

NOW  
I EAT ALL  
I WANT!



DAVID YANG

THE STORY OF HOW  
MY RELATIVES AND I OVERCAME  
FOOD ADDICTION



David Yang

# **Now I Eat All I Want!**

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*Attention! This text is written only to expose my personal experience and it should not be regarded as the ultimate truth. The reader is fully responsible for the way he chooses to eat, and I urge the reader to find the time, see a doctor and learn if he can use this experience in his particular case.*

# Now I Eat All I Want!

The story of how my relatives and I overcame dependence on four food products

*How does a great warrior shoot a bow?*

*He pulls the bowstring and looks at the tiny target until the target enlarges in his eyes and covers the whole sky. Then he loosens the arrow in any direction.*

*Chinese wisdom*

I am not a doctor or a dietician. I cannot advise anything to anyone. Nevertheless, I would like to share my experience. When my friends find out that I started eating differently and as a result lost several kilos a month, returned to the weight I had at 18, acquired impressive muscles and started to feel like a teenager in body and soul, stopped falling ill and signed my entire family up to my system of eating, including parents and my nanny, the first thing I hear is the words: “David, goddamn, tell me what you eat! I need it, too! I got tired of sullenly observing my figure changing for the worst. I feel I am doing something wrong in my life...”

And I started telling all my friends about my nutrition system. As a result, now there are many of them who have decided to eat like me, and I am very happy about it. And most of them do so not to lose weight, but to become healthy, energetic and young. They got a “bonus track” along with that: they suddenly lost 3–5 kilos in 3 weeks and continued to lose it without much effort (if they wished), opened new tastes and joy from new living standards, joy from the need to add two more holes on the belt, joy from seeing rippling muscles on their back and chest, which they have not observed since their student days.

In this book I have tried to summarize the main theses which form the basis of my beliefs, and which helped me to persuade my friends.

Some of them took to this new nutrition system surprisingly easily; some found it hard. After the first week they started to invent “objective” reasons why they could not keep to it. Or they doubted whether they needed

to change anything: they were quite healthy and happy eating crisps, croissants and fried cutlets. But those who managed to overcome the first 3 weeks of the system's active phase became..., I would say, different people. They broke free! Free from their bad habits, from their gastronomic likings. And they themselves actively promoted the new nutrition system.

In the chapter *Four "Old Friends"* I will tell you why and how four types of products shorten our lives and how they influence our attractiveness.

In the chapter *Brief Instruction on David's Nutrition System Application (DNS)*, I will describe the essence of the system for those who are already sold. I mean those who have come to the conclusion that the time has come to change their lives, and wish to know how to do it, using my successful experience in particular.

In the *Chapter for Those Who Are Not Sure That It's Time To Change* I will answer two questions asked by people who don't want to change anything in their lives.

In the *Additional Material* section I will give a lot of useful information for those seriously interested in the problems of correct nutrition and not just nutrition (for example, the scheme of alcohol metabolism, etc.), as well as tables, recipes, references to sources, etc.

## Why does this book have such a title?

The fact is that there are two methods of correct nutrition: 1) make yourself eat healthy food straining your will in an inhuman effort, or 2) **learn to love healthy food** in such a way that many years of dependence on unhealthy food will take a step back.

If a person follows the first way, in most cases this experiment ends in failure in a year, a month, and sometimes even just in several days. If he sets himself the second goal, he will make not only himself happy, but also the people who are around when he reaches it (and I am sure he will reach it). Because he will get rid of the addiction that has been forming for years. He will get more pleasure from drinking tea or coffee *without* sugar than *with* sugar. He will be tormented by the dilemma of whether to eat a fancy for breakfast or not, just because he does not want to offend its author. Then he will politely eat a slice of pie sized half of a matchbox, and take more pleasure in eating aromatic barley grains, boiled al dente and sprinkled with thinly cut dried orange apricots and prunes black as night, with a fresh nectarine and skimmed crumbly cottage cheese, poured with snow-white low-fat curdled milk or yoghurt.

**Getting rid of addiction to four types of products, which I call our “old friends”, is the happiness given to the one who uses my nutrition system.** “Old friends” are fat, sugar, bakery produce and salt. No, no, I am not calling for a blanket rejection of these products once and for all. A person *can* eat them. But if the reader makes steps described in this book, he will no longer be twisted by an irresistible desire to eat a sizzling fried cutlet, a fatty pancake or a sweet bun. He will manage to overcome the irresistible addiction to these products. An addiction that took years to form. An addiction that results in excessive, sometimes uncontrolled consumption of these products. When at the table, he will first of all stretch for a wonderful, crisp iceberg salad, while the Russian salad will remain untouched.

You will say: “David, hold on! Are fat, sugar, starchy products and salt really harmful to our body? Bread contains vitamins that our body needs, fat seems to be useful, too, and a lack of salt makes a living being die... And the doctors say one thing today and another thing tomorrow. What to believe???”

Naturally, I came across these questions myself when I decided to eat correctly. I wanted to find the truth. I plunged into nutrition brochures, read dozens of articles, compared the articles by respected authors, giving quite contradictory statements at first glance (“eat fat” — “don’t eat fat”, “people need sugar” — “sugar is harmful”, etc.), and discovered a lot of interesting things.

First of all, it became clear from different articles and forums that practically all the world’s dieticians acknowledge the recommendations of the World Health Organization (WHO). The WHO is an organization created by the UN, the aim of which is consolidation of the experience of tens and hundreds of thousands of doctors in different countries of the world, finding true data, and doing research to form nutritional recommendations (often itemized by countries and regions). As a result, the WHO’s educational work often demolishes myths and erratic principles existing in society for any given reason. Second, I paid attention to the fact that if dieticians give contradictory recommendations at first glance, it is enough to see the details to put everything in its place. And it turned out that they agree on the key matters.

I overcame my laziness and looked through the WHO’s primary materials in the Russian and English languages [1], [2], [3], [4] (translation of Table [4] into Russian is given in *Additional Materials* in the Chapter *WHO nutrition recommendations* along with my explanations on how to read this Table). So what are the points on which both WHO and the majority of professional authors of nutrition research agree?

1. Food must be varied, preference should be given to plant products, if possible, grown in the region of residence. At the same time:
  - a) from 50 to 70% of daily energy must be received at the expense of complex carbohydrates;

If your daily ration amounts to 2,000 kcal, then, say, 1,200 kcal must be received from vegetables, fruit, cereals, bread and other complex carbohydrates. How much is it by weight? Calculate yourself, it largely depends on the type of product, but if you take equal parts of everything — salads, tomatoes, potatoes, bread and barley porridge, it may amount to 1–1.5 kg.

- b) from the total amount of complex carbohydrates, at least 400 g a day must be taken in the form of fruit and non-starchy vegetables (most vegetables are non-starchy, except for potatoes), and the rest — from starchy products as well (cereals, legumes, bread, potatoes, etc.).
2. Saturated fats (practically all animal fats, except for cod-liver oil) must be restricted as much as possible and/or replaced by unsaturated fats (vegetable oils, cod-liver oil).
3. If possible, exclude food prepared with the use of overheated or so-called transgenic fats (deep frying, frying, hard margarines, etc.).
4. Restrict the use of salt (including in the composition of ready-made products) and sugar (including in the form of sugary drinks and confectionery) as much as possible.
5. The number of calories, received with food, should not regularly exceed the number of calories spent.

Detailed WHO nutrition recommendations are given in *Additional Material*.

We can say with great reserve that you can eat everything (except for some really harmful products) on the condition you eat varied food and the number of calories, received with food, does not exceed the number of burned calories. Really harmful products include refined sugars, saturated fats, transgenic and overheated fats. These are really extremely undesirable products, and, in accordance with WHO recommendations, our body does not need to consume them *in any quantities*.

The problem of our nutrition is that we a) overeat, b) consume “bad” products.

What is new here, you might say? We have been hearing all these correct recommendations since childhood. It's boring. If this book is another brainwashing, like "don't eat this or that", please kiss me on the shoulder. I close this book and I will carry on living as I lived before.

**Don't get discouraged. This book is about quite the opposite. It's about how to live happily without limiting what we eat.**

According to the Pareto Principle [16], "When you achieve the goal set, 20% of efforts give 80% of the end result, and the remaining 80% of efforts — just 20% of the result".

I asked myself what products, if eaten in excess, contribute the *most* to disbalance in our nutrition. What products contribute most to the development of cardiovascular diseases, form thromboses, increase the frequency of strokes, infarctions and oncological diseases? What particular products contribute most to excessive daily food consumption? What products do we get addicted to from childhood, losing control over their consumption, and hoping to find "scientific evidence" that our body needs these products, and if we fail to find it, we say: "If my body demands them, then it needs them".

Having analyzed WHO materials, studied dozens of articles, talked to honorable scientists of the RAS Nutrition Institute, I found that the four above types of products are most frequently mentioned in the context of nutrition problems and may well cause 80% or even 95% of nutrition-related problems.

In this book we 1) will try to realize why these products are really dangerous in the amount we consume them today, and 2) teach our body to want the food which does not or practically does not contain these products. Most people, who follow the system described in this book, consume up to ten times less of these products in just 1–3 months and feel happy about their new quality of life!

So, in this book we will talk about the four "old friends" of our body — fat, sugar, bakery produce and salt.

Why do these products cause the main problems? The main reason seems to consist in the fact that most of us get strongly addicted to these products since our childhood, which often turns into irresistible addiction, resulting in excessive consumption.

According to the WHO, consumption of salt in developed countries exceeds admissible norms by 3–5 times, sugar — by 2–5 times, fat — by 3–5 times. Consumption of bread, pastries and potatoes in some cases also exceeds admissible norms considerably.

It is proven that the current practice of the consumption of these products in developed countries substantially exceeds the risk of the most serious diseases, including different kinds of oncological diseases, stroke, other cardiovascular pathologies, etc. (for more details about particular diseases and increased possibility of their acquisition, read the next chapter). Also, the nature of consumption of these products considerably increases caloric content of the daily ration, which, in its turn, provokes the reaction of our fat tissues.

Before you find out how to stop addiction to these products, let's face the truth.



FOUR  
“OLD FRIENDS”



# What is the fault of salt?

*The abundance of food hampers intelligence.*

Seneca

According to the World Health Organization, consumption of over 5 g [12] of salt by a person considerably increases the risk of a number of serious diseases. We will find out below what these diseases are. At the same time, the WHO have not yet been able to officially determine the minimum daily salt requirements of a person. Some studies say that the optimal daily amount of salt may constitute 1–2 g, that is, the amount we consume naturally, without adding salt, along with meat, fish, vegetables, cereals and other products.

