found at most health food stores in the freezer section. You buy it frozen and keep it frozen until used. I lightly toast it right out of the freezer. Don't burn it or you'll kill the benefits of the sprouts and amino acids.

From the web site @ http://www.foodforlife.com/about_us/ezekiel-49 :

Inspired by the Holy Scripture verse **Ezekiel 4:9**, "Take also unto thee Wheat, and Barley, and beans, and lentils, and millet, and Spelt, and put them in one vessel, and make bread of it..."

Ezekiel 4:9® Organic Sprouted Whole Grain Products are:

- Flourless,
- Organic,
- Complete Protein,
- and Sprouted Whole Grain

We discovered when these six grains and legumes are sprouted and combined, an amazing thing happens. A complete protein is created that closely parallels the protein found in milk and eggs. In fact, the protein quality is so high, that it is 84.3% as efficient as the highest recognized source of protein, containing all 9 essential amino acids. There are 18 amino acids present in this unique bread – from all vegetable sources – naturally balanced in nature.

Ezekiel 4:9® Bread, made from freshly sprouted organically grown grains, is naturally flavorful and bursting with nutrients. Rich in protein, vitamins, minerals and natural fiber with no added fat. Try it served warm to release its exceptionally rich nutty flavor.

EZD Key Point & Secret #6:

- ***Ezekiel Bread is a perfect protein that will build your body as you quickly drop the pounds. It is an essential part of the EZD weight loss plan.***



EZ Breakfast

Scrambled eggs with Ezekiel bread (toasted) and fresh strawberries.

EZ Lunch

Shrimp salad with cherry tomatoes and cucumber on romaine and Ezekiel bread.



EZ Dinner

BBQ chicken strips with Italian green beans, a side salad, and Ezekiel bread.



EZD Core Food Breakdown

The Ezekiel Diet is not a proprietary weight loss system. You simply follow a pattern of eating that is complementary to optimal health, including a healthy weight.

This pattern of eating is easily remembered by the numbers 3-4-3-3-7 for men and 3-4-2-2-7 for women, which represents the core food group breakdown for suggested meals.

Before getting to the weight loss phase of the EZD, however, it is important to become acquainted with the initial phase.

VIP

Before adopting the EZD plan for life, it is important to complete the vital initiation phase (VIP). The VIP is a mini-cleansing that sets your body in balance chemically to begin the weight loss process. It is a short period of time -- only three days long -- but an absolutely vital one.

During your VIP, you may eat:

- All of and as much of any of the items from the vegetable and fresh meat lists within the Ezekiel Diet plan.
- The original Ezekiel Bread.

And, you must eat:

- An orange or grapefruit twice a day, preferably during a mid-morning and a mid-afternoon snack.

EZD WEIGHT LOSS

At the beginning of this section, I introduced a set of numbers to help remember the EZD pattern of eating. You may recall these numbers are 3-4-3-3-7 for men and 3-4-2-2-7 for women.

These numbers are for the weight loss phase of the plan. They indicate the servings of food you allot to yourself each day. Here is what the numbers will help you remember:

EZD Core Breakdown	Protein	Vegetable	Fruit	Starch	Water	Total Daily Calories
Men	3	4	3	3	7	1,400
Women	3	4	2	2	7	1,200

These portions should be distributed throughout the day. This keeps the appetite satisfied plus encourages continual calorie burning as part of the normal metabolic processes. The four tables below give an optimal example of how to do this.

EZD Breakfast					
	Protein	Vegetable	Fruit	Starch	Water
3-4-3-3-7	1	0	1	1	2
3-4-2-2-7	1	0	0	1	1

EZD Lunch					
	Protein	Vegetable	Fruit	Starch	Water
3-4-3-3-7	1	2	0	1	2
3-4-2-2-7	1	2	0	1	1

EZD Dinner					
	Protein	Vegetable	Fruit	Starch	Water
3-4-3-3-7	1	2	0	1	1
3-4-2-2-7	1	2	0	0	1

EZD Mid-Morning and Mid-Afternoon Snacks					
	Protein	Vegetable	Fruit	Starch	Water
3-4-3-3-7	0	0	1	0	1
3-4-2-2-7	0	0	1	0	1

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The EZD Advantage

I will further define the meal breakdown, including portion sizes, but first I want to point out something.

Look closely at the information presented in the tables on page 27. The Ezekiel Diet follows a simple meal pattern that you can adjust according to your tastes and to any situation in your life. It is also the basic meal pattern used by many proprietary diet programs. The difference is that they may break it down into a complicated points system or give it to you in pre-packaged meals you are required to purchase as part of a weight loss system membership.

