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This is a short excerpt from my book. It can be purchased in its entirety www.adoctorsperspective.net/calorie

Today's Choices. Tomorrow's Health: Small steps to improve health, food choices, and exercise.

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Personalized Calorie Consumption Calculator

Are you confused on the Percentages of Fat vs Protein vs Carbs you should have in your diet? Do you find yourself asking, “How many calories should I eat?” or “If I exercise can I eat more every day?” and the ever popular “How long will it take to lose 10 pounds?” Are there any ways to bio-hack and speed up my health goals?

Have no fear, all these questions will be answered in this chapter.

I wish I could make a flowing chart with fancy colors, wave patterns and ranges like the BMI (body mass index) chart. The BMI chart shows your height, weight and a sliding scale of your body fat that ranges from underweight, normal, overweight and obese based on all these numbers. Honestly, that would require way more chart skills than I possess to make it comprehensible. (In my opinion, it’s the height variable that makes a chart not feasible.) Obviously a person who weighs 180 pounds at 5 foot is not going to be as healthy as a 6 foot 5 person. The easiest way to help, is for you to do some math. Pick your jaw off the ground, you can do it. I will help you. You just need to follow my example step by step and plug in your height and weight.

Step 1

Below are 3 formulas. Each one will give you a different amount of total calories that your body would burn if you did normal activities like walk around your house, drive a car, and the standard calories burned so that you can digest food and just survive. As you are probably aware, just staying alive digesting food, rebuilding cells and thinking requires your body to burn calories all day long.

One of the formulas requires calculating a Lean Body Mass number. I will show you three ways to find that number so you can use an average for the main formula.

I highly suggest doing each of the formulas for yourself and then taking the average of them as your goal. By having all three totals you can know what's a little higher or lower in calorie consumption and still be within your personalized limits.

Step 2

Finding the base amount of calories that your body will burn per day is a pretty good start for most people. If you ate only that many calories per day, versus what you eat now, the weight would melt off you.

I expect you to exercise. It boosts your mood, has antidepressant attributes, gives you energy throughout the day, helps you handle stress and anxiety better, can help you think better, have more mental clarity, and improves your sleep and sex life. You can read my own personal exercise journey and my tips in a different part of this book.

Let me bust a weight loss myth about exercise: I can eat more or reward myself because I worked out. It takes nearly an hour of walking to burn off a 12oz soda. Stop rewarding yourself with a big dessert for working hard all week at the gym because you just negated it. I just wanted you to be aware that it takes a shockingly long time to burn 200 calories and sometimes we sabotage ourselves without even being conscious of it.

Sure, if you are trying to bulk up for a weightlifting competition you need more protein calories, but I'm talking about the person looking to lose weight- started to exercise- and then rewards that good behavior by eating chips and salsa because they 'earned it'.

I'm here to encourage you that the battle with the scale is won at the dinner table and exercise is for heart health and those other benefits, not so much for weight loss.

With that being said, I do have some seemingly contradictory information for you. One side effect of exercise is that you are able to eat a little bit and still be in a healthy range and step 2's formulas will show you just how much.

The formula to find out how many calories you can eat above just surviving and maintaining your weight goal is called the "Activity Multiplier." The Activity Multiplier is important for long term maintenance of weight. At first you may want to stick to the average calorie consumption found from the three formulas so you can maximize weight loss. Some point in the future you will be at the ideal weight and will be continuing to exercise out of habit and joy. You will want to quit losing weight and this Activity Multiplier will give you a new calorie consumption goal so you maintain your weight, not lose more.

Step 3

This last step is optional and has two formulas. For those who have been overeating for a long time, they will find a sudden drop in calories will be too hard to handle and will quit. I want you to succeed in your health goals so I give you a strategy to help out. The second formula will give you guidance on how to determine how much protein vs carbs vs fat you should eat. Lastly, I briefly cover intermittent fasting and how this could be a bio-hack to jump start your blood work improving and your clothes fitting baggier than ever.

Formula One: The first formula is a way to slowly reduce the calories you currently eat so you don't feel like you're starving. This helps with the mental aspect of losing weight and being hungry. Also, your stomach has been stretched out from over eating and needs time to shrink back to a more normal size. Remember at some point in life 2 slices of pizza, a beer, and a brownie made you stuffed, now it's 6 slices, 2 beers, 1 soda and 4 brownies... all that food had to fit in your stomach somehow.

Formula Two: Some people follow diets that talk about a percentage of your food being a certain type of macronutrient and others talk about grams of food. For instance, a ketogenic diet (or just a lower carb diet in general) discusses the diet as having X% of Fat, Y% of Protein and Z% of Carbs. Well if you look at the nutrition label you will see some percent based on a 2000 calorie diet. That's great but you probably aren't on a 2000 calorie diet.

These formulas will help you have a complete customized plan unique just for you. You will be able to calculate how many calories you are consuming from each macronutrient. As a bonus you will learn an easier way to calculate everything from a nutritional label by tallying up the grams of everything you eat. Now if your diet plan says only eat 20% carbs you can calculate how many calories you should eat per day, figure out what 20% of the total is, and how many grams of carbs it would take to max that out.

Time to Break Out your Calculators and Find Your Calorie Goals.