And how much salt do we really consume? It turns out that people in developed countries consume on average not 2 or even 5 g, but 8–16 g of salt a day!

How many teaspoonfuls will that make? 8–16 g of salt is 1–2 heaped teaspoonfuls.

## You will say: yeah, right, I never eat so much salt!

And you will be mistaken:

- about 2 g of salt is initially contained in fresh natural products of which we prepare food during the day (in meat, fish, vegetables, eggs, milk, cottage cheese, cereals, etc.) and in the water we consume;
- we get an additional 3–5 g of salt every day with bread(!), loaves and pastries;
- we get 3–7 g more a day from the “not very salty” sauces we buy, flavorings, semi-finished products, sausages, meat dumplings, bacon, pasta, bakery goods and confectionery, cottage cheeses, juices, and also food consumed in public catering establishments;

- we get 2–10 g more salt a day from the moderately salty products we buy: cheese, smoked, sun-dried and light-salted fish, herring, crisps, French fries, salted nuts, soy sauce, etc.;
- and finally, we add about 2 g more of salt a day directly to our food. One pinch of salt is about 0.3 g. We are used to adding at least one pinch of salt to each dish during the day (fried eggs for breakfast, soup, steak, potatoes, pasta, etc.). As a result, we add 2 additional grams of salt a day of our own free will.

That is, the truth lies in the fact that we add just 2 g of salt with our own hands, and receive 6–14 g of salt daily with products due to our present-day food behavior.

### **Consumption of salt in such quantities increases the probability of stroke and ischemic heart disease by 2–3 times, and stomach cancer by 6 times**

According to the research of Dr. Graham A. MacGregor and Dr. Feng J. He from St. George's Hospital, London, consumption of salt in such quantities increases the probability of stroke and ischemic heart disease by 2–3 times [5]. Thus, a decrease in cooking salt consumption from 12 to 3 g a day will make it possible to prevent up to 20,500 deaths a year from stroke and 31,400 deaths from heart diseases in Great Britain alone.

The US authorities start imposing legal limitations on the content of cooking salt in food products. This is a 10-year program, in the course of which the authorities intend to establish legal limitations on salt content in bakery produce, sauces and many other food products. According to research of Columbia and Stanford Universities, this step will help reduce the death rate as a result of hypertensive disease and other reasons caused by excessive salt consumption.

French doctors are also very worried about the high consumption of cooking salt. Each Frenchman consumes on average 4 kg of salt a year, that is, 3 times above the norm. For example, one packet of crisps contains just as much salt as in three cups of sea water. According to French doctors, such excess of the salt dose by 6 times increases the risk of developing such a disease as stomach cancer; 5 thousand people die of it in France annually.

## Salt is the reason for overeating

Salt is one of the most efficient taste boosters. Salted food enhances the appetite, which is why people on average eat 10–20% more salted than non-salted food.

## We consume a sufficient quantity of NaCl along with natural products

Does our body need salt? Yes, it does! But the fact is that we cover the major need for salt naturally, eating natural products! Each 100 g of fish, meat, cottage cheese and eggs contains about 0.1–0.2 g of salt. Salt content in vegetables amounts to about 0.05 g per 100 g. And if you add salt contained in store bought bread, semi-finished products, canned food, sauces and dishes served in public catering establishments, you can say with confidence that all the salt we add to food is harmful for us, resulting in obesity, ageing, shorter lives and an increased risk of stroke and other diseases.

There are special situations when salt should be artificially added to food, for example, in lots of liquid to be consumed during starvation, during long intense physical exercise with abundant perspiration, etc. In these cases, natural salt content in food may be insufficient to support the water and salt balance in the organism and sodium-potassium ion exchange. But even then you should remember about the amount of salt added to food. Half a level teaspoonful of salt is about 2.5 g!

## Why is salt added to food all over the world if it is not necessary for our physiology?

The answer seems simple. Initially people used salt as a preservative for a caught, shot, collected, selected (please underline as appropriate) catch. People got used to it and started to like it; salt is an efficient taste booster, it caught on in the ration and became people's "old friend". Grown-ups add salt to children's food by force of habit. Children get used to salted food and pass this habit on to their children, and so on. And nobody even imagines

that one could eat differently. Nobody realizes that adding salt to children's food means giving them an addiction which is hard to get rid of. In reality, I am sure: if you restrict children's salt consumption from an early age, they will have no need for salt. According to my observations, children get used to salt by the age of 4–5. In our family, we don't add salt to children's food at all, and they feel comfortable about it.

## Summary

Thus, conclusion number one: people need salt and there is no doubt about it! But the organism receives a sufficient amount of it with natural products. Stroke, arthritis, sclerosis, kidney stones, hypertension, joint diseases, oncological diseases of a number of organs, cataracts, obesity — this is an incomplete list of misfortunes connected with the systematic intake of an excessive amount of salt.

Conclusion number two: if you just stop adding salt to food, it's not enough to reduce salt consumption to the norm, as refusal to add salt will reduce salt consumption by just 2 g a day. It is necessary to cut down on the amount of salt received with products bought. Each day we eat up to 5g of salt from store bought bread and pastries. And we get 4–9 g more with bought semi-finished products, sauces and ready-made food products. So we have to reconsider radically how we prepare food and how we consume ready-made products, including bread.

## Jelly-belly

WHO experts say that it's not obligatory to consume animal fats (which contain saturated fatty acids and cholesterol) while it's mandatory to consume animal fats (which contain unsaturated fatty acids) in the amount up to 10% of the daily amount of calories, which constitutes up to 30 g a day (depending on the ration). See more details in [4] and in the section *WHO food recommendations* at the end of the book. Natural sources of unsaturated fats are practically all plant oils (olive oil, vegetable oils from wheat, linseed, cameline and mustard oils, sunflower oil, soy bean oil, peanut oil, oil contained in walnut, nutmeg, sunflower seeds, etc.), as well as cod-liver oil and shellfish.

### Saturated fats are accumulated in the wrong places and cause obesity and disease

Saturated fats or saturated fatty acids may be united into long chains. As a result, they are not withdrawn from the body, and their excess is accumulated in different parts of the body, increasing the probability of developing a number of grave diseases, including cerebral and heart atherosclerosis, colon and prostate cancer, contributing to the development of obesity, hypertension, cholelithiasis, and cancer.

In their turn, unsaturated fats cannot connect to each other into long chains and create a hard substance. As a result, these fats are not accumulated in the body.

## Overheated fats increase the probability of oncological diseases

Researchers for the first time have proved the simultaneous presence of several high-toxic aldehydes in food prepared by deep frying. These are (2E)-4-hydroxy-2-nonenal, and also (2E)-4-oxo-2-dekenal and (2E)-4-oxo-2-undekenal, found in food for the first time. These substances were observed during biomedical research; their presence in tested organisms was always connected with particular forms of cancer, and also with such neurodegenerative diseases as Alzheimer's and Parkinson's syndrome.

When vegetable oil is heated, the degradation of fatty acids produces toxic aldehydes, most of which remain dissolved in oil and get into food. Thanks to their high reaction ability, especially in the presence of such highly efficient catalysts as enzymes, aldehydes quickly bind to proteins, hormones and enzymes themselves inside the body, preventing its normal functioning.

The results of research [17], conducted at the University of the Basque Country (UPV/EHU, Spain) were published in Food Chemistry. Three kinds of oil were heated in an industrial deep fryer: olive and sunflower oil for 40 hours; linseed oil for 20 hours. The investigation showed that all the three kinds of oil contained toxic aldehydes after heating. They formed faster in linseed and sunflower oils. Harmful toxins were also formed in olive oil, which contains a lot of monounsaturated acids, such as oleinic acid, but the volume was smaller and it took longer.

## Is fat that harmful? Summary

Saturated fats (animal fats, except for cod-liver oil and mollusk oil) are harmful in any amount. Up to 30 g of unsaturated fats a day is useful and necessary for our body, but they are harmful if this norm is exceeded. I will say, just to illustrate what 30 g of fat is, that this amount is contained in 300 g of lean fish. So if you eat a lot of fish, you don't have to add fat to your diet.

And do you know how much fat we eat? In Russia this indicator amounts to 105 g a day on average! In the USA — over 150 g! And it is mainly formed at the expense of harmful saturated fats.

## You may object, asserting that you never eat over 100 g of fat a day

And you will most probably be mistaken again. Average fresh meat contains 20% of fat, choice sausage — 39%, semi-smoked sausage — 64%, milky sausages — 23%, bologna — 22%. In other words, if we eat 300 g of meat products a day on average, we get at least 60–70 g of fat (and let us note that this is the most harmful kind — saturated fat). If we add 50 g of cheese, 20 g of butter, and 20 g more of oil to fry and prepare food, to the daily ration, we will get 50 g more of saturated fats. And if we also add 20 g of oil for salad dressing plus one croissant and one sma-a-a-a-allest dessert, we can easily get to 150 g of fat a day.

# Dolce vita

*Sweetness must be paid for with bitterness.*

*Leonardo da Vinci*

## Drugs

An experiment was conducted at Princeton University [6], in the course of which laboratory rats were fed on sugar every day, with a gradually increasing dose. When sugar was sharply excluded from the ration, the rodents started to show signs of distress. We have all eaten a candy bar to relieve stress at some point in our life.

The increased pace of modern life, constant stress related to work and family make people look for means to reduce nervous tension. Everybody knows that smoking, drinking and taking drugs is bad for your health. Sugar seems quite harmless against the background of narcostimulants, and we usually see nothing bad in drinking tea with cakes after work. And we don't notice that it transforms into a habit.

It's not just a habit, but a habit that threatens the nations of many developed countries today. The threat is so great that American biologists have suggested placing sugar and sweeteners, based on the mixture of fructose and glucose, on a par with alcohol and tobacco [20]. Robert Lustig, Laura Schmidt and Claire Brindis from California State University in San Francisco (USA) exposed their strategy for managing sugar and other sweet substances in a review article in *Nature*.

So, let's be honest. Sugar is a virus. A drug. And we are long-term sugar addicts. I personally have more than 40 years of experience.