No LIST OF BOOKS, NO CLUBS, NO RECORD-KEEPING

The Ezekiel Diet system is simple enough to share with anyone you know in a simple email, on a piece of note paper, or in a conversation. There is a lot more information in this book that I have discovered that will improve your chances of success in reaching your weight loss and possible some major health or fitness goals, and I share it all later in the book, but the basics of the plan are easily understood and memorized.

When you follow the Ezekiel Diet, there are no more books to buy, no clubs to join, and no need to track points with an app. That also means no weekly public weigh-ins, no pre-packaged meals to purchase (or eat), and no up-charge for a personal weight loss counselor to help you keep it all together.

What does this mean for you? Along with saving money, it means that there is no system to fall off of down the road because you tire of counting points or eating pre-packaged meals. It means that you have found a pattern of eating that enhances your overall health by keeping your weight at an optimum level and helps to keep other metabolic factors in balance for the rest of your life.

Just as our grandparents did before the food industry took over our dinner tables.

OLD FAMILY PHOTOS



Do you notice anything odd or different about this old family photo? It could be any old family photo. Give up? All of these family members are pretty close to their ideal weight.

What are the odds you could gather this many family members today for a picture where over half of them wouldn't be overweight and/or obese? That's what's strange about old photos. Start noticing this when looking at old photos.

I think the reason for this is simple. These people were eating a fresh food diet very similar to the system of eating outlined in this blog. Here is the short list of ingredients you'd never find on their dinner table that are regulars on most dinner plates in America today:

- Processed additives that are only there to enhance long-term storage, reduce spoilage, enhance presentation, cut cost, increase profits, and intentionally shorten your life.
- Drugs (yes, drugs), such as MSG, which are designed to hook you on certain brands.

OLD FAMILY PHOTOS *(Continued)*

- Artificial sweeteners that make you fat and sick.
- Anything prepared in a nutrient-zapping microwave.
- Excessive amounts of sodium that add bloat, on top of bloat, on top of bloat.
- Foods overloaded with sugar, high-fructose corn syrup, processed flour, and adulterated dairy products.
- Any genetically modified organism (GMO) food products.
- Fluoride medication in the water supply.

Theirs was an era before the food industry was large enough to genetically modify and add excessive amounts of high fructose corn syrup, sugar, sodium, chemicals, and drugs to the food supply that genuinely addict people who eat of it to a life that is much less than it would be.

Along with maintaining an optimum weight, I'd also bet money none of the children in that photo were taking drugs for diet related ADD or ADHD either. Odds are pretty good that guy with the mustache, or any of those women pictured, knew how to deal with the occasional attention deficit hyperactive child.

I'd probably further wage a bet that those older children in the picture were probably as smart as most college graduates today. Why? Because their minds wouldn't be fogged from fluoride, MSG, aspartame, food additives, chemicals, GMO food, mercury from vaccines, and the new educational curriculum designed to dumb down society.

Your grandparent's diet. That's what we're talking about here.

EZD FOOD CHOICES

This is where the rubber meets the road, so to speak: The key to weight loss success is making smart food choices.

You can limit yourself to 1,400 calories but with the wrong foods, you will never see true weight loss success and the improved health that often comes with it.

The Ezekiel Diet has a simple rule to remember for all food choices: Everything you eat must be fresh or fresh frozen. You will eat nothing out of a box or can except for tuna, and that only comes once a week.

Now, you might wonder how you will ever find the time, energy, or creativity to prepare the meals and snacks you will eat every single day for the rest of your life without using pre-packaged conveniences. Fret not, my friend. With the tips that follow, you will soon wonder why you ever ate any other way.

All meals on the EZD can be prepped, cooked, and eaten in less than 30 minutes. That includes about a minute to clear your table and put the dishes in the dishwasher. It is also easy to prepare and then pack up these meals for lunch and snacks at work. I'll also give you tips for those times when there is no way around making food choices away from home at a restaurant or as a guest in someone else's home.

EZD FOOD CHOICES *(Continued)*

When it comes to healthy food choices, you know there have to be some rules. Those coming to you with the Ezekiel Diet are simple. First, as said before, food will be fresh or frozen, nothing out of a package or can (with that one exception).

You also know that you will be planning meals and snacks according to the easy-to-remember patterns of 3-4-3-3-7 for men and 3-4-2-2-7 for women.

Now, let's delve further into the patterns for more detail and tips for success.

PROTEIN SERVING

The three protein portions in your 3-4-3-3-7 or 3-4-2-2-7 plan is easy and straight forward:

- You can have pretty much all the lean protein you want on this diet as long as it comes in the form of poultry, veal, or fish.
- You can change that out for red meat twice a week but never two days in a row.
- Once a week, you can enjoy a more fatty fish, like (like canned tuna).
- Pork is not on the list until the maintenance phase.
- Cheese is not on the list at all.