STEP 1: The 3 Formulas for optimal calorie consumption

1. Mifflin-St. Jeor equation

$$10x(\text{kg}) + (6.25 \times \text{cm}) - (5 \times \text{your age}) + 5 \text{ (for men) } =$$

$$10x(\text{kg}) + (6.25 \times (\text{cm}) - (5 \times \text{your age}) - 161 \text{ (for women) } =$$

2. Harris Benedict equation

$$66 + (6.23 \times \text{weight pounds}) + (12.7 \times \text{height in total inches}) - (6.8 \times \text{your age}) \text{ male}$$

$$65 + (4.35 \times \text{weight pounds}) + (14.7 \times \text{height in total inches}) - (4.7 \times \text{your age}) \text{ female}$$

3. Katch McArdle equation along with the 3 Lean Body Mass Formulas

$$370 + (21.6 \times \text{lean body mass})$$

The "3 Lean Body Mass" Formula (eLPM) for the Katch McArdle Formula are:

A) The Boer Formula:

$$\text{Men: } e\text{LBM} = 0.407 \text{ weight (kg)} + 0.267 \text{ height (cm)} - 19.2$$

$$\text{Women: } e\text{LBM} = 0.252 \text{ weight (kg)} + 0.473 \text{ height (cm)} - 48.3$$

Boer P. "Estimated lean body mass as an index for normalization of body fluid volumes in man." *Am J Physiol* 1984; 247: F632-5

B) The James Formula:

$$\text{Men: } e\text{LBM} = 1.1 \text{ weight (kg)} - 128 (\text{weight (kg)} / \text{height (cm)})^2$$

$$\text{Women: } e\text{LBM} = 1.07 \text{ weight (kg)} - 148 (\text{weight (kg)} / \text{height (cm)})^2$$

Absalom AR, Mani V, DeSmet T, et al. "Pharmacokinetic models for propofol—defining and illuminating the devil in the detail." *Br J Anaesth* 2009; 103:26-37

C) The Hume Formula:

$$\text{Men: } e\text{LBM} = 0.32810 \text{ weight (kg)} + 0.33929 \text{ height (cm)} - 29.5336$$

$$\text{Women: } e\text{LBM} = 0.29569 \text{ weight (kg)} + 0.41813 \text{ height (cm)} - 43.2933$$

Hume, R "Prediction of lean body mass from height and weight." *J Clin Pathol.* 1966 Jul; 19(4):389-91

From <<http://www.calculator.net/lean-body-mass-calculator.html?ctype=metric&age=25&csex=m&cheightfeet=5&cheightinch=10&cpound=160&cheightmeter=175&ckg=70.5&x=68&y=9>>

I will illustrate each formula for a 34 year old guy that is 5 foot 7 inches and 155 pounds.

First things first.

You need to convert your weight from pounds (lb) to kilograms (kg) and height from feet and inches to centimeters (cm).

The * symbol means multiply.

The / symbol means divide.

pounds to kilogram (kg): \underline{XX} Pounds * 0.4536 = weight in KG

Example: $155 \text{ lb} * 0.4536 = 70.31 \text{ KG}$

feet and inches to centimeters (cm):

First convert your feet to inches: \underline{X} Feet * 12 = \underline{Y} inches.

Now Add Y inches to the remaining of your height

(in our example the guy is 5 ft 7 so it would be $Y+7=Z$). Let's call that total \underline{Z} .

Now take $\underline{Z} * 2.54 = \text{height in CM}$.

Example: 5 ft 7 inch male. $5\text{ft} * 12 = 60 \text{ inches}$. $60 \text{ inches} + 7 \text{ inches} = 67 \text{ inches}$

$67 \text{ inches} * 2.54 = 170.18 \text{ CM}$

WRITE DOWN the KG and the CM because you will be using it a lot in the rest of the formulas.

Let's go ahead and find out our Lean Body Mass Numbers, create an average and then do the three Optimal Calorie Consumption formulas. Remember, just follow along and put your height and weight in the example instead of mine. You don't have to remember algebra because I will walk you through it step by step. People say if you give something away for free, they will not really value it and probably won't follow through with whatever advice was given. However, if you pay something for that advice, even if it's a small amount or it's paid by spending time and effort, the person will value it and act on the advice given. So please, take out a pencil and paper and figure out your numbers.

(If you are female, use the female formulas.)

A) **The Boer Formula:** { If female use = $0.252\text{weight (kg)} + 0.473\text{height (cm)} - 48.3$ }

Men: $e\text{LBM} = 0.407 * \text{weight(kg)} + 0.267 * \text{height(cm)} - 19.2$

$$0.407 * 70.31 = 28.62$$

$$0.267 * 170.18 = 45.44$$

$$28.62 + 45.44 - 19.2 = \underline{\underline{54.86}}$$

B) **The James Formula:** { If female use = $1.07\text{weight (kg)} - 148(\text{weight (kg)} / \text{height (cm)})^2$ }

Men: $e\text{LBM} = 1.1 * \text{weight(kg)} - 128 * (\text{weight(kg)} / \text{height(cm)})^2$

$$1.1 * 70.31 = 77.34$$

Kg/cm $70.31 / 170.18 = 0.413$ (type it in your calculator just as you see it on this paper)

The ² means you multiple 0.413 times itself. $0.413 * 0.413 = 0.17$

$$128 * 0.17 = 21.76$$

$$77.34 - 21.76 = \underline{\underline{55.58}}$$

C) **The Hume Formula:** {If female use= $0.29569 \text{weight}(\text{kg}) + 0.41813 \text{height}(\text{cm}) - 43.2933$ }

$$\begin{aligned} \text{Men: eLBM} &= 0.32810 * \text{weight}(\text{kg}) + 0.33929 * \text{height}(\text{cm}) - 29.5336 \\ &0.32810 * 70.31 = 23.07 \\ &.33929 * 170.18 = 57.74 \\ &23.07 + 57.74 - 29.5336 = \underline{51.28} \end{aligned}$$

AVERAGE of the LEAN BODY MASS FORMULA

Add the three totals together. $54.86 + 55.58 + 51.28 = 161.69$

Now divide by three and you get the average. $161.69 / 3 = \underline{53.90}$

You did a great job doing all that math to find that one number.
Let's continue to...The moment we have all been waiting for...