— Patient, when did you take this drug for the first time? — When I was 2. Maybe earlier. I don't remember. — And how long have you been taking it? — Up to now. — How often? — Every day. About 100 grams, no less — And who taught you to do that? — Parents, then school, then ad... — Have you tried giving it up? — Yes,

many times... I can't. I fail... I come to a restaurant and they offer different drugs there... beautiful, with crème roses... And I also like "Prague" cake. Since my childhood. We went to Moscow and visited the Prague Restaurant. And also "Marika" chocolate cake, too. Sometimes I dream about it. I like biscuits. I drink black tea with sugar and lemon. And I can't drink coffee without sugar at all. Coca Cola is a magic potion! When it is cold and bubbling. I like cottage cheese pancakes, and I eat porridge with sugar, too. I drink compote after lunch. I eat a puff pastry with poppy seed and kisel as an afternoon snack. And I also like meringue...

An imagined doctor and I could have such conversation about 15 years ago. I really have a sweet tooth. But, believe me, I haven't eaten a single piece of cake in the past 15 years. To be exact, I tried it about 20 times. One or two teaspoonfuls was enough to receive the necessary impressions. Honestly speaking, now I get disappointment from that in most cases. I try a cake, secretly hoping to remember those childish feelings, but it does not seem so tasty to me. Now cakes seem sickly sweet and, the worst thing, TOO FAT. This fatty aftertaste discourages me from tasting (not to be disappointed) for six months more. And, the most important thing, I don't suffer because I don't eat cakes. I can try a small piece of biscuit a few times a week, but if there is black chocolate on the table, I'd rather eat a cube of chocolate. Do I like candy? Yes, I still do. And I think I will always love it, unlike the fat and salt I fell out of love with for good. What do I like more: fresh steam-boiled gilthead, sashimi of salmon or a bun? Definitely, gilthead or sashimi. I like black chocolate, probably even more than gilthead or sashimi, but only 1-3 squares a day with a well-prepared espresso or ristretto.

## Sugar contributes to overeating

You will say — OK, sugar is a drug, so what? Just a tasty drug. But it lifts the mood.

As I still like sweets, I tried to discover the particular harm of increased sugar consumption. I am a physicist, and I will not calm down until I find out the physics (I mean, biochemistry) of the process.

It turned out that things are simple. In the process of digestion, different products increase the glucose level in the blood with varying intensity and for different time periods....

## Glycemic Index (GI)

Glycemic Index (GI) was invented in 1981 as an indicator that determines how the glucose level in the blood increases during consumption of any given product.

Modern dieticians think that preference should be given to products with a lower glycemic index. Carbohydrates from products with a low glycemic index turn into glucose, then into energy, evenly, and we have the time to spend it. And carbohydrates from products with a high glycemic index, on the contrary, turn into glucose very quickly, causing insulin shock. We don't have the time to spend all the formed energy, and the rest is stored in our body in the form of fats.

## Glucose level in the blood

The analogy with bags on a conveyor belt shows these processes

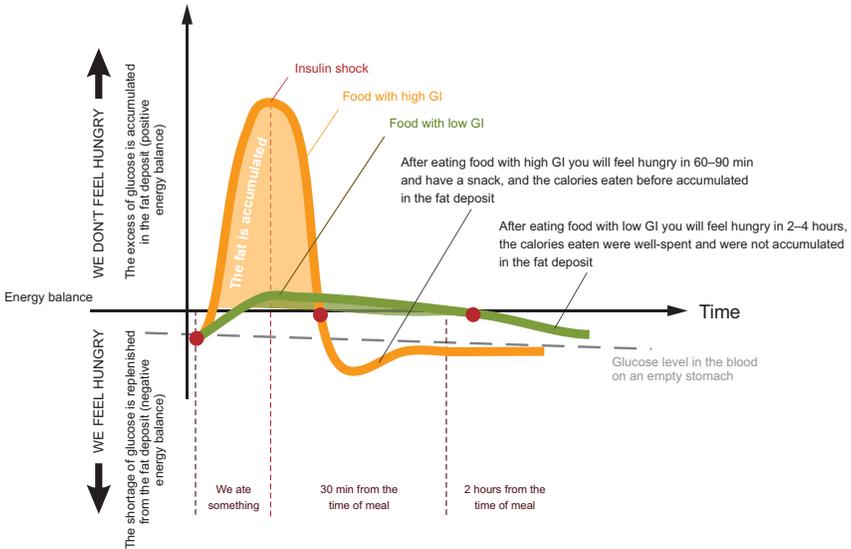


Fig. 1. The figure explains why people gain weight if they eat products with a high glycemic index (GI).

For the inquisitive among you, I will tell you how exactly it happens.

Glucose is transformed into a very important element, pyruvate. Pyruvate turns into acetyl-SCoA. And it is the most important thing. If a person feels hunger (energetic), acetyl-SCoA is involved in the fundamental cycle of tricarboxylic acids, producing energy in the form of ATP (Hans Krebs received a Nobel Prize for discovering this cycle in 1953). And if the person does not feel hungry, our intelligent body, taught by evolution and ice ages, sends acetyl-SCoA to form fatty acids and, in the end, subcutaneous fat (for a rainy day).

Not only carbohydrates but also fats, proteins and even alcohol pass through the acetyl-SCoA cycle and then through the Krebs cycle (the metabolism diagram is attached in additional materials). And the logic is almost the same in all cases: if the body needs energy, acetyl-SCoA passes the Krebs cycle and produces energy, and if it is not needed, fat is stored in the belly (or in other places, depending on a number of factors).

In simple terms it can be explained as follows. The energy system of the body can be compared with bag scanners at the airport. You know, there are conveyor belts in the security zone, you put your bag, it goes through the scanner and then the bag appears on the other side. In this analogy, the conveyor belt and the scanner represent our body, which requires a certain number of

kilocalories an hour to function. To make it simple, let's consider that a person needs 100 kcal an hour for normal subsistence. In other words, in a normal situation the belt sends one bag to the scanner at a speed of 100 kcal an hour. Bags are food in the form of proteins, carbohydrates and fats. In the end, the belt produces pure energy (ATP).

If the conveyor belt is empty, we feel cold and we eat by placing bags on the belt. But food is different. If we eat 500 kcal of products with a low GI (for example, proteins), our digestive apparatus slowly places one bag on the belt at a speed of 100 kcal in 5 hours.

And what happens if we eat 500 kcal of products with high GI (for example, sugar)? In 20–40 minutes, all the consumed sugar will turn, through glucose (See Fig. 1) and pyruvate, into acetyl-SCoA! In other words, we place all our 5 bags on the conveyor belt at once! What will happen? The bags will reach the scanner, the scanner will pass 1 bag an hour, as it is supposed to, and the remaining 4 bags will go to the side — turn into fatty acids, and then into subcutaneous fat, as our body cannot burn 500 kcal an hour in muscles or produce just as much heat (except if we run an Olympic marathon with weights). And what will happen in an hour? The belt will be empty and we will feel hungry. And, as usual, we'll eat a sandwich.

Of course, if we starved for several hours, the bags which had quietly fallen off the belt would return to it. But we don't do so. And so it is — if we eat products with high GI, we gain weight.

## Sugar provokes cancer

Colon cancer is the third most widespread oncological disease and the third most frequent cause of death in developed countries [8]. According to a research conducted by specialists from Yeshiva University, USA, the high risk of developing this kind of cancer is connected with an increased glucose level in the blood.

In other words, it was considered before that sugar was indirectly involved in oncological disease formation as it contributed to obesity and caused an increased level of insulin produced by

the body, but new research shows that the influence of sugar on this kind of cancer may be directly connected with an increased level of glucose in the blood, and this is the key mechanism in the development of such a dangerous disease, almost doubling the risk of its onset.

Our body can more or less deal with 50 g of sugar a day. But we eat 2–4 times more than that!

It's no mere coincidence that foreign doctors are raising the alarm: in the past 10 years, the level of sugar consumption in the form of sugary drinks, confectionery, etc., has increased considerably: an average German eats about 93 g of sugar a day, a Swiss — about 115 g, an American — 214 g! [6]

## Summary

Different kinds of saccharides, required by our body, are contained in most products. Refined sugar (the sugar produced from cane, beet, etc.), according to the WHO, is not required by our body in any quantities [4], and it becomes harmful if over 50 g a day is consumed. Sugar, being a product with high GI, contributes to overeating, quickly transforms into subcutaneous fat and causes a further feeling of hunger. Increased sugar consumption causes colon cancer and other serious diseases.

# Not by bread alone

Bread and pastries are very tasty products... (sigh). But what is wrong with them?

Snow-white long loaves, French bread, ciabattas, buns, scones, round loaves, croissants, cheese pastries, doughnuts, biscuits, muffins, puffs, crescent rolls, patty cakes, garlic donuts, cupcakes, cakes, fancy cakes, round cracknels, bread rings, baked breads, breadsticks, crisp bread, hard biscuits, crackers, waffles, gingerbread (Ah, gingerbread!)... Bakery produce is so diverse in European culture and so tasty that it can break the most stable minds. And it will influence unstable children's minds even more. Everything would be fine if we did not develop a strong psychological addiction to bread and pastries from our preschool years!

## What is so harmful about bakery?

1. Most kinds of bakery products, including white bread, have a high glycemic index. As we have said, the higher the GI, the quicker the product turns into glucose and the more of this product is accumulated as fat.

When the GI of products is changed, glucose serves as a reference: its GI is 100 units. The GI of most products is below 100. For example, the GI of refined sugar is — 70. So can you imagine that the GI of white wheat bread is... from 80 to 95 units! 100 g of white bread produces insulin shock and accumulates even more than 50 g of pure refined sugar as fat in percentage terms. You will find complete tables of glycemic indexes here [9], [10] and there's some information at the end of the book, too.

2. Most kinds of bakery produce contain harmful saturated fats (in the form of butter), and store bought bread and pastries contain, even worse, transgenic fats in the form of margarines. We have already talked about the harm of saturated and transgenic fats.

3. Baked produce, including any store bought bread, contains a considerable amount of salt — about 10–14 g of salt per 1 kg of ready-made products. In other words, if we consume 300 g of bread a day, we get 3–5 g of salt just from our favorite bread!!!

## So what should we do? Stop eating bread at all?

You can and you should eat bread and starchy products. The question is what bread and how much.

As we said, according to the WHO [4], complex carbohydrates must constitute from 50 to 70% of the daily energy ration. They must include at least 400 g of fruit and vegetables and at least 30 g of legumes, nuts, or seeds.