EZD FOOD CHOICES -- PROTEIN SERVING *(Continued)*

Servings of lean poultry and fish can be up to 8 ounces; other proteins should be kept to around 5 or 6 ounces per serving, but you won't have to weigh it to know what that is.

One caveat: If you are purchasing frozen, be careful. Sodium is often added to frozen meat to help prevent spoiling. Just about all bagged frozen hamburger patties and chicken breast products have excess sodium added, often in a type of brining solution added to the bag. For example, chicken normally contains about 40 mg of sodium per 4 ounce serving; some on the market have upwards of 300 mg to 400 mg. Be sure to check the label.

VEGETABLE SERVING

There are only a few vegetable I leave off the table on the EZD, and here's the list:

- Carrots
- Corn
- Peas
- Red, yellow, or white onions (green onions are acceptable)

These vegetables are eliminated because they turn to sugar as soon as they hit the blood stream.

STARCH SERVING

You will not be having the usual roll with dinner, but you can enjoy a piece of bread or some toast for breakfast as long as you keep to the guidelines here.

First, remember that the best choice for a starch serving is Ezekiel Bread. In fact, both Ezekiel Bread and quinoa will accelerate weight loss. Along with counting as a starch, you'll want to cut back on a protein serving slightly to balance it out in your meal.

EZD FOOD CHOICES -- STARCH SERVING *(Continued)*

Now, here are some other examples of healthy choices for a starch serving:

- 1/2 Small Potato
- 1/4 Cup Brown Rice
- 1/2 Cup Oatmeal
- 1 Slice Bread (Low sodium, 40 calories or less/ slice, I recommend Nature's Own)

Some crackers will fit in here, just be sure to watch the sodium and calorie content are similar to those for the bread.

Keep these to 3 times per week combined.

DAIRY

All dairy products are severely limited on the Ezekiel Diet. As stated in the protein list, no cheese is allowed at all.

Any dairy serving must be deducted from a protein serving in the plan. For example, if you top your berry crisp with whipped topping, that has to count as a protein serving for that meal.

For the essential flavor of butter in cooking or on a piece of bread, go with Land O'Lakes Light Butter with Canola Oil.

EZD FOOD CHOICES *(Continued)***DESSERT**

Yes, of course you may have dessert!

Desserts on the EZD are made with fruit using Stevia (or Xylitol) instead of sugar. It counts as a fruit portion with any additional calories coming from one or a combination of daily meals. For example, a fruit crisps made with oatmeal would count as both a fruit and a starch serving.

CONDIMENTS AND DRESSINGS

This is one tricky area. When a dressing is marked low calorie, it often makes up for the flavor lacking from fat or sugar with sodium. When it is low sodium, ingredients higher in calories are often used to make up for the missing taste of salt.

The key issue here is limiting or eliminating calories and sodium, while completely eliminating sugar and high fructose corn syrup. It's not easy to do, but it is possible. You just have to know how to read the labels. Making your own salad dressing is the best way to go if you will be consuming a lot of salads.

Aside from that, I like the [Walden Farms](#) line of salad dressings, BBQ sauce, ketchup, and seafood cocktail sauce. They also have sweet flavors like berry, chocolate, and caramel syrups. And you may have trouble believing this next part, but the Walden's Farm line of condiments are all made with "no calories, fat, carbs, gluten or sugars of any kind!" You can buy it online or at your local Walmart.

EZD FOOD CHOICES *(Continued)***SEASONING**

Go ahead and spice up your food any way you want. In fact, if you like it spicy, throw on the cumin, black pepper, and turmeric. Rosemary and garlic are good choices, too. You may very well get some health advantages along with the kick in flavor.

You must, however, avoid salting your food.

The minimum body requirement for sodium is at least 500 mg a day (more for lactating women, excessive sweating from exercise or manual labor, etc). This system limits sodium to what naturally occurs in meat, eggs, butter, plus the added sodium in condiments such as steak sauces and salad dressings.

Follow these guidelines according to your weight loss goal:

- Limit sodium from these sources to less than 1,000 mg day, and you'll lose weight fast;
- Between 1,000 and 2,000 mg, weight loss slows;
- Over 2,000 mg a day, weight loss stops, and
- Way over 2,000 mg a day, you'll start adding water weight (bloat).

Fortunately, when it comes to adding seasoning during cook time or at the table, there are a lot of low-salt and no-salt seasonings available, like Morton's Lite Salt (which contains half the sodium of regular salt) and the Mrs. Dash line of seasoning (which has no salt at all).

EZD FOOD CHOICES *(Continued)***SWEETENERS**

The only sweeteners you should be using are stevia or xylitol.

That means no sugar, high-fructose corn syrup, NutraSweet, Splenda, or any other brand of aspartame or sucralose.

RESTAURANTS

The issue you'll discover with restaurants (and this is a key point I missed for over 40 years) is they'll be using many of the processed condiments and boxed, bagged, and canned foods that will be polluted with crack-food ingredients. They'll also cook and heat with a microwave, destroying food nutrients and creating carcinogens.