Calculating the 3 Formulas for

Optimal Calorie Consumption

1) Mifflin-St. Jeor equation

$$\begin{aligned} &10 * (\text{kg}) + (6.25 * \text{cm}) - (5 * \text{your age}) + 5 \text{ (for men)} = \\ &10 * (\text{kg}) + (6.25 * \text{cm}) - (5 * \text{your age}) - 161 \text{ (for women)} = \end{aligned}$$

$$\begin{aligned} \text{Our Example: Men } &(10 * 70.31) + (6.25 * 170.18) - (5 * 34) + 5 = \\ &703.1 + 1063.625 - 70 + 5 = \underline{1602} \end{aligned}$$

MSJ
$10 * 70.31 = 703.1$
$6.25 * 170.18 = 1063.625$
$5 * 34 = 70$

2) Harris Benedict equation

$$\begin{aligned} &66 + (6.23 * \text{weight pounds}) + (12.7 * \text{height in total inches}) - (6.8 * \text{your age}) \text{ male} \\ &65 + (4.35 * \text{weight pounds}) + (14.7 * \text{height in total inches}) - (4.7 * \text{your age}) \text{ female} \end{aligned}$$

$$\begin{aligned} \text{Our example: Men} \\ &66 + (6.23 * 155) + (12.7 * 76) - (6.8 * 34) = \\ &66 + 965.65 + 965.2 - 231.2 = \underline{1766} \end{aligned}$$

HB
$6.23 * 155 = 965.65$
$12.7 * 76 = 965.2$
$6.8 * 34 = 231.2$

3) Katch McArde equation

$$370 + (21.6 * \text{lean body mass})$$

$$\begin{aligned} &370 + (21.6 * 53.9) = \\ &370 + 1164 = \underline{1534} \end{aligned}$$

KM
$21.6 * 53.9 = 1164$

AVERAGE of all 3 Formulas for Optimal Calorie Consumption

For a 34 years old, 5 ft 7 in, and 155 pounds Male

$$1602 \text{ Mifflin-St Jeor} + 1766 \text{ Harris Benedict} + 1534 \text{ Katch McArde} = 4902$$

$$4902 / 3 = 1634$$

1634 Calories burned on average each day

Step 2: Activity Multiplier

We should all be exercising at least 3-4 times per week. Lifting weights, running, walking with speed, elliptical machine, and sports are all exercise. This activity multiplier allows you to increase the daily calorie limit and assumes only hours spent doing exercise, not an hour at the gym if you really only ran for 35 minutes and talked the rest of the time. It also requires you to be honest with yourself on the intensity of your workout. A 55 year old woman will have different measurements that classify a workout as moderate compared to a 18 year old male. The 18 year old will need a higher heart rate to be in the moderate intensity level than the 55 year old female. To account for age and sex related differences, you have to be real honest with yourself when picking your Activity Multiplier.

Do you only work out a total of 2 hours a week but you run 7 miles in 30 minutes and can hardly breathe? Well maybe you should pick moderate exercise. Do you walk 6 hours a week but honestly it's at a slow pace and you are only 35 years old, maybe you should pick light exercise.

Do you understand what I am illustrating? Don't go by just time, but factor in how intense you are working out as well. The secret sauce for success is to go moderate or intense for however many hours per week you exercise. If you are already going to spend your time exercising, why not maximize the effort.

This book gives you blueprints on how to go from a couch potato to being able to exercise for 30 minutes without stopping. I realize you can't go from 5 hours a day of TV watching to doing a stair climber machine for 20 minutes on day one. It's a slow process to ramp up, but it can be done. Be easy on yourself, and be honest when figuring out which activity multiplier you pick.

Remember the multiplier allows you to consume more calories per day. If you eat more calories and quit exercising, don't be surprised when weight loss stops. As mentioned before, at some point you will be at your target weight goals and you may want to stick to this higher calorie amount so you don't keep shrinking.

Activity Multiplier Chart

<u>Multiplier</u>	<u>Exercise Intensity</u>
1.2	desk job little exercise
1.375	1-3 hours per week light exercise
1.55	3-5 hours per week moderate exercise
1.75	5-6 hour a week intense exercise
1.9	two hour every day strenuous

Your new calorie intake based on activity level is found by multiplying the activity multiplier that you choose on the left in the above chart by the average of the 3 optimal calorie consumption formulas you calculated earlier.