The rest may well include boiled grains, cereals, coarse bread, boiled potatoes (it's better than fried or baked as the GI of boiled potatoes is 70, and of baked potatoes — 90), hard shell macaroni products, legume products, soy, fruit and vegetables.

As there is a lot of salt in any store bought ready-made or semi-finished product, I recommend preparing salt-free quick bread at home. It's really easy. You don't need complicated bread machines or long preparations to bake very tasty scones with a low glycemic index! See bread recipes No. 1–8 in the *Recipes* section.

SHORT INSTRUCTIONS  
ON HOW TO USE  
DAVID'S NUTRITION  
SYSTEM (DNS)



## Short instructions on how to use David's Nutrition System (DNS)

*Socrates was asked: "What is the reason for your considerable health in such mature years, while many much younger people suffer so many diseases?" Socrates said: "Worthless people live only to eat and drink; people of worth eat and drink only to live".*

DNS is a nutrition system that consists of two phases: an "active phase" and a "happy phase". During the active phase, which lasts for about 1–3 months, a person overcomes many years of dependence on the four "old friends", discovers new tastes, feelings, and gains new, true friends. He gets used to drinking water during the day and during meals, discovers new products unknown before, shifts to loving cooking by steam and on a dry frying pan without oil and imperceptibly loses from 3 to 10 kg of weight. In the happy phase, which lasts all one's life, the person enjoys tasty food, youth and happiness. He now finds tasty... but let's not rush things.

DNS is not a diet but a nutrition system. In the minds of most people, diet is something unpleasant that starts and, thank God, eventually ends. DNS is a "changing of taste receptors"; it's a new love, new pleasures, it's a dance with food.

I repeat, **the main goal of DNS is to overcome the addiction to the four "old friends". We know who they are: fat, sugar, bakery produce and salt.** We don't break all ties with these products, we just switch off a secret button in our brains which they control. And this means that from now on we will consume as much of them as is required by our body. Weight loss, rehabilitation, normalization of cholesterol in the blood and other joys are a bonus for our suffering.

# 1. Active phase

## Goal:

- 1) dishabituate your receptors as much as possible from the four “friendly” products. In particular: break the physiological dependence on at least three of them and psychological dependence on at least two of them;
- 2) start loving useful products — find true friends;
- 3) learn about new foods and new methods of cooking;
- 4) learn to drink water during the day;
- 5) lose excessive weight: from 3 to 10 kg.

## Duration:

1–3 months or until the 5 goals are reached.

## We will need:

Floor scales, bench-type scales for food products, a record book (electronic, if you wish), a nutrition value calculator in Excel (see below how to get one), a 2-liter carafe with water and a beautiful wineglass.

## WHAT WE DO DURING THE ACTIVE PHASE

**Item 1. While preparing food, we fully ignore the four “old friends”,** that is, we don't use them AT ALL. We cook everything in water, using steam, grill or in a dry frying pan without oil. We replace bread with a small amount of undercooked grains (barley, oats, buckwheat, etc.) and/or tasty self-made hot scones from self-ground flour, sprinkled with offal .

Moreover, if we want to achieve solid results, we should also exclude food products with high GI, such as potatoes, in the active phase.

The ten rules of correct nutrition in DNS version are provided in the Recipes section.

**Item 2. We eat in 4-day cycles: 2 “protein days”, 1 “carbohydrate day”, 1 “mixed” day, consuming less than 1100 kcal a day.**

“Protein day” is the day when we eat 150 g of protein and 50 g of carbohydrates;

“Carbohydrate day” is the day when we eat 50 g of protein and 150 g of carbohydrates;

“Mixed day” is the day when we eat 100 g of protein and 100 g of carbohydrates.

We calculate our daily ration not to exceed 1100 kcal a day.

Explanation. 150 g of proteins is certainly not 150 g of raw produce; this is the weight of the protein contained in this amount of raw produce. Say, 100 grams of fish contain about 20 g of proteins. That is, you have to eat 300 g of fish to receive 60 g of protein.

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You can calculate the nutritional value of your daily ration and get variations of daily rations for protein, carbohydrate and mixed days with the help of a ready-made Excel table. This table will be sent to you by a mailing robot if you send an e-mail to the address:



[GiveMeCalc@spdl.ru](mailto:GiveMeCalc@spdl.ru)

(absolutely free of charge, of course).

Specify the following in the body text, separated with a comma: Name, Date of birth (DD.MM.YYYY), Sex (M/F), Weight (kg), Height (cm), City, Country

For example: Olga, 01.01.1980, F, 72 kg, 177 cm, Novosibirsk, Russia

If you wish, you can tell your story in the body text, say why you need the file and why you are reading the book “Now I eat what I want!”.

You can discuss DNS and tell about your experience in the group:

<http://www.facebook.com/groups/269850896463668/>

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The said amount of protein, carbohydrates and calories is, of course, very individual and depends on gender, age and weight. These figures have proven their worth for women with a bodyweight of 50–60 kg. For men with a bodyweight of 65–80 kg, the daily amount of calories in the active phase may reach 1200 kcal.

I can tell you from my experience: no matter how hard you try, you eat many more calories than you planned, so it was easier for me to lower the norm by 100 kcal in advance to protect myself from small pranks like eating 3 prunes more. You can amend your personal norms in accordance with the pace with which you lose weight. If you see that you lost a kilo in the first week, and then the weight remains at the same level during the second week, and if you wish to lose more weight, decrease your daily ration by 100–150 kcal.

**Item 3. Drink 1–2 glasses of water before meals.** Drink at least 1 glass of water during the meal. It's fun to pour water into large beautiful wineglasses for Burgundy or Bordeaux during lunch! You get special pleasure from it! Aesthetic pleasure from drinking water is really important!

**Item 4. Don't have snacks between meals; drink water instead.** IT'S IMPORTANT TO KNOW THAT SLIGHT HUNGER IS A NORMAL STATE FOR A PERSON. IT'S GOOD if you feel slightly hungry between meals! — go to the kitchen, and ... drink 1–2 glasses of water instead of opening the fridge. After 2 glasses of water, the feeling of hunger will disappear in about an hour. Feel happy when you get hungry between meals! Do feel happy! Drink water and feel happy. Why happy? Simply because you have managed to eat as much as you need and no more! Feel happy, understanding that in these moments our body replenishes lack of energy from extra fatty acids in the blood, which formed after a meal, and so our reflection in the mirror will be even more attractive tomorrow after a shower.

**Item 5. SET THE GOAL — GET TO LIKE VEGETABLES, STEAM-COOKED FISH, ETC.** When you eat food without salt, steam-cooked or raw vegetables, plain semi-cooked porridge, you should SAVOUR THEM! LOOK FOR THE FLAVOURS YOU LIKE. Don't grimace, don't emphasize either aloud or in your mind how tasteless it is for you. On the contrary, constantly trace your feelings looking for pleasant signals. AND THEY WILL APPEAR! APPROXIMATELY ON THE 5th–7th DAY you will unexpectedly feel pleasant and gentle taste signals from the products you never touched.

**Item 6. Take up sport.** Now I run at least 25 min a day and train my muscles for about 40 min every other day. IT'S IMPORTANT! OTHERWISE YOU MAY START LOSING WEIGHT NOT AT THE EXPENSE OF FAT TISSUE BUT AT THE EXPENSE OF MUSCLES.

**Item 7. Keep a log.** Fill in two log sections: *My Weight* and *What I Ate*. Record your weight every morning after going to the toilet, without clothes, before eating or drinking. Include the list of food actually consumed in *What I Ate* section, calculating the total number of calories, amount of protein, fats and carbohydrates a day. Weigh products on bench-type electronic scales. Keeping this section well disciplined and, in the course of time, you will learn to determine the weight of a product and its value in calories by sight. This will later greatly influence correction of our nutrition conduct when we visit someone or in restaurants :) During the active phase, fill *My Weight* section every day. The log and scales for us is like a nautical chart and GPS for a ship.

## Starvation

*Valiko, do you like tomatoes?*

*When it comes to eating them, yes, in general — no.*

*Joke.*

You can scratch the closed door for a long time until you get a hole, or you can take a key and open it.

If you find it hard to eat plain boiled vegetables, if you don't like them at all, try one teaspoonful of them. Your tongue will get used to them sooner or later and you will get to like them in half of the cases. Even if you don't get to like them, they will just become a pleasant and customary product, like a glass of water.

But we have to accept that it's a long labor of getting used to useful products. At the same time, I strongly recommend trying to discover the taste of steam-cooked vegetables (and steam-cooked fish without salt) through unique sensations. Through a mysterious and intriguing journey to the depths of your feelings — through starvation.

If you are a healthy person, do it and you will not regret it! You will excitedly and enthusiastically tell your friends what you felt

and how simple it was (or difficult, it's different every time). Go through a 36-hour starvation. And if you've had an experience of a short starvation, make a 4-day starvation with abundant drinking. And you will be proud of yourself. Believe me, you will retain this feeling of pride for your entire life.

**Attention! Starvation is contraindicated if you have a number of diseases. So consult your doctor before starving.**

It is essential to note here that starvation is a very disputed method of influencing the body from a medical point of view. Even though I love Bragg, I must say that doctors treat his method with great caution, not to say negatively. Starvation is contraindicated for those who have diabetes, tuberculosis, hepatitis and a number of other diseases!

However, starvation is a surprising experience from a philosophical point of view and from the standpoint of taming your food likings.

Personally my receptors opened to the taste of vegetables after starvation. Cauliflower, semi-boiled or a little steam-cooked, without oil or salt, just a piece of pure virgin steam-cooked cauliflower. WHAT COULD BE TASTIER after starvation! Or a scalded peeled tomato! It's hard to imagine something more delightful after starvation. That's how I understood the real taste of vegetables. And today I say without exaggeration: steam-cooked vegetables are tastier for me than fatty salted vegetable stew.

We need such a positive life experience to start liking boiled vegetables at the deepest level. My mum likes telling a story about seeing a "trophy" film, *Baghdad Thief*, soon after the war, during severe rationing, and in this film Jin created a frying pan with sizzling butter out of nothing with a sausage frying in it. And it made the mouths of the semi-starved children in the cinema hall water. She has preserved this childhood memory throughout her life, and since then fried products are subconsciously associated with that magic on the screen. For me, when I see boiled vegetables, I associate them with magic recollections of my emergence from 36-hour and 4-day starvation cycles, and I eat boiled vegetables with the greatest of pleasure!