It's absolutely certain the sodium will be very high to guard against food spoilage. You can learn to work around all of this for an occasional night out, and I'll go into that in more detail later, but you won't lose weight eating out regularly even if you eat "healthy".

NO FAST FOOD

It's all contaminated, full of sodium & HFCS, nutrient void, and filled with MSG, chemicals, and excito-toxin drugs. Whatever they offer that was at one time healthy, like a baked potato, will be a nuked-nutrient-void facsimile of a potato by the time it gets to you. It's all crack-food for drug addicts and inflamed, bloated fast-food-tards, bless their hearts.

EZD FOOD CHOICES *(Continued)***THE MISSING**

Now, let's look at some food choices that did not make the list and were not explained in the appropriate section:

- Cheese
- Pasta
- White flour
- Sugar
- Artificial sweeteners (aspartame, sucralose, etc.)
- Nuts
- Soy
- High-fructose corn syrup (HFCS)
- Diet sodas

And especially:

- 99.9% of Processed, packaged, and canned food
- 100% of Genetically Modified Organism (GMO) crops.

That last one is easily found in 90% of the foods you find in a grocery store because so many foods contain some amount of GMO corn and soy or their by-products. I will cover all of this in the section on the food industry and the Multi-Million Dollar Early Demise Tax they've imposed on all of us.

EZD E-Z PORTIONING

One of the most important and challenging components of any plan for healthy eating, weight loss or otherwise, is portion control. Even that is easier with the food choices you will make using the Ezekiel Diet.

The following table shows how easy it is to judge portion with the EZD system. Calorie ranges for each serving are given in parentheses for reference but you will rarely need to actually count calories.

One Serving of:				
				
<p>Protein fits the palm of your hand (250)</p>	<p>Vegetables is the size of your fist (25-50)</p>	<p>Fruit fills the 'bowl' of your hand (50-75)</p>	<p>Starch is one slice of bread (50)</p>	<p>Water fills a 12- to 16-ounce glass</p>

Again, there is no need to actually count calories if you adhere to the portion sizes here, but a calorie breakdown by meal is provided in the next table for those of us accustomed to keeping track that way.

Calorie Breakdown by Meal					
	Breakfast	Lunch	Dinner	Snacks	Total
Women	250	400	400	200	1,200
Men	300	400	400	225	1,325

My experience is you will lose weight quickly at about 1,400 calories a day or less; however, I have discovered that you can still lose weight slowly even at 2,000 to 2,500 calories as long as you follow the key points and secrets outlined later in this chapter.

DISCLOSURE: This diet is not intended for minors under 18 or anyone with a medical condition. It is not appropriate for everyone. Rapid weight loss may cause the risk of medical conditions. This outline simply details how I lost 100 pounds in about 5 months eating fresh food from the grocery store, drinking 80 oz. of water a day, eliminating refined sugar, chemicals and excessive sodium. Consult your physician before starting this or any other weight loss program or using any products suggested herein.

EZD E-Z MEAL PREP

I cook my EZD meals a variety of ways. I pan fry, bake, grill, broil, boil, steam, and sauté away. One cooking method I never, ever use is the microwave.

Yes, I understand how easy it is. I know everybody does it and that a lot of proprietary diet plans more or less rely on it for their frozen or otherwise pre-packaged meals. But I cannot over emphasize how important it is that you never, ever use a microwave oven again, ever, in your entire life. Here's why.

A microwave oven adds nothing to your food but to speed it up. It does not add the subtle blending of tastes in a well-timed broil or sauté, nor does it add the texture and flavor of a quick pan fry or baking in the oven. And as for speeding it up, as I pointed out earlier, the EZD method of meal planning usually involves only 10 minutes of prep, 10 minutes of cooking, and then whatever time you want to enjoy and clean up, which can also be done in about 10 minutes when you're on a tight schedule.

A microwave oven does, however, take away something from your food: Vital nutrients.

Most people recoil at the thought of irradiated produce or meat in the supermarket, yet these same people will pop open a can of sodium-laden vegetable soup, pour it into a bowl, and put it in a microwave oven that used far more radiation to cook it than an irradiated plum will ever get.

EZD E-Z MEAL PREP *(Continued)*

All cooking robs our food of some of the heat-sensitive nutrients found in its fresh state, but microwave cooking does this faster and farther. Studies have shown that microwave cooking [can zap as much as 97% of key nutrients](#) from broccoli. That's a good bit more than boiling at 66%, and that's because the nutrients leach into the water used for boiling, not because of extreme heat or direct destruction of the nutrients. Steamed broccoli showed a loss of only 11%. Even regaining that 34% of vital nutrients by shunning the microwave for a pot of water will be much, much better than losing it.