For our example: this male walks at a moderate pace 4 times a week for 4 hours total (let's call that light exercise) and he does 90 minutes of moderate elliptical activity (moderate exercise). I am a little more conservative on my estimates and would rather eat a little bit less calories instead of more just in case I don't stick to my normal routine for a month. Based on time alone the moderate exercise would seem to be an appropriate multiplier (1.55) however, 70% of the time is in light exercise. Therefore I would use the 1.375 multiplier.

$$\text{Activity Multiplier: } 1634 \text{ calories} * 1.75 = 2246$$

Step 3: Slow Drop in Calories and Macronutrient Ratios

Slow Drop in Calories

Step A: This step requires you to know how many calories you are actually eating right now on average. How can you figure out this number? Easy! Almost everything we eat has a nutritional label on it that states the calories per serving. If you eat out a lot, check the restaurants website for calorie information on the dishes. Also don't forget to record all drinks: milk, juice, soda, alcohol etc. You just need to record the total calories for about 5 days. The internet has a ton of easy to find information on how many calories are in a cup of asparagus, ribeye steak and sweet peas. However, that is a time consuming way of doing it. May I suggest a different method?

There is a great app called MyFitnessPal (and a website) that has the nutritional information on everything from your favorite burrito at a fast food chain, to a cup of rice, frozen pizza, cappuccino (and the flavored cream you put in it), broccoli, candy bars, smoothie, 2 whiskey shots, 6 ounces of chicken breast (baked, fried, steamed) and on and on. I prefer this method because once you go through the hassle of finding it once, it will be saved for future use. You can record things accurately like breakfast, lunch, snacks and dinner. You can even record the exercise that you do. If you pair it with a workout app or maybe even in the app itself these days, it will even let you set weight loss goals and a time frame. Then it gives you graphs and more information to say things like, you ate 2500 calories but you ran and burned 300 calories therefore you can eat XYZ calories more than usual to still meet your goal of 10 pounds lost in 8 weeks. Also, it will break down how many carbs, protein and fat that your food for the day contained. This will be important and convenient for monitoring, discussed in the second half of step 3.

Alright, you have just tracked 5 normal days of eating and drinking. What is your total amount of calories per day? Are you surprised that you could eat 3500 calories or that the meal you had at lunch was 1600 calories but seemed a small portion? Where are these dishes hiding calories and salt for that matter? Is it any wonder you can't lose weight? Write down the total calories per day and then divide it by the amount of days that you tracked it for. That is your average daily calorie consumption.

Example: $3500 + 2800 + 3900 + 2700 + 4200 = 17100$ $17100 / 5 = \mathbf{3420 \text{ average per day}}$

Step B: We need to reduce your calorie intake so you can lose weight. If we just immediately went from eating over 3400 calories per day to the recommended values you calculated a few pages ago, you would quit. You will be so hungry all day plus the psychological warfare of wanting to eat and being hungry but knowing you shouldn't. It's quite a mess and it sets you up for failure as well as guilt for not meeting your goals and possibly depression if you are prone to it. Let's avoid all these negative outcomes and try a different method other than "Monday I am only eating 1700 calories (instead of 3400) and I won't stop until I lose 25 pounds."

Let's discuss the Gradual Reduction of Calories Method. We already know that the guy in our example has a goal of eating between 1634 to 2246 calories per day. We also know he is eating and drinking 3420 calories on average per day. $3420 - 2246 = 1174$ calories that he needs to stop consuming every day for a long time. Now our guy is actually in good shape and doesn't need to lose any weight, but let's just pretend he has 25 pounds to lose for this section so he has to get his calorie intake under control.

For the *first week* he only needs to consume 250 less calories than normal. He can log all the food he eats /drinks on the website or app and when he reaches 3170 he stops eating and drinking for the day. Remember that 250 calories could easily be drinking one less soda per day or a small version of that sugar coffee drink or

one less beer or one less candy bar. Maybe you just need to sip that soda for an extra hour or two so you can trick yourself into never missing it. I think you get the idea. This entire week you are making a small change that will allow you to adapt to less calories.

Week two you will reduce your calories by another 250 calories. From 3170 to 2920 calories is your new daily calorie consumption. Again you will need to find ways to reduce your total intake. This time you might cut out juice and milk in the morning or only order the small French fries. Remember, you have weeks of data on that app. Go through it and you should start seeing trends about what time of day you tend to eat snacks. Maybe you can go for a walk or drink water instead of eating during that trouble zone. Perhaps you are noticing that you eat fast food more often on certain days and could plan ahead the night before and bring leftovers to work.

If you feel like you are doing great and are not struggling with reducing your food and drinks, then maybe every 4-5 days you can reduce your calorie intake by 250. However, if you aren't comfortable with that, then every week just reduce it by 250 until you reach your Optimal Activity Based Calorie Consumption Total. In our example, it will take 5 weeks for our guy to only consume 2246 per day. He is being patient and okay with taking 5 weeks because he is experiencing a long-term lifestyle change and not a fad diet lose weight as fast as possible plan. He might even notice that ever since he started exercising while reducing daily calories by 250 per day, that he is already seeing the scale dip. How exciting is that? All the while he is letting his stomach shrink, creating healthy habits, he is having daily small victories building up his dieting self-esteem, and has been making positive changes in his food choices.

BONUS: I have one more trick for you to maximize your calorie to weight loss ratio. We already established a tactic to get you to your activity based daily calorie consumption amount. Now if you want to reduce your weight faster by all means you can just eat the normal calorie amount without the activity multiplier. However, you will probably be hungry and cheat. I for one don't cheat on celery, but would partake in a brownie or a few spoonful's too many of peanut butter to make that celery more palatable. My hack is to target somewhere in the middle of the minimum and maximum of your appropriate range.