So, healthy people may use starvation to get to like pure steam-cooked products; first vegetables, then fish.

## Protein Attack

You can strengthen the effect of the active phase not only by starvation but also by Dukan’s “protein attack”.

The intense active phase appears as follows. We start from a 4-day cycle of protein-carbohydrate alternation. On the fifth day we start a 36-hour starvation (or a 4-day starvation if you had the experience of starvation). When you finish starvation, have a carbohydrate or mixed day, as you wish. Then have a 4–7-day strict protein diet (the “Attack” phase by Dukan) and then continue 4-day cycles of carbohydrate-protein alternation.

## Nutrition schemes for an ordinary active phase and an intense active phase

Table 1

Ordinary Active Phase		protein-carbohydrate alternation (PCA)
1 day	protein	
2 day	protein	
3 day	carbohydrate	
4 day	mixed	
5 day	protein	
6 day	protein	
7 day	carbohydrate	
8 day	mixed	
9 day	protein	
10 day	protein	
11 day	carbohydrate	
12 day	mixed	
13 day	protein	
14 day	protein	
15 day	carbohydrate	
16 day	mixed	
17 day	protein	
18 day	protein	
19 day	carbohydrate	
...	...	

Table 2

Variant of an Intense Active Phase		
1 day	protein	protein-carbohydrate alternation (PCA)
2 day	protein	
3 day	carbohydrate	
4 day	mixed	
5 day	starvation	starvation
6 day	mixed	rest
7 day	protein	protein Attack
8 day	protein	
9 day	protein	
10 day	protein	
11 day	protein	
12 day	protein	
13 day	protein	
14 day	carbohydrate	protein-carbohydrate alternation (PCA)
15 day	mixed	
16 day	protein	
17 day	protein	
18 day	carbohydrate	
19 day	mixed	
...	...	

Then we continue with 4-day cycles, “protein”, “protein”, “carbohydrate”, “mixed” until the end of the active phase. The active phase ends when you reach the 5 goals of the active phase.

IT IS VERY IMPORTANT TO CONTINUE REGULAR EXERCISE DURING THIS TIME (in the period of starvation — walking). AND DRINK PLENTY OF WATER ANY TIME YOU FEEL LIKE REACHING FOR THE FRIDGE OR BREAD BIN BETWEEN MEALS.

WHAT IS OUR MAIN PURPOSE IN THE ACTIVE PHASE? RIGHT! TO OVERCOME ADDICTION TO FAT, SUGAR, BREAD AND SALT! Instead, we should get to like gently boiled fish, delightful steam-cooked vegetables al dente and water, water, water!

## How much weight will I lose if I use this system?

You lose weight if the energy balance is negative. That is, when you burn more calories than you eat. If you have a zero energy balance, you don't lose or gain weight. If your balance is positive, the excess of eaten calories accumulates in fat deposits.

Experiments have revealed that a person loses 130 grams if he receives 1,000 kcal less than he needs.

Inquisitive readers could ask a question here. If a person loses weight at the expense of fat, and calorific value of fat is 900 kcal/100 g, it seems that he should lose 111 g according to simple arithmetic as 111 g of fat contain 1,000 kcal. In reality, a fat tissue cell, besides fat, that is, fatty acids, also contains water. At the moment of losing weight, the fat cell loses the water along with the fatty acids, and thus the effective calorific value of the fat tissue is not 900 kcal/100 g but 777 kcal/100 g. Also, if you don't train, you will lose weight at the expense not only of fat tissue but also muscles (protein tissue), the calorific value of which is lower.

We decided to eat 1,100 kcal a day during the active phase. We have to know how many calories we burn to calculate their deficit.

A modern person of average weight and height without active training and active exercise at work can burn from 1,600 to 2,300 kcal a day. You can use different formulas to determine how many calories you burn daily, but it's better to do it in a practical way.

Talking about myself, I can say that I weigh 58 kg, I am 44 years old, I practice power training 2–3 times a week and jog about 3 km several times a week; my work includes documents, letters and negotiations, and my body burns 1,700 kcal a day. I neither lose nor gain weight if I consume 1,700 kcal a day (I checked it for several months).

For example, you weigh more than me, and your body burns 2,000 kcal a day. With the ration (that is, if you eat) of 1,100 kcal a day, you have a negative balance in the amount of 900 kcal a day or 6,300 kcal a week. It means that you will lose 0.810 kg a week, there or thereabouts. If you lose less weight, you are violating the active phase ration and eating more than 1,100 kcal a day or your body burns fewer calories in general (in this case I advise you to practice sports more often and better control the nature and volume of what you eat).

How will your weight change with this nutrition scheme if we take that your body burns 2,000 kcal a day with existing physical exercise? See Table 3.

Table 3. Table of losing weight during the intense active phase

	(A) You burn, kcal	(B) You eat, kcal	(C) After food thermogenesis your body has about, kcal	(D) Energy balance (C)-(A), kcal	In this day you will lose, (D)*0.13/1,000 kg	From the start of the active phase you will lose, kg
1 day: "protein"	2,000+	1,100+	900	- 1,100	0.143	0.143
2 day: "protein"	2,000	1,100	900	- 1,100	0.143	0.286
3 day: "carbohydrate"	2,000	1,100	1,000	- 1,100	0.130	0.416
4 day: "mixed"	2,000	1,100	1,000	- 1,100	0.130	0.546 + 1.0** = 1.546
<b>5 day: starvation</b>	<b>1,800***</b>	<b>0</b>	<b>0</b>	<b>- 1,800</b>	<b>0.234</b>	<b>1.78</b>
6 day: "mixed"	2,000	1,100	1,000	- 1,000	0.130	1.910
7 day: "protein"	2,000	1,100	900	- 1,100	0.143	2.053
8 day: "protein"	2,000	1,100	900	- 1,100	0.143	2.196
9 day: "protein"	2,000	1,100	900	- 1,100	0.143	2.339
10 day: "protein"	2,000	1,100	900	- 1,100	0.143	2.482
11 day: "protein"	2,000	1,100	900	- 1,100	0.143	2.625
12 day: "protein"	2,000	1,100	900	- 1,100	0.143	2.768

	(A) You burn, kcal	(B) You eat, kcal	(C) After food thermogenesis your body has about, kcal	(D) Energy balance (C)-(A), kcal	In this day you will lose, (D)*0.13/1,000 kg	From the start of the active phase you will lose, kg
13 day: "protein"	2,000	1,100	900	- 1,100	0.143	2.911
14 day: "carbohydrate"	2,000	1,100	1,000	- 1,000	0.130	3.041
15 day: "mixed"	2,000	1,100	1,000	- 1,100	0.130	3.171
16 day: "protein"	2,000	1,100	900	- 1,100	0.143	3.314
17 day: "protein"	2,000	1,100	900	- 1,100	0.143	3.457
18 day: "carbohydrate"	2,000	1,100	1,000	- 1,100	0.130	3.587
19 day: "mixed"	2,000	1,100	1,000	- 1,100	0.130	3.717
20 day: "protein"	2,000	1,100	900	- 1,100	0.143	3.860
21 day: "protein"	2,000	1,100	900	- 1,100	0.143	4.003
22 day: "carbohydrate"	2,000	1,100	1,000	- 1,000	0.130	4.133
23 day: "mixed"	2,000	1,100	1,000	- 1,000	0.130	4.263
24 day: "protein"	2,000	1,100	900	- 1,100	0.143	4.406
25 day: "protein"	2,000	1,100	900	- 1,100	0.143	4.549
26 day: "carbohydrate"	2,000	1,100	1,000	- 1,000	0.130	4.679
27 day: "mixed"	2,000	1,100	1,000	- 1,000	0.130	4.809
28 day: "protein"	2,000	1,100	900	- 1,100	0.143	4.952
29 day: "protein"	2,000	1,100	900	- 1,100	0.143	5.095
30 day: "carbohydrate"	2,000	1,100	1,000	- 1,000	0.130	5.225
31 day: "mixed"	2,000	1,100	1,000	- 1,000	0.130	5.355

\*The Table is made for a person who consumes 1,100 kcal a day and whose body burns 2,000 kcal a day

\*\*Absence of salt withdraws about 1l of water from the body in the first 4 days, so about one kilo will be added to the process of fat tissue weight reduction (sometimes more) due to loss of liquid

\*\*\*As a rule, during days of starvation physical activity diminishes, so the quantity of burned calories falls

In other words, during a month of the active phase with intense nutrition scheme you will lose almost 5.3 kg (provided your body burns 2,000 kcal a day).

## Energy balance of a person

Sometimes people say: “David, I heard that if you eat sugar, meat and bread separately, you can eat a lot without gaining weight”.

I decided to find out whether the calorific value of food products may depend on their combination or the time of the day when they are consumed.

Here’s what I found. The body of a healthy person biochemically processes practically all the nutritional products it received into  $\text{CO}_2$ ,  $\text{H}_2\text{O}$ , urea, new body cells and heat.

Unless accelerated evacuation occurs (vomiting, diarrhea, etc.), the stool of a healthy person contains just 5% of protein, carbohydrates and fats from the consumed volume (if we don’t consider the indigestible part of food, that is, fibers, hard fruit peel, chitinous cover of mollusks, etc.). 95% of nutritional value of the protein, carbohydrate and fat intake gets into the blood after it is processed in the digestive tract. We process practically 100% of the nutritional products that get into blood. There are only traces of proteins, fats and sugar in the urine of a healthy person. In fact, they are not present there.

The substances that leave our body with urine and exhalation contain no nutritional or energy value.

From the viewpoint of the energy conservation principle, 95% of what we ate, drank and inhaled was spent on:

- a) **principal exchange**, that is, life-supporting needs, metabolism, functioning of internal organs, functioning of the nervous system, etc. in the conditions of a usual daily temperature mode. At the same time, a certain amount of heat is produced, which radiates into the atmosphere;
- b) **food thermogenesis** — the energy that ensures metabolism of the consumed food (a kind of food performance index);
- c) **mechanical work** of our muscles (sports, physical work, supporting the position of the body, etc.);
- d) **replenishment of the stock** of energy in the body, primarily in the **fat deposits**.

In other words, my friends, the truth lies in the fact that everything our body did not spend on the principal exchange, and everything we did not work out with our muscles, largely transforms into subcutaneous fat. And, on the contrary, regardless of food composition, we will lose weight only on the condition that the number of calories in our ration is less than the number of calories required for the principal exchange and spent on physical work.