Other methods weren't tested against the microwave, but it's likely that a slow sauté or roasting would show results comparable to steaming. In fact, [another study shows](#) that fresh-picked broccoli florets stir-fried in olive oil retained Vitamin C and other minerals in levels comparable to that of the uncooked sample.

Simply put, using a microwave oven for cooking the fresh vegetables, meats, and other foods in the Ezekiel Diet will thwart an important part of the reason you're eating better -- optimum health. This will have a negative impact on how you feel, how you age, and how much weight you can expect to lose. When you consider how easy the cooking methods and recipes are that I'll show you later in the book, shunning the microwave will not seem like such a big deal when it comes to preparation, but it is a huge deal when it comes to success.

EZD E-Z MEAL PREP *(Continued)***COOKING WITH OIL**

I just pointed out the health benefits of getting rid of the microwave and suggested alternate methods like pan frying and sauté. Now we need to look at a key factor involved with those methods.

A major consideration in any weight loss program is cutting excess calories where you can, and the oil used for frying is a part of that. Keep in mind that in spite of its health benefits, one tablespoon of olive oil contains 120 calories. You can cut down on this a couple of ways:

- One is to use a cooking spray like [Pam](#). It even comes in an olive oil version.
- Or, you can make your own cooking spray. All you have to do is pick up a couple of [glass spray bottles](#), put in 1-1/4 cups of olive oil and 1/4 cup of your pure, well-filtered water, and remember to shake the bottle well before spraying.

You can expect to add about 10 calories for a good pan spray with either of these, much less than the 120 calories of straight olive oil poured into the pan.

EZD MEAL TIMING

While what you eat and how much of it is the key to weight loss and a healthier lifestyle, we cannot ignore the role that when we eat plays here.

You will be eating five times a day with three meals and two snacks. You can arrange your eating times in whatever form meets your appetite and scheduling needs as long as you follow these three hard and fast rules:

- Last fruit at least 4 hours before bedtime,
- Dinner at least 3 hours before bedtime, and,
- Water for the day should be finished at least two hours before bedtime.

Holding to these three simple rules accomplishes two things:

1. Your sleep is less likely to be interrupted, and
2. You will have a true overnight fast (broken with 'breakfast').

The importance of creating an overnight fast to promote weight loss really cannot be overstated. Plus, your body must be able to rest completely -- including digestive functions -- to experience a really good night's sleep.

EZD SUPPLEMENTS

As discussed back in the Key Points and Secrets section, proper supplementation is essential to weight loss success. Here is the detail on that as promised in the earlier chapter.

MULTIVITAMINS

The first step is to take a good multivitamin. Other than deciding between soft gels, tablets, mints, chewies, fizzies, or gummies, you have to decide whether or not you want a formula with iron.

Women not yet entering menopause will want a formulation with iron but for the rest of us, the answer is not so clear. Studies have shown that too much iron in the blood may be a contributing factor to men experiencing heart disease at a younger age than women usually do.

It's not the only factor, estrogen plays a huge role, but there is enough evidence that some medical professionals are advising that men and older women, unless they donate blood regularly, skip the iron supplements and that includes finding a multivitamin that has lower amounts or no iron in them.

Your daily multivitamin is the basket that will catch just about all of the nutrients lacking in your diet, but since most top out at between 75% and 150% of the recommended daily amount (RDA), it's not the only basket you need. There are several vitamins and minerals that should be supplemented at higher levels. Those are: Vitamins D3 and C, the essential minerals iodine and zinc, and probiotics. We will talk about all those and more later in this section, but first we'll look at a group of vital supplements that do not show up at all in most multivitamin formulas but are absolutely essential for success here.

EZD SUPPLEMENTS *(Continued)***ESSENTIAL FATTY ACIDS (EFAs) OMEGA 3, 6, 9**

EFAs are so important that I'll go as far as to say that weight loss depends on adequate levels of EFAs.

Essential fatty acids (Omega 3, 6, and 9) are vital nutrients. They are considered essential fatty acids (EFAs) because the body requires them to function properly but the body cannot manufacture them all in sufficient quantity. To obtain adequate levels, we have to get them in our food or take supplements.

Let's look at the benefits and characteristics of each one, and then I'll discuss the levels of supplement that work best.

- **Omega 3** is shown to reduce the risk of heart disease as well as the welcome side benefit of healthy skin. The human body cannot manufacture this EFA on its own and the food sources containing it are not common in the Western diet and not recommended in sufficient quantities on the EZD.
- **Omega 6** has been credited with reducing bad cholesterol, increasing good cholesterol, and lowering cancer risk. We cannot make our own Omega 6 EFA; fortunately, it is more readily available in the usual Western diet and some components of the EZD.
- **Omega 9** is known to reduce the risk of both heart disease and stroke. The body is capable of synthesizing Omega 9, but supplementation is considered helpful.