Here's how to do it. Take the total active level calorie consumption calories and cut 15% off the total. The difference lets you have fifteen percent more calorie restriction to lose weight and be fuller than just sticking to the minimum calorie requirements.

$$2246 * .15 = 337 \quad 2246 - 337 = 1909$$

This logic is a little wrong, but it illustrates the point well enough. Eating too few calories is tough and I want you to reach your goals. Therefore I encourage using the activity multiplier so you can eat more food. However, it's nice to see results quicker so doing this 15% trick is my little bonus secret. We know a pound of fat is about 3500 calories. Assuming you reduce your activity based calories by 15% (in our example 337 calories) then you could lose an extra pound every 10.4 days. $3500 / 337 = 10.4$

Macronutrient Ratios

The market is flooded with diet, weight loss and exercise books. You can find paleo, vegetarian, vegan, keto, Atkins, modified keto, vegetarian with seafood, low carb, high protein, gluten free, soup only, count your calories as points, juice everything, intermittent fasting and the list could go on. Every diet has good intentions and usually some unexpected consequences. I'm not saying the consequences are fatal only that you may find that if you are on a soup only diet (yes you lose 15 pounds in a month) once you eat real food again you gain it all back. Some diets demonize certain foods or food groups and expect you to forever not eat the culprit.

Guess what? That rarely works and you end up craving it more and when you finally break down, you never go back. Have you experienced that before?

I won't pretend that I know what you have tried in the past or what you are currently trying. I will present to you how to figure out how many grams of macronutrients equals calories. That way if you follow any of my suggestions or some other method that promotes an "eat XYZ amount of Protein per day" you will know how to figure that out. You should have already calculated your Optimal Activity Based Caloric Consumption per day number and now you can do some math and figure out how many grams and at what percent of your personal calorie amount you should eat to faithfully prescribe to a diet plan (but if I'm honest- hopefully a lifestyle change) so you can reach your target goals.

What is a macronutrient?

Feel free to Wikipedia it for a deep dive into what they are. You can also read many books on all the subtleties of good oils, bad oils, healthiest protein, high glycemic index fruits and so on. I will only give you a brief overview. There are 3 Macronutrients: Carbohydrates, Fat and Protein.

Protein

Protein can be lean or fat, dark or white and some are healthier for you than others. Research always goes back and forth on if you should eat egg yolks but I don't see an issue with it. If you are worried, maybe just eat ½ whites and ½ yolks. Deer and buffalo are some of the best meats around to eat whereas beef and chicken thighs tend to get a bad reputation in the heart health community. You can eat protein from plants and vegetables as well, like quinoa. We even have protein powders and snack bars made of whey, chickpeas, vegan based and more options based on if you have allergies. We have a wide array of options when it comes to protein. If you find that you need 100 grams of protein a day, don't sweat it, you do not have to consume it all as hamburgers and turkey breast. Protein shakes make a nice snack to keep you from snacking on chips and candy while at the same time giving you a boost in energy and meeting your daily food requirements.

Protein can be thought of as fuel to maintain your muscles and if you want to grow muscles then you eat more protein. Many diets don't stress the need to eat enough protein and the body will actually break down protein easier than fat. That means you lose muscle mass that first month on a diet instead of losing fat. The body does what's easiest to process and when you look at our ancestors, fat kept you alive in the long winters, not big muscles. I can't stress enough to make sure you eat adequate amounts of protein. (If you decide to do a ketogenic or modified Atkins type diet where the carbs are below 10% and the protein is around 20%, make sure you don't eat 30-40% protein because the body has a way of breaking down excess protein and then treats it like a carb. Those hidden protein-carbs will sabotage you getting into ketosis.)

Carbohydrates

Carbohydrates can be anything from refined sugar, bread, pasta, potatoes, and all fruits. Some fruits contain way more sugar than others and if you eat too many, the body doesn't see it much different than a candy bar. Sure you get more nutrients but the insulin response to the body is the same. There's a reason diabetics shouldn't eat an entire container of strawberries at one time. Check online for charts about the carb content of different fruits and vegetables. The fancy term for this is a glycemic index and if you search this term you will find that you can eat plenty of fruits and vegetables that are on the low side. A fruit like an avocado is quite good for you; it has low carbs and has an amazing amount of healthy oils. We should all strive to eat a wide variety of fruits, vegetables, legumes and grains. I think a diet less in carbs is an ideal way to live. This doesn't mean you can't have indulgences but we need to limit it and not eat them every day. Do yourself a favor and print off a list of low glycemic foods and bring it with you next time you shop.

Some people have a real gluten intolerance that gives them headaches and diarrhea if they eat it. Other people may find that they have some “weird” health symptoms, joint pains that barely subside or always low energy and sluggish and if they get off the gluten they actually feel so much better after a few weeks.

I prescribe to the idea of limiting the carbohydrates in our diet. We eat way too much desserts, rice, pasta, potatoes and other high sugar fruits. I believe that the reason half the country is overweight and obese as well as the rise in overweight children in developing countries that are adopting a western fast food- processed food diet is because of all the carbs we eat. You can find some great books and research linking high carb eating (60-70% or more of the diet) to not only diabetes but also to chronic long standing joint pain, lack of energy, arthritis, thyroid issues and everyone’s favorite obsession high cholesterol and the clogging of arteries. There

is growing evidence that when the science community was debating about high sugar or high fat as the culprit for heart disease, the fat people won but in reality they should not have. Ever wonder why margarine is no longer touted as a great alternative to butter? Ever wonder why heart disease is continuing to rise even though millions take statins every day? Maybe, just maybe, when they started making everything low fat and adding sugar so you will eat the food, that the high sugar consumption over the past few decades is the better reason for the poor heart health epidemic.