What I said is quite true with an adjustment for food thermogenesis. While food thermogenesis of fats and carbohydrates is not very high (2–10% of energy is spent on metabolism), the food thermogenesis of proteins is quite high — 25%. This means that we spend 1 out of 4 calories of protein we intake on its metabolism. That's why, when we get 1,100 kcal on a protein day, we receive not 1,100 but 825 effective calories, which considerably increases the deficit of energy and, consequently, increases the speed of losing weight.

However, I still haven't found any reliable data to prove that the consumption of combined or separate products greatly influences their food thermogenesis. Even though it is declared in some articles that chili pepper and other spices increase food thermogenesis, I doubt that this influence is high. So right now I know that there are only three ways to influence the speed of losing weight: a) decreasing general calorific value of the ration, b) temporary increase in the amount of proteins in the ration (increased protein content in the ration may be harmful if it lasts for a long time), c) increase in physical activity.

That is, when people tell me: "And I read that there are a lot of useful things in honey. In nuts as well. Bread contains a lot of useful things, too. Herring contains a lot of unsaturated fatty acids. Fruit can be eaten in any amount. And potatoes are a source of vitamin B. David, are you against olive oil? This is the secret of longevity!", I say:

My dear friends, you are absolutely right that food must be varied and be of full value, but remember that you should eat in moderation. If you add half a kilo of the best fruit to your usual daily ration in summer (without reducing consumption of other

products), you will gain subcutaneous fat. 5 tablespoonfuls of honey with nuts contain 600 kcal, which exceeds 1/3 of daily energy needs for many, and, if you take such a popular remedy for a week in addition to your ordinary ration, you can quite gain half a kilo during this week.

## Can one eat tasty food with such a system?

Oh yes! I'll tell you. Buy fresh chilled gilthead, put a crisp leaf of iceberg salad on the bottom of the pan, put the gilthead on it. Stuff the gilthead's stomach with different fresh greenery, dill, coriander, basil, green onion, parsley, estragon — anything you like in any combination, differently every day, or don't put anything, or sprinkle it with dried oregano or saffron. Then you put some water into the pan (maximum one centimeter from the bottom), cover it and boil for 15 minutes after the water has started boiling. Take it off and leave covered for 5 more minutes while laying the table. Serve it in the pan, for everyone to see how beautiful it is! Serve the fresh hand-torn lettuce (iceberg, Romaine, etc.) with fish, sprinkle the lettuce with lemon juice, put a cherry tomato, a piece of peach, a strawberry and a tablespoonful of undercooked barley porridge on the plate. You may use fat-free matzoon, kefir or curdled milk as a sauce for barley porridge and fish.

And there are millions of variations! You can cook spinach with eggs, and pour matzoon with garlic on it before serving. You can prepare baked eggplants with fresh Krasnodar cheese. You can eat sashimi of fresh salmon, but don't eat too much soy sauce, and it's better to do without it during the active phase, just eat fish with wasabi. By the way, wasabi is stunningly tasty with steam-cooked vegetables. Tkemali is also great with vegetables, fish or chicken breast. Try Chinese black eggs! The main thing is, don't smell them, eat without fear. For a start you can drop a little soy sauce on it. But later you can use wasabi instead of soy sauce.

If we behaved well today, we can have a dessert after lunch: add dry offal to fat-free cottage cheese, a little bit of dried pitted and halved apricots and prunes cut in sticks, a few raisins, a little

fresh fruit cut into cubes (peach, nectarine, pear, apple, strawberry, etc., but not a banana as it is very rich in calories). Serve it in a beautiful ice-cream bowl, put a few bilberries on top, and stick in half a Finn Crisp (that's 15 kcal).

Try replacing meat, a protein product, with fresh fish. But if you really want meat, you can eat some. Buy lean beef, for example, filet mignon, and grill or bake it.

Don't fry products during the active phase. Don't use oil for cooking at all. Instead of frying do as follows: heat the oven, place the necessary products on parchment paper (meat, cottage cheese pancakes, fish cutlets, chicken cutlets, vegetables, shellfish, etc.) and switch on the upper grill. No oil, but its taste is no worse than fried products.

You can fry a lot of things without oil on new anti-stick frying pans. In this way I cook fried eggs, cottage cheese pancakes, shellfish, and cutlets. I recommend you one more frying method: put a piece of parchment paper on a dry heated frying pan, and put the product you want to cook on top of it (except for products that produce water during frying).

However, steam-cooked and boiled food is the best. It's delicious.

You will find dozens of recipes and thousands of variations, as well as 10 principles of correct nutrition at the end of the book.

## What about restaurants?

Go to restaurants without fear! Choose dishes of fresh (not pickled) fish or shellfish, chicken, whole meat, but ask the waiter to steam-cook or grill them, not to put salt and oil, and serve all the sauces separately. To prevent the waiter from thinking that "don't put" means "don't put too much", say that you are allergic to oil and salt, so "don't put any on it at all".

When you order salads, ask to serve all dressings separately. Never say "don't add any dressing", as these words may short-circuit the waiter's and cook's brains. Have pity on them, and ask them to serve dressings separately and leave them to the enemies.

## Can I drink water while eating?

We have all heard the recommendations to drink 1.5–2 liters of water every day many times. Why is it important, especially during a period when we want to lose weight and purify the body?

1. Insufficient drinking in the period of weight loss and body purification is bad and it reduces the efficiency of the diet. In his book *I Can't Lose Weight*, Dukan writes: “The diet, which does not include a sufficient amount of water, is not only inefficient, but it leads to accumulation of harmful substances in the body. To get rid of fat reserves as much as possible, it's important to learn to withdraw them from the body as waste substances. Skip drinking water and withdrawing toxins is not only bad for your body, it may reduce or just block loss of weight and reduce all your efforts to nought. If you eat a lot of protein food, drink at least 1.5 liters of water a day”.
2. Water satisfies hunger. Drinking water every time you feel slightly hungry makes your life considerably easier. Drinking a glass of water before, during and after meals (that is, 3 glasses at lunch) accelerates saturation and, as a result, reduces the amount of food you eat.
3. Regardless of diets, drinking from 1.5 liters of water a day reduces dehydration of cells and ageing of the body, the skin in particular.

But not many of us stick to this norm. I tried to analyze the reasons for that.

## My friends had the following doubts

### 1. Won't it harm my kidneys?

Dukan writes about that: “During my medical practice I had about 60 patients prone to gout and kidney stones, who started a protein diet and increased daily water consumption to 3 liters. Those who took medicines continued to take them, and the rest did not start medical treatment. The content of uric acid did not increase during the diet, and even reduced in one third of patients. So it's very important to drink more water when you eat

food products with high protein content, especially during the first stage of my diet. This is a good chance to talk for gossipers and grumblers who will hint that a protein diet may have negative consequences for the kidneys. The same protein diet enemies continued their attack, saying that even water may be toxic for the kidneys if you drink 1.5 liters a day! In 30 years of medical practice and daily use of my diet, I always strongly recommended my patients to drink at least 1.5 liters of water a day, and I never doubted the correctness of these recommendations”.

## 2. If I don't want to drink, I don't need it

If you are not thirsty during the day, it doesn't mean that your body does not dehydrate. As a rule, the absence of thirst during the day is related, first of all, with an obtrusion of thirst and, second, with the fact that people regard the emptiness in their stomachs as hunger in half of the cases and satisfy it with food, while the body actually needed water. “Thousands of day-to-day hassles obtrude natural thirst, and then suppress it altogether. Days and months pass, the feeling of thirst disappears and no longer plays the role of warning about dehydration of the tissues. A woman's urine bladder is more sensitive and smaller in size than a man's, so many of them try to drink less as they have no possibility to visit the toilet constantly when at work or in public transport or just because they are allergic to public toilets”, writes Dukan.

## 3. I heard that drinking water during meals is bad for your stomach

Dukan writes about it without any doubts: “Drink a lot of water during meals. Thanks to a statement of unknown origin and its penetration into the collective consciousness, an unjustified opinion arose that it's bad to drink water during meals. This cliché is not only ridiculous and unjustified but also incorrect. It's useful to drink during meals, especially for obese people, for three reasons:

- water additionally fills your stomach and produces the feeling of fullness;
- water stops the consumption of hard food for some time. This pause gives time for the chemical reaction of saturation, nutrients get into the blood and the brain, and you feel like your hunger has been satisfied;

- finally, cold or even cool water reduces the general temperature of food in the stomach which must be heated before the start of absorption. And this means that additional calories are burnt.

In practice, to use the advantages of water fully, it is desirable to drink a large glass of cold water before meals, a second one during meals and a third one before you leave the table”.

#### 4. You have to visit the WC frequently

That’s true. And sometimes it’s really hard technically. Especially in Moscow traffic jams. There is just one answer: you have to accept frequent visits to the WC, and reduce the amount of liquid consumed before long trips.

### Can junk-food be useful?

So now we can’t enjoy our favorite movie while eating something tasty? We can! Don’t throw stones at me at once, try the method below first. Instead of crisps, biscuits, nuts, seeds and other junk-food, which are very rich in calories, place a large salad bowl in front of you with torn leaves of iceberg salad, wineglasses and a carafe of water. You can use other vegetables instead of salad: cauliflower or leaves of ordinary white cabbage. Or cut carrots or bell pepper into sticks. And believe me; this food will go with a bang when watching movies at home!

And this is also the way to teach children to eat vegetables. When they are watching their *Sponge Bob* or *Princess Holly*, put a plate of vegetables in front of them, and they will eat them instead of sweets. Vedgy graphics, as I call it, also works very well. This is when you make different animals or faces on a plate out of different vegetables. And you can also make a tower out of carrot sticks (do you remember how to make a well of wood when making a fire?).

As a last resort, you can sometimes pamper yourself with self-made popcorn. Prepare the popcorn in the microwave without salt or oil. Though popcorn has high GI, it weighs very little :) One glass of popcorn weighs about 10 grams. There will be not that many calories in total, but lots and lots of taste and volume.

## RESULTS OF THE ACTIVE PHASE

If we stick to the daily norm of calories, drink water, exercise, etc., we start losing weight immediately. During the first week, you may lose up to 2 kg and then you will lose a kilo a week, like a clock. If you lose weight more slowly, you can lower the daily norm of calories.

During the active phase your body becomes unbelievably light! On the 4th–6th day we start feeling heady freedom from fat. We start getting used to water. If we don't drink water for 2 hours, our mouth gets dry, and we urgently go and drink water!