The reason for pointing out whether or not a particular Omega EFA is made by the body's own resources or available in the usual diet of Westerners is to make sure you understand why I recommend supplementation in the amounts below.

EZD SUPPLEMENTS -- EFAs *(Continued)*

It is important to keep these EFAs in balance for maximum health and weight loss. Since Omega 3 is not found in our usual food sources and the body cannot make it, you will need more of it than you will Omega 6 (which is found in some foods you will be eating) and Omega 9 (which can be made naturally by our bodies).

You see now why supplementing all three in equal amounts will not maintain the needed balance. I take a daily dose of 2,000 mg Omega 3 EFA and 1,000 mg each of Omega 6 and 9 EFAs.

EZD SUPPLEMENTS *(Continued)***VITAMIN D3**

Have you ever noticed that after having a day or even a good hour or so in the sunshine, your mood improves and you just feel better overall? Sometimes that effect doesn't come until the next day, for example when you put in a long day at an amusement park or working in the garden. You may be tired that evening and want to go right to bed, but you'll have an extra feel-good boost the next day.

People who are out in the sun all the time don't notice this so much because they get it all the time. Do you know what it is they're getting, absolutely free, for nothing more than letting the sun's rays tickle their skin?

It's vitamin D, the "sunshine vitamin." It's known to help develop and maintain strong bones and teeth as well as healthy skin, and research is proving more with each study undertaken with the vitamin that it also plays a role in helpful processes like slowing down the growth of cancer cells, regulating blood pressure, and supporting the immune system. The feeling of energy and an optimistic outlook has not been proven in a laboratory yet but billions of people can attest to it.

The problem is, most of us can't get enough sunshine in the peak sun hours of every day of the year to generate our own vitamin D. In fact, people living north of Atlanta, GA are almost guaranteed to be deficient in this vital vitamin most of the year because the sun doesn't shine long enough or directly enough from Labor Day through Memorial Day.

The solution to this lack of sunshine on our shoulders comes in soft gels, gummies, liquids, and other forms. Again, we need to keep the body in balance to achieve maximum weight loss, and vitamin D3 plays an important role here. The suggested daily dosage is 4,000 IU.

EZD SUPPLEMENTS *(Continued)***VITAMIN C**

The king of antioxidants, ascorbic acid has a role in our overall health it is hard to know where to begin. More commonly known as vitamin C, this substance most often associated with the orange helps our bodies heal and repair, and supports our immune system. Those functions combine to make vitamin C the most recommended nutritional answer to the common cold.

It's lesser-known contributions to our health include stress management, stroke prevention, and helping the skin fight against the effects of aging. It is also considered a marker for overall well-being because there is a positive correlation between lowered levels of vitamin C in the blood and less desirable health outcomes.

To supplement for vitamin C in the diet, physicians suggest a daily dose of between 500 and 1,000 mg.

IODINE

Chances are you've heard about the trace mineral iodine in relation to a couple of situations. You probably know that it is used to treat people diagnosed with a thyroid condition. You might know that a lot of people keep potassium iodide (KI) pills on hand should the worst of all possible disasters occur.

The reason those pills are kept is so they can be taken in the event of a nuclear event where in the aftermath it is likely people will be inhaling radioactive particles. The KI protects the thyroid from cancer-causing particles by flooding it with non-radioactive iodine so that those harmful particles cannot get to and through it.

Keeping the thyroid healthy is important when it comes to weight loss, too. When the thyroid lacks sufficient iodine, it cannot help the body to burn fat when it should.

EZD SUPPLEMENTS -- IODINE *(Continued)*

Americans usually get the bulk of their iodine in the foods we eat, in particular the salt in it. That's because most salt in the American food supply is now iodized.

However, all that salt is not good for us, and in the Ezekiel Diet we eliminate every bit of it that we can. When we make that proactive move to cut salt out of the diet, we also miss out on the iodine put into it. To make up for that, we have to take an iodine supplement.

Kelp is rich in natural iodine. Most kelp supplements contain between 200 to 350 mcg of kelp per tablet. Taking one or two of these per day, along with the iodine in your daily multivitamin, will ensure you meet the recommended 200 to 500 mcg daily.

ZINC

Another essential trace element is zinc. Without it, our bodies simply will not function as they should. Zinc is found in the thyroid, and helps keep it functioning regularly. Since the thyroid has a lot to do with metabolism, specifically the burning of fat, you have to have a sufficient amount of it in your body at all times if you want to lose weight.

A 2013 study showed that people taking 30 mg of zinc gluconate every day lost weight, had improved body mass index (BMI), and showed better triglyceride levels. Supplements are generally available in 15 mg, 30 mg, and 50 mg pills. The experts at the Food and Nutrition Board at the Institute of Medicine of the National Academies say 40 mg is the upper level a person should take in a day.