I heard a great explanation as to why sugar can be damaging to the heart. Sugar molecules have lots of sharp corners. When sugar floats in your arteries, it nicks the inner lining. The fat that is also circulating in the arteries is sticky and then fills in those nicks. Remember the last time you got a scratch or cut on your arm and the skin around the cut got swollen and red? That is called inflammation and that actually occurs in the arteries as well. This process continues to get worse because we always have way too much sugar in our blood, nicks abound, fat accumulates, until one day you get a blocked artery. When people stick to a lower carb diet for a few months, their blood work tends to improve. If eating more healthy fat and limiting sugar/carbs was as evil as they would have you believe, the blood work should only get worse... but for many people it does not.

I highly recommend getting a full blood workup before changing up any diet but especially if based on macronutrient percentages. After 3 months of the new diet, get retested. Your doctor can compare what this new eating profile is doing for you. For some people they find that eating more fat and restricted carbs is actually bad for their body and need to stop. Others, if honest, know that they have been cheating or not actually monitoring the type of food they eat (as in, they eat deep fried chicken everyday instead of grilled chicken breasts cooked in a little extra virgin olive oil). You can only manage what you have data on. Redo your blood work 3-4 times a year and make sure you are healthy on the inside not just artificially on the outside.

Tools to Help

The following will be several strategies to experiment with on what percentage of each macronutrient profile you will follow. If you would rather not deal with anymore math, the website <http://www.keto-calculator.ankerl.com> is amazing. They programmed all the math and all you have to do is fill in what they tell you to. Near the bottom of the page they break down the percentage of each macronutrient, what amount of calories you will eat of each and how many grams. Plus it has the activity multiplier, daily calorie intake, gives you a range of protein you want to eat, along with what percentage of calories you would like to cut and then estimates how much weight you will lose each month. It’s free too.

Carbohydrates are broken down and the body and brain like to use it preferentially to anything else. It’s very easy for the body to use and our processed food supplies it in high amounts.

Fat

We all know Fat has saturated and unsaturated, but what about hydrogenated, trans fat, polyunsaturated and healthy oils. Coconut oils, MCT oils, extra virgin olive oils, nuts, omega fish oils (omega 3's and 6's) and a few more are healthy fats. These are the best to cook with, drizzle on salads and consume on a regular basis. Soybean, peanut, sunflower, vegetable oil and many more are not considered desirable in the diet and you would want to limit that. You can also get naturally occurring fats from certain fruits, vegetables and definitely in fat nutrient dense nuts.

Fat is typically the last thing the body wants to process for energy but it yields the most calories/energy per gram. If you have a habit of eating a jar of almonds and macadamia nuts, you will probably gain weight because one jar is about 1000 extra calories. The nuts have their own delicious oils which make them easy to overeat, but they are very calorie dense. A small handful of nuts a day will do you just fine.

Also, I mentioned earlier about how restaurants hide calories. The way they do it is by cooking in junk oil. One tablespoon is over 100 calories. The goal of the restaurant is to cook good tasting food and not healthy food. Oil (and salt) will make just about any meal taste lovely. Fried chicken and fried fish are bad for you because the batter and the meat actually absorb a bunch of oil and that in turn makes you fat and have high cholesterol. Just go on myfitnesspal and plug in baked chicken leg versus a fried leg and be ready to have your mind blown. Eating healthy fat however, is an entirely different scenario.

Calculations

I saved the optimal Carb – Fat – Protein ratios and calorie content of each for the Full Length Book. In the same section of the book I go over a few types of Intermittent Fasting Protocols. We went over a lot of information so far and the rest of the book has even more.

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Imagine Having the Blueprints You Need to Make Better Food Choices Now and Instantly Start Dropping Pounds... All While Increasing Your Exercise with Ease, No Guilt and Getting Rid of Your Low Back and Neck Pain.

We all want to be healthy. We all want to avoid nasty diseases which slow us down or even prematurely end our lives, but most of us tend to look for the quick fix. Fad diets, crash exercise courses and all manner of crazy weight loss programs mean that people may feel better in the short term, but are unable to maintain it.

Now, with **Today's Choices, Tomorrow's Health**, there is a book which revolutionizes the way you should be approaching your wellbeing.

Divided into four sections, the book examines the four things which are the keys to good health:

Our overall health

Making sure you exercise

Eating the right foods

Create and stick to a budget

What's Inside? Can you reach your own Weight Loss, Cardio and Weight Lifting goals as well as Financial Success?

Weight Loss/ Food Choices

- Simple Steps to Improve Food Choices
- Will Power is no longer the Driving Force to better choices
- Optimal Calorie Counter Calculator so no more guessing how much to eat
- Carbs, Fats, Protein what is the proper ratio?
- Fact of Fiction: Fake Sweetener Alternatives
- 2 Changes in how I eat that Nearly Guarantees Eating less with Limited Self Control
- Trick yourself to feeling full faster with plate choices
- Lessons learned in China for portion control
- Cut Carbs without my family hating me
- How excess Sugar is causing my pain
- Sugar vs Fat: which hurts are health more

Exercise Blueprints

- 3 easy Step by Step Blueprints to actually Exercise
- Coach Potato or Weekend Warrior: the steps are Semi-Personalized for each individual
- Free Natural Legal testosterone Boost to Maximize my Gym time
- Ab routine I won't quit in 2 days
- 12 exercises with pictures for spine and core strength
- 9 Nerve stretches to stop numbness in your arms or legs
- Bonus exercises for strong shoulders
- 10 minute cardio that's better than doing 30 minutes
- 3 minute stretching concept that won't make me Roll My Eyes in Boredom