On the 4th–5th day you get the first fruit of “changes in taste receptors”: something that revolted before (say, a boiled zucchini) will now be eaten without any negative emotions! Hurray! Remember this moment! Always try to taste the food that revolted you before. Take just a teaspoonful, but try it and get to like it. Put a teaspoonful of boiled spinach, poured with matzoon, into your mouth, enjoy the taste and ask yourself with an open heart (without grimacing) why David and a million other people in the world like this combination. Do so every day until your tongue gets used to this taste. I bet that in 2–3 weeks you will get to like many of the products you hated before!

### And what if I fail?

If you fail to get to like boiled fish and boiled vegetables during the active phase, the battle has not been won. You can compel yourself to eat healthy food for the rest of your life. And it means that you will return to unhealthy food, all the lost kilos, pills and diseases will return, and you will not earn the years of active, healthy and happy life in the future.

If you have failed to love boiled vegetables, extend the active phase until you start getting pleasure from fresh iceberg salad, steam-cooked cauliflower, egg plants cooked on fire, river trout cooked over steam or parboiled in white wine.

## 2. Happy phase

### Goal:

Live happily, eat what you want, be in excellent physical shape, have a beautiful body, not be ill and not depend on pills, work, have rest, travel, live a rich and active life!

### We will need:

Bathroom scales, log (electronic if you wish).

### WHAT WE DO DURING THE HAPPY PHASE

We keep the *My Weight* section. As usual, we weigh ourselves after a morning visit to the toilet, without clothes, before eating or drinking. Fill *My Weight* section every day during the first month of the happy phase, and if we see that our weight has not gone up with transition to the happy phase, we can switch to weighing once a week, and then once a month.

I recommend introducing records into the *What I Ate* section a few times a month, even if your weight remains stable. This helps not to lose the skills of determining the calorific value of food, and also determine your healthy energy ration.

If we have managed to reach indifference, and to some degree revolt to fat, sugar and salt, we eat anything we want almost without using them. Just because we don't feel the need for fat, sugar and salt any more. The fact of excluding these products from the ration, multiplied by the love for vegetables and getting used to drinking water, means that now we consume much fewer calories than before without any effort or limitations, our body continues to become pure, and our health is getting visibly stronger.

As for bakery produce, we don't set the goal of feeling revolted to them; it's impossible and it's not necessary. It's important to get rid of slave dependence, be it on white bread, a cheese pastry, doughnuts, pasta, biscuits, bread rings and other "delicious" starchy products. The dependence that led to their unrestrained consumption or to depressions when we somehow stopped consuming them.

Some people, for example, my father, broke the many-year connection with bakery produce in less than a month. But it's not that easy for some people.

In the case of bakery produce and starchy products in general, the active phase will allow us to switch painlessly to consuming carbohydrate products with a low GI: now we eat with pleasure salt-free and unleavened scones of coarse flour instead of white bread, we have replaced fried potatoes with boiled ones, etc.

It should be noted that we will hardly be revolted by all the four "old friends" in reality. Personally, I became revolted to fat and salt. I parted with potatoes, though we are still on friendly terms. However, I am still attracted to bread and sugar. And I am still almost addicted to sugar in the form of chocolates, ginger or nut biscuits.

What to do if you are still strongly attached to some products?

Here Dukan's method in the Consolidation phase might come in useful: you can have 2 meals a week which Dukan calls a feast or a festive lunch (we are talking about ONE meal, not about a whole day!). In this meal you can eat anything you like! It's essential not to make feasts two days in succession! In exchange for that, you must arrange either a PURE PROTEIN DAY, or, in my version, just a dieting day, once a week (for instance, on Thursday), when you eat usual food, but the calorific value of your ration is substantially below 1100 kcal. The essence of the protein day lies in the fact that if a person eats only proteins during the day without any bread, fat, vegetables, salt, etc., he usually eats less than the energy norm. It is psychologically easier for most people to eat fish, meat and eggs and fat-free cottage cheese all day without limitation than restricting quantity.

As for addiction to sweets, dark chocolate comes in useful. Australian scientists established [13] that 20 g of dark chocolate a day allows one to “inject” the right amount of serotonin, the “hormone of happiness”, into our brains, to successfully reduce discomfort from the lack of sugar another time, and on average reduces the number of calories received from hard-to-control, light, “tasty snacks”.

## Summary

In the period of the “happy phase”, while you are still feeling residual psychological and physiological dependence on the most stable “friendly” products, you will temporarily limit consumption of these products in all days of the week, except for 2 feasts when you allow yourself to eat them. If you had a “feast” during the week, you have to spend 1 day, at your choice, either on strict protein food or a low-calorie daily ration.

At the same time you shall adhere to the norm of water consumption: 1 glass an hour (about 2 liters a day in total), and remember that it is important to feel slightly hungry between meals. You satisfy a feeling of slight hunger with a glass of water. It should become your custom for your entire life! In the same way as visiting a gym at least 3 times a week.

## RESULT OF THE HAPPY PHASE

We continue losing 1 kg a month for 2–3 months more, and then the body comes to a natural balance and our weight becomes stable. Our body becomes visibly younger. We really feel it every day! Personally, I weigh just as much at 44 as I weighed when I was a first-year student at MFTI. And I feel as if I were 18! At the same time, I have much more muscle mass now (much more in the direct sense!). As I continue exercising in the gym, I suppose that I will gain a few kilos in the next few months, but only at the expense of muscle.

CHAPTER FOR THOSE  
WHO ARE NOT SURE  
THAT IT'S TIME TO  
CHANGE



## Chapter for those who are not sure that it's time to change

*Question: How many psychoanalysts do you need to change a light bulb?*

*Answer: One is enough. The main thing is to make the bulb want it.*

*Joke*

Talking about this nutrition system, I often meet those who are not motivated to change their lives. In fact, I do not need to go far. All of my family members (except for my father) vigorously opposed my idea to switch to a new nutrition system. To persuade them I needed from several hours to several days of talking and rational evidence. But the result surpassed our expectations. And today they actively promote this nutrition system among their friends. From that time on, many people switched to DNS, including those who were strongly against any diets and food limitations. In this chapter I will give 2 frequently asked questions and my answers to them.

*— You see, David, I don't need any diet. I feel great, my health is OK, as well as my figure and level of cholesterol. Yes, my doctor told me not to eat anything fat, so I didn't eat it for a month (I nearly died without cutlets). I made an analysis yesterday; my cholesterol is OK. I haven't checked my blood pressure for about 3 weeks. My belly? Girls like plump men. I have been eating fried potatoes, pancakes and crisps since my childhood, and I am not going to refuse them. Everybody around eats them, and it's OK. Lay off, I am all right.*

What can I say? Imagine that a person lived his whole life in a deep underground cave, he settled down into a daily routine and found a candle. He thinks that this is human happiness. It would be very hard to persuade him to leave everything, overcome 100 obstacles and crawl to the surface. He does not even imagine that there is blue sky, trees, summer sun, spring wind, or green grass outside his cave...

I answer such people: you have to get out of your cave at least for a day to understand whether you want to live differently or not. I try to persuade him just to try. In reality, these people surely play cunning about their health and figure. They perfectly understand that things are not that fine. And they understand even better that even if it's tolerable to live so today, in about 10 years problems with heart (stomach, liver, kidneys, etc.) may become insoluble.

I tell them: try leaving your cave; it's not that fearsome, believe me. If you don't like it, nobody will force you, you will go back to eating your bloated cutlets again. And some agree to try! And I can say one thing: of those who tried, not a single one remained unsatisfied... Some stayed for good. They run into their cave for some time. It attracts them. And I can understand it; they have spent their whole life there. But, what is important, almost everyone admits that they feel bad every time they enter the cave, because the body has changed, and they run back to the light.

I can tell you about myself. Physiologically, I totally lost the habit of eating fat, butter and fried products. But psychologically — not at all! When I see a cutlet, my childhood memories come to me. But if I try such a cutlet, I understand that I DON'T LIKE IT THAT IT'S FAT, AND IT SEEMS TOO SALTY TO ME.

*— I want to start living a new life. But I can't overcome myself. It's so pleasant to come home or go to a restaurant in the evening, eat tasty meat with potatoes or spaghetti. And sweets! What delicious desserts we tried in Vienna! How can I resist all these temptations? I will never be able to refuse cakes, herring and crisps, fried potatoes, bread and cutlets. What shall I do?*

Don't stop eating these products for good. Only skip them during the active phase. Then you will either fall out of love with them or return to these products, but you will perceive them on a radically new level.

There are two kinds of dependence: physiological and psychological.

One-two months of abstinence is, as a rule, enough to break physiological dependence on almost all the four "old friends". It differs from person to person. As I've said, I personally found it

easier to become unaccustomed to salt, fat and sugar, but I still like bread. And my father, on the contrary, found it easy to stop eating bread. (Incidentally, this can be explained: he was born in China and grew there until he turned 16; the Chinese don't eat bread, so now, at 70, he easily stopped feeling the need for bread in two weeks.)

However, it is much harder to get rid of psychological dependence. Sometimes it takes years. That's why Dukan offers to make "feasts" 1-2 times a week, if necessary, when all products are officially permitted. In exchange for that, you need 1 day a week when ONLY protein products are allowed. In reality, even though all products are permitted during the "feast", we don't use our freedom much. First, now we drink a lot of water before and during lunch, eat green salads with pleasure and, in this way, eat our fill mostly with useful and tasty products. Second, when we try, say, fatty food, we find that we don't like it on a physiological level. We don't like the fat spreading on the tongue and lips. We don't like its taste. And we automatically record the negative experience related to these products. It helps to get rid of them completely over the course of time.

If you still have physiological and psychological dependence on certain "friendly" products, "feasts" help us to restrain our feelings on other days of the week. During the "feast" you can eat a little of the "friendly" product you still love, there is nothing bad about it. For me personally, it's enough to realize on these days that I can eat some bread now, but, as a rule, I don't use this right.

It's hard or almost impossible to refuse something for good. You can refuse it for a time. And then your desire may disappear.

## Conclusion

*If you want, you look for the way; if you don't want, you look for a reason.*

*Socrates*

Until some moment in our lives we don't understand the importance of correct nutrition and exercise. Sometimes even our diseases don't give this understanding to us. It's only when we try to refuse fat, sugar, cheese pastries and salt that we suddenly discover a new country for us. We suddenly feel pleasure from freedom, pleasure from a new world of tastes; pleasure from body regeneration!