EZD SUPPLEMENTS *(Continued)***PROBIOTICS**

Probiotics are simply good bacteria. In the digestive system they aid in, well, digestion. When we're trying to lose weight, proper digestion is key. That's why I take, and recommend that you take, a probiotic supplement.

These good bacteria are nothing foreign to the human diet. They occur naturally in fermented milk products like yogurt.

There are a couple of studies out there from around 2013, one done in Canada and the other in Japan, that showed people taking probiotics while trying to lose weight lost more than the people in the study that were given a placebo. In that study, however, only one probiotic strain was given in a dose of two capsules per day.

When you go online or to the local pharmacy to find a good probiotic supplement, the choices can be overwhelming. They come in capsules and chewables, liquids and time-released pearls. For reference, the best selling probiotic at the largest marketplace online right now is Hyperbiotics PRO-15 time-release micro-pearls. It contains 5 billion CFU in 15 strains per dose.

EZD SUPPLEMENTS *(Continued)***SUMMARY**

Here's a table that gives you a quick summary view of most important suggested daily nutritional supplements on the Ezekiel Diet. Together they will help keep you feeling better, regulate your metabolism, and normalize your digestive functions, all of which combine to increase your opportunity for successful weight loss.

Vitamin D3	4,000 IU
Vitamin C	500-1,000 Mg
Iodine	200-500 Mcg
Zinc	40 Mg
CoQ10	200 Mg
Omega 3 EFA	2,000 Mg
Omega 6 EFA	1,000 Mg
Omega 9 EFA	1,000 Mg
Probiotics	5 Billion CFU (min.)

While these are considered the most important, there are other supplements and herbs that help manage blood sugar levels, regulate metabolism, and stave off hunger, all key factors to successful weight loss on the EZD or any other approach. We'll look at those in the next few pages.

EZD SUPPLEMENTS *(Continued)***CoQ10**

This is an enzyme that has been used for a number of benefits from treating heart disease or cancer to cellular repair, improving energy levels and, most importantly here, aiding in weight loss. The Mayo Clinic has published a list of conditions CoQ10 can help with recommended doses depending on the condition. A dose of 200 mg per day is a general level and matches up well with supplements mostly available in 100 mg or 200 mg amounts. <http://www.mayoclinic.org/drugs-supplements/coenzyme-q10/dosing/HRB-20059019>

CHROMIUM

This trace mineral is known to promote the healthy metabolism of carbs, fat, and protein by improving the action of insulin in this process. Studies launched to show the effective of Chromium on weight loss and type 2 diabetes used daily amounts of between 200 and 1,000 mcg daily. Supplements are available in 200 mcg, 500 mcg, and 1,000 mcg doses. <https://ods.od.nih.gov/factsheets/Chromium-HealthProfessional/>

CORAL CALCIUM

Not all calcium is equal. Okinawa, Japan, has a high population of folks reaching the age of 100 years and more. It's believed that one reason for this is that their water supply runs through fossilized coral deposits. This has support from research showing coral calcium to be the most absorbable form of calcium for the body.

Coral calcium has been shown to help in weight loss and a host of other conditions. Most of that available in supplement form is mined from the Okinawa fossil deposits, some with Okinawa in the product name or description.

CONJUGATED LINOLEIC ACID (CLA)

This is an EFA that studies have shown can help reduce body fat and decrease appetite, both processes that help in weight loss. Doses given in the study ranged between 1,000 and 3,400 mg. Supplements generally range between 1,000 and 3,000 mg.

EZD SUPPLEMENTS *(Continued)***GINSENG**

We've all heard of a particular rumored benefit of ginseng, but that's not the one that will help you here. The key benefit of ginseng in the Ezekiel Diet is its ability to lower blood sugar levels, which can mean burning more fat. This evidence has been found in some studies along with indications ginseng might help boost mood and endurance plus treat fatigue, high blood pressure, cancer, and a host of other ailments -- including that particular men's health concern. <http://www.webmd.com/diet/supplement-guide-ginseng#1>

GREEN TEA EXTRACT

Everyone by now knows that tea is good for you, especially green tea. The problem comes with preparing the tea. Most people boil up the water and pour it over the bag but that can destroy the substances that some studies have shown may help with weight loss. The best bet is to steep green tea in cold water or to take green tea extract in supplement form. <http://www.webmd.com/food-recipes/features/health-benefits-of-green-tea#1>

RESERVATROL

While more study needs to be done, resveratrol appears to play a role in stimulating a gene that helps keep the body from aging and which may prevent obesity. It has also shown potential in preventing Alzheimer's disease and diabetes, plus reduce inflammation.