Overall Health Reboot

- Pain: does it have any redeeming benefits?
- Have you been brainwashed to distrust alternative medicine?
- Can you body heal itself?
- 3 Intermittent Fasting Guides- you heard about it, now do it
- Why is the nervous system so important anyway
- Speed up recovery from work injuries or post workouts.
- Headache Relief
- Sleep Improvement Hacks

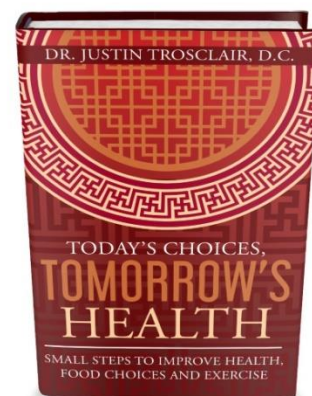
Getting your Finances in Order

- Simple tips to create a budget
- Blueprint detailing how and why to make a budget
- How to become frugal
- Basics for retirement
- Pay your debt down, learn how here

My own 3 Blueprints on how I lost 25 pounds.

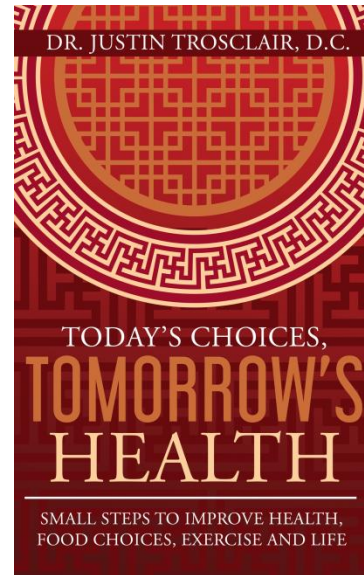
How I mastered my food choices, increased my cardio from less than 5 minutes to the magical 30 minutes, and effective weight lifting strategies that allowed me to **loss 25 pounds** and keep it off.

[Buy the book](#) and learn my step by step process. Becoming healthier is a process and one which is best done slowly, to ensure a lasting effect. With **Today for Tomorrow** you have the perfect book to make a start on those life-changing habits.



Below are a Few of the Highlights

Lessons from China	page 52
Blueprints for Cardio	page 80
Food Labels	page 75
Numb Arms/ Legs Stretch for Relief	page 143
Personal Calorie Calculator	page 88
Intermittent Fasting	page 113
Where Am I Overspending	page 187
Retirement Basics	page 220
Nervous System Reboot	page 41
12 Core Strength Exercises	page 135
Interval Training	page 122
Sugar Secrets and Inflammation	page 61
Making a Budget	page 158
Blueprints for Weight Lifting	page 83



I lead you through some basics about health and chiropractic in the first part of the book. I touch briefly about how the nervous system controls all aspects of the body and how chiropractic can affect different areas of your health. Some of the controversial past of medical doctors versus chiropractors and how the nerves can affect organs are touched upon. I don't cite a bunch of research because there are plenty of other books that you can read if you are into a more thorough review. Actually, it was hard for me to not go into a bunch of chapters citing article after article of what chiropractic can treat successfully (even limiting it to low back pain, neck pain and disc bulges) because my passion is reading those types of papers. I have great relationships with other doctors and we treat patients as a team. A few of the early chapters address some of the frequently asked questions by patients, some of my most viewed blog posts and potentially a health concept that is foreign to many.

You then can explore topics about food choices, sugar flaws, intermittent fasting, weight loss and lessons learned in China. I follow that section with my own personal journey with weight loss and learning how to lift weights. I sprinkle tons of tidbits, secrets and hacks throughout the book to help accelerate your health goals as well as encourage you to not give up and find ways to make this process easier.

Learn all about ways to go from a couch potato to doing a 5k, interval training, the best times to exercise, stretches that won't bore you to tears, and plenty of research based exercises to strengthen your core so back pain doesn't stop you for reaching your goals. Learn specific nerve stretches to stop numbness in your arms and legs as well.

I go into detail about calculating how many calories you personally should be eating per day to maximize your metabolism as well as weight loss. We go through the math in a painless fashion and you will even learn how to modify your diet via macronutrients so you can start living healthier now with overall better food choices.

Lastly, one of my passions is talking about budgeting and finances. I offer some advice on how to budget and cut overspending. Why might a doctor write this part of a book? The reason is simple, most people are carrying thousands of dollars in credit card debit and financial health is just not taught in school these days. If I can help you stop stressing about money then that stress will be less on your physical health too. Let's take care of all aspects of our life.

Nothing of importance is accomplished in a day. Take small steps today to see large benefits in the future. Today's Choices, Tomorrow's Health – Small steps to improve health, food choices, exercise and life.

Buy the Book!