Resveratrol is a substance in red wine that got a lot of press a couple of years ago. Those tests making the news gave the participants a dose of 2,000 mg daily. A glass of wine has about 2 mg, so that's a lot of wine to drink with tons of calories. Much better to supplement with 1,000 mg, 1,200 mg, or 2,000 mg capsules.

EZD SUPPLEMENTS *(Continued)***HOODIA**

I strongly suggest the use of pure Hoodia for appetite suppression while transitioning to your new EZD eating habits. The important thing is to make sure it is really Hoodia you are getting.

There are many counterfeit Hoodia products on the market today. In fact, only a handful of the brands out there consistently test pure. The problem is, there is no consistent testing mechanism required for the product, and few are willing to undergo the voluntary testing available -- probably because most are fakes that contain very little Hoodia or in some cases no Hoodia at all.

Two products on the market today have submitted that testing and passed:

- Hoodoba by Strictly Health, the first company to bring Hoodia to the USA, and
- Hoodia Hoodia by Millennium Health.

WEIGHT LOSS SUPPLEMENTS & HERBS *(Continued)***WHITE BEAN EXTRACT**

So you're going out for a night of pasta or pizza. How can you limit the damage from all those carbs?

Phase 2 Carb Controller has shown in studies to be a natural carbohydrate blocker. I've started experimenting with this product to be used only occasionally for going out to dinner with friends. I'm also experimenting with coupling this product and an Apple Cider Vinegar supplement (rich in potassium) to see if I can offset the effects of excess sodium inherent in all restaurant food and carbohydrates from an occasional pasta dish, pizza, or ice cream. I understand 1 gram of Phase 2 can block up to 2,250 calories of refined sugar carbohydrates. Here's the information from the manufacturer on those studies.

Phase 2 Carb Controller Clinical trial results

A double-blind, placebo-controlled study of 60 human subjects showed that those who took Phase 2 lost an average of 6.45 lb (2.93 kg) in 30 days, compared to those on placebo, who lost less than 1 lb (0.45 kg), on average. Those participants on Phase 2 also lost, on average, over 10% of body fat mass, and more than 3% in waist circumference. The study was conducted by Leonardo Celleno MD, Alessandra D'Amore MD, and Maria Toliani of the Cosmetic Research Center, Rome, Italy. Analysis was conducted by Harry Preuss MD, Georgetown University Medical Center; and Nicholas Perricone MD, "Clinical Creations", Meriden CT. The study was published in the International Journal of Medical Sciences, 2007.

A double-blind, placebo-controlled, crossover pilot study of 11 adult human subjects showed that starch absorption averaged 66% less in the group taking Phase 2. The study was conducted by Joe A. Vinson, Ph.D., and Donna M. Shuta, B.S., Department of Chemistry, University of Scranton, April 24, 2002.

WEIGHT LOSS SUPPLEMENTS & HERBS -- WHITE BEAN EXTRACT *(Continued)*

A double-blind, human pilot study published in *Alternative Therapies in Health and Medicine* found that those who ate the most carbohydrates and took a supplement containing Phase 2, lost significantly more weight and inches from their waist than the placebo group. When stratified by total carbohydrate intake, the Phase 2 group lost an average of 8.7 lb (3.9 kg) and 3.3 inches off their waists, while the placebo group lost an average of 1.7 lb (0.77 kg) and 1.3 inches. The results were statistically significant.

In a clinical trial performed by Jay Udani, MD (Assistant Clinical Professor at the UCLA School of Medicine), a randomly selected group of obese subjects were given 1500 mg of Phase 2 twice daily with meals. Over the period of the eight week trial, which 27 subjects completed, the group using Phase 2 showed an average weight loss of 3.79 pounds (1.72 kg) pounds, compared with an average of 1.65 lb (0.75 kg) for subjects taking a placebo. No adverse effects were observed during the trial. The study was published in *Alternative Medicine Review*, Volume 9, Number 2, March 2004.

If you want to give it a try, Natrol Carb Intercept makes a 500 mg capsule (two 500 mg capsules = 1 gram). One gram blocks over 2,000 starch calories, equal to a pound of pasta or loaf of bread. Find it online or at your local Walmart.

EZD: Coming Soon!

What you've read so far should give you a good start on the Ezekiel Diet and you should begin seeing the weight loss and other benefits that come from your new style of eating.

There is much more that you need to know, and I'll have that ready to present soon in a new and complete Ezekiel Diet handbook.

Here is what to expect in the next (and final) update:

- The EZD Maintenance Mode chapter with tips for dining out or at parties;
- Information on the food industry and how they're trying to addict, manipulate, and even kill us in some cases, all for profit;
- Recipes for the meals shown on these pages plus updated and new recipes for marinades, condiments, dressings, and more, and
- More about everything that helps us succeed in our goals and avoid the multi-million dollar medical early demise tax.