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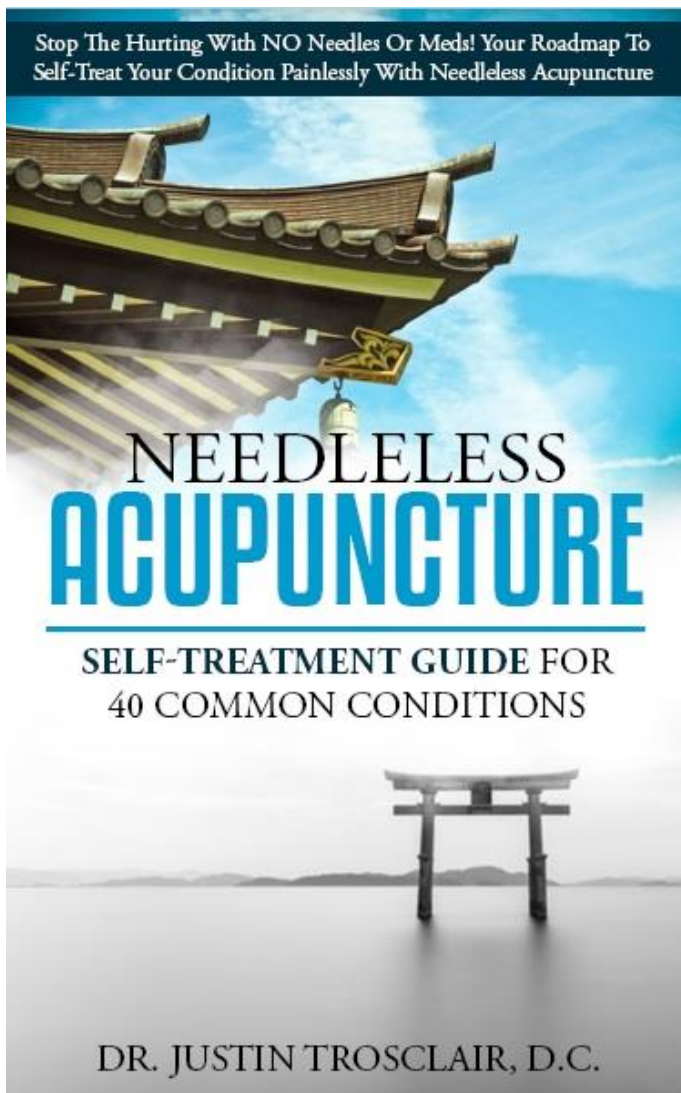


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Today's Choices,
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- Are you afraid of Needles?
- Do you have an Acupuncturist nearby?
- Can you afford a round of 10-20 visits?

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- ✓ **If you want to try acupuncture, are you really going to spend four years and \$90,000+ to learn all the nuances from university training?**

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Anemia
Ankle Pain
Anxiety
Arthritis of the Upper Extremity
Arteriosclerosis (hardening of the Arteries)
Acute Low Back Pain
Chronic Low Back Pain
Clonus
Cough
Diabetes
Diarrhea
Eye Strain
Face Palsy

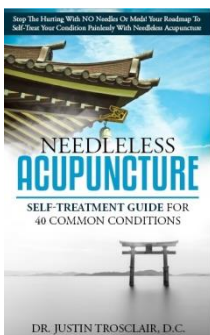
Facial Beautification
Gastric (Stomach) Pain
General Fatigue
Headache
Hearing Problems
Hypertension
Impotence
Influenza (flu)
Insomnia
Intercostal Rib Neuralgia
Irregular Menstruation
Knee Pain
Paralysis of the Lower Limb
Recovery of Fatigue
Rheumatoid Arthritis

Sciatica
Sinus problems
Sleep Difficulties
Skin Disorder (Acne, Eczema, Neurodermatitis)
Shoulders and Upper Back Pains
Stiff Neck
Toothache
Trigeminal Neuralgia
Upper Limb Achy and Numb
Urinary Bladder Issues
Vertigo
Weight Reduction

This book is for you EVEN IF:

- ❖ You already tried chiropractic treatment and massage but you didn't get the results you expected.
- ❖ You might be taking medication but are worried about the side effects and long-term consequences.
- ❖ You prefer a natural approach to dealing with your health concerns.
 - ❖ There's not an acupuncturist within an hour's drive .
- ❖ You are too busy during the day to spend two hours getting treatment at the local clinic.
- ❖ Your health is your priority and you want to try and take care of this on your own.
- ❖ You tried acupuncture in the past but the bills got too high before you could experience relief.
- ❖ You need a health tune-up at least every month and it's time to do it with self-care.
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If you're ready to discover how to unleash the full power of your body (and do it from the comfort of your own home) in 30 minutes a day then the protocols I've gathered from Western and Eastern books, charts, and real-world observation will lead you and show you the right acupuncture points. This is your guide to Stop The Hurting With NO Needles or Meds! Your new Needleless Acupuncture Book will be Your Roadmap to Self-Treat Your Condition Painlessly, Effectively, and Conveniently.



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Restructure your marketing so it's more efficient and productive

Realize that your town is no different than anyone else's

Remember why you choose to be the Doctor you are and not another specialty

Revisit past mistakes and learn something to better yourself today because of them

Resemble those morals you hold onto and discover ways to volunteer as a Doctor

Reach out to product companies to find out what is new and best for patient outcomes

Reestablish your value of money and start saving for retirement

Restore your financial life and pay off debt

Relearn office procedures so you can stop losing patients faster than you can recruit them, you might call this coaching or management company advice

Reorganize your work schedule so you can finally take the vacations you deserve

For doctors who want a thriving practice and abundant home life, listen as your host Dr. Justin Trosclair goes behind the curtain and interviews doctors, volunteer organizations and guests about real world triumphs, struggles, marketing, vacation ideas, practical tips, guest specialty explained, favorite books and apps, how to maximize your family relationships and entertainment.