Sure, it's not that easy to start a new life. It seems that it's impossible to get cured of such hard drugs as sugar and bakery produce. We are all long-term addicts. As I mentioned above, I am 44 years old. Just like all my peers, I have been taking these drugs for over 40 years every day.

Let's compare taking salt, sugar, bakery produce and fat with smoking. And why not? Thousands of studies show that both are bad. Smoking seems to be bad in any quantities, and salt, sugar, bakery produce and fat are bad in the quantities eaten by people in modern society. And now let's imagine a grandmother who persuades a 3-year old grandson to eat one more fried pancake, poured with home-made sour cream and condensed milk. For smoking it would sound like this: "Well, grandsonny, smoke a little bit more, 2 more whiffs, for your mum, for your dad. See how beautiful and aromatic the cigarettes are. You don't want one? OK, I will give a different tobacco, a sweet one. One more whiff and you will go off to play".

It would be funny if it wasn't so sad. Surely, our grandmother does not want to harm her grandson, she just doesn't know that a human body does not need saturated fats and refined sugars in any quantities, and so when she inculcates her own food habits on her grandson, she programs him to consume harmful food during his whole life. (For example, it was quite recently that people underestimated the harm of smoking. Teachers smoked openly in the staff room at school... It was even allowed to smoke in the cabin! It was like this just 10–15 years ago! And can one imagine anything like that today? I assure you that in about 10–20 years, the consumption

of refined sugars and fast food will be on a par with tobacco smoking with all resulting limitations on the sale of these products to children and teenagers and with requirements related to providing information about the harm of these products on the package, etc.)

Well, that is all ahead of us, and everything can be corrected! Forewarned — forearmed. We can and we must change our eating habits and not inculcate bad eating habits on our children!

And one more thing, it turns out that eating correctly is tasty! Stop tormenting yourself with restrictions and diets. It's enough to get to love the right food and then live long and happily!

# ADDITIONAL MATERIAL



## Can you lose weight if you drink alcoholic beverages?

Being a person of exact science, I couldn't understand how it happens that hard alcoholic drinks, like vodka, whiskey and brandy, contain 0 g of protein, 0 g of carbohydrates and 0 g of fats, and they achieve a tremendous calorific value — 235 kcal per shot glass. Can these calories turn into subcutaneous fat if you actively drink alcohol?

I started reading textbooks on biochemistry [14], [15] and articles on metabolism of alcohol. And I found out many interesting things.

If you wish, read the sources (unforgettable impressions!), and I will give a brief summary of what I read for the others.

After you get a dose of hard drink, ethyl alcohol (ethanol) is absorbed in blood, causing intoxication and euphoria. Then, with participation of the alcoholdehydrogenase enzyme, ethanol is acidified in the liver to acetic aldehyde — a poison which causes all the negative consequences which the person experiences after their eighth shot of Tequila Boom. After acidification, chemical energy is produced.

Then acetic aldehyde is acidified with the help of another acetic aldehyde dehydrogenase enzyme to acetate (acetic acid). It's the same with energy production. At this moment we no longer feel sick, but we are still weak.

Then acetic acid transforms into “Acetyl co-enzyme A” or acetyl-CoA (incidentally, energy is also produced), which we mentioned in previous chapters.

Acetyl CoA is a very important compound which participates in many biochemical reactions in the body, but its main function is participation in the cycle of tricarboxylic acids with production of energy.

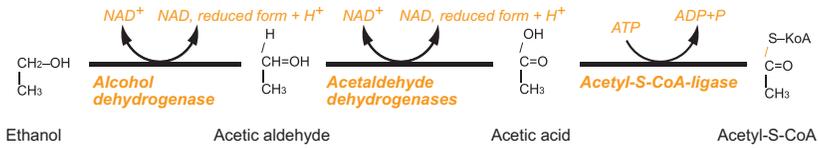


Fig. 2. Metabolism of ethanol

That's how chemical energy is produced 4 times in the process of ethyl alcohol metabolism (in the form of ATP and NAD nucleotides), which gets into blood and is used by the body. That is if the body has a need for it.

And what if there is no such a need? If we took more energy in the form of tequila than we needed to dance on the bar counter? Then, instead of being “transformed into energy” (with production of H<sub>2</sub>O and CO<sub>2</sub>), acetyl-CoA is stored by our body in the form of fatty acids and, in the end, fatty tissue.

## What happens to the food we ate before drinking tequila?

I'll tell you. Chemical energy is quickly produced in the process of ethanol metabolism, and it compensates the body's energy needs over and above the requirement. As a result, protein, carbohydrates and fats we ate in the form of pizza and crisps do not go to the cycle of tricarboxylic acids with energy production in the process of metabolism, but are accumulated through production of fatty acids and subcutaneous fat.

It's even worse than that. In the process of ethanol metabolism, natural processes of metabolism (of eaten protein, carbohydrates and fats) slow down for many reasons, and this is an important obesity formation factor. See the figure below and comments to it.

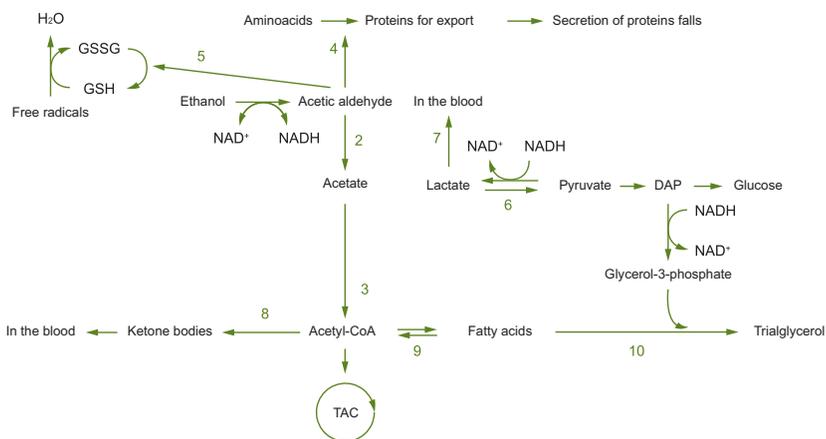


Fig. 3. Effects related to ethanol metabolism in the liver. 1 → 2 → 3 — oxidation of ethanol to acetate and its transformation into acetyl-CoA (1 — the reaction is catalyzed by alcoholdehydrogenase, 2 — the reaction is catalyzed by alcoholdehydrogenase). If you drink a large amount of alcohol, the speed of acetic aldehyde formation (1) is often higher than the speed of its oxidization (2), so acetic aldehyde is stored and produces an influence on the synthesis of protein (4) by inhibiting it, and also lowers the concentration of reduced glutathione (5), as a result of which lipid peroxidation is activated. The speed of gluconeogenesis (6) diminishes as high concentration of NADH, formed in the course of ethanol oxidation reactions (1, 2), inhibits gluconeogenesis (6). Lactate is discharged in the blood (7), and lactoacidosis is developed. Increasing NADH concentration slows down the speed of the trycarboxylic acid cycle; acetyl-CoA is accumulated, and the synthesis of ketone bodies (ketosis) is activated (8). Oxidation of fatty acids also slows down (9), synthesis of fat increases (10), and this leads to bacony liver. Source: [23]

## In short, ethanol, especially taken along with abundant food, really forms a considerable amount of fatty acids

In addition, alcohol intoxication lifts bans on food, and we can easily eat crisps, nuts and a cake with cream.

## Let's count how many calories one can consume at a Friday party

Let's admit that we had a light breakfast and lunch before the party and ate 1,000 kcal by the evening.

In the evening we went to a restaurant, ate a fat Ribeye steak (about 900 kcal), a portion of country potatoes (300 kcal), Russian salad (300 kcal), a glass of dry wine (100 kcal), ate an incomplete portion of cheesecake for dessert (300 kcal). Then we drank a glass of juice or cappuccino (100 kcal). Total in the restaurant: 2000 kcal.

And now we go carousing to a bar: we drink 3 Tequila Booms with regular Cola (3x150 kcal), a Mojito (150 kcal), ate a portion of crisps (300 kcal), an ice-cream glass of nuts during the evening (400 kcal), drank a bottle of Coca Cola (200 kcal). Total in the bar: 1,500 kcal.

In total, we receive 4,500 kcal during the day. And we spent, say, 2,500 kcal. As a result, in just 1 day the weight of our fatty tissue increased by approximately 260 g. In the morning, our scales are sure to show an increase of over 1–1.5 kg at the expense of the liquid accumulated in the body (9 g of salt eaten with crisps, nuts and other trash holds 1 kg of water, let alone the water which the body accumulates to process and withdraw alcohol). Though water is not the most serious thing: it will leave our body in a few days, while 260 g of fat will remain. And if this is not just Friday, but a week's holiday? It's quite possible to get a few kilos during the holiday in the form of fat deposits!

## How do you drink at a party and not gain extra weight?

My non-scientific and harmful, but practically proven method:

1. Don't eat very much in the evening if you are going to have a drink with friends at night. It influences a) not only consumption of a smaller amount of calories with food (we hardly need to mention that), but also b) the fact of faster intoxication, and c) quicker alcoholic poisoning. That is, having eaten less effective calories with food, we program our body to the consumption of a smaller amount of poison at night.
2. Drink more sparkling mineral water at the party instead of juices and Cola rich in calories. On the one hand, water allows the withdrawal of acetic aldehyde from the body (a poison that is the result of ethanol oxidation; we mentioned this earlier) and, in this way, reduce poisoning of the body. And if we drink not just water, but sparkling water, this accelerates euphoria from intoxication and, as a result, we need less alcohol to achieve the necessary condition.
3. Dilute cocktails with Light Cola, not with regular Cola. It's hard to distinguish the taste, but the cocktail will have 1.5–2 times fewer calories.

4. Dance rock-n-roll, salsa, rumba, and cha-cha-cha at the party. And also burn off as many calories you can after the party (we'll talk about that in a separate book).

As a result, if we have received 1,000 kcal by the evening, we can limit ourselves to 800–1,000 kcal at a festive dinner, and 4 portions of alcoholic drinks will add us 400–500 kcal. In total, we will consume 2,400 kcal a day, but if we dance for 2 hours, we will spend 100–200 kcal more than usual. Thus, we will add just a little fatty tissue after the party.

# Main metabolism processes in the human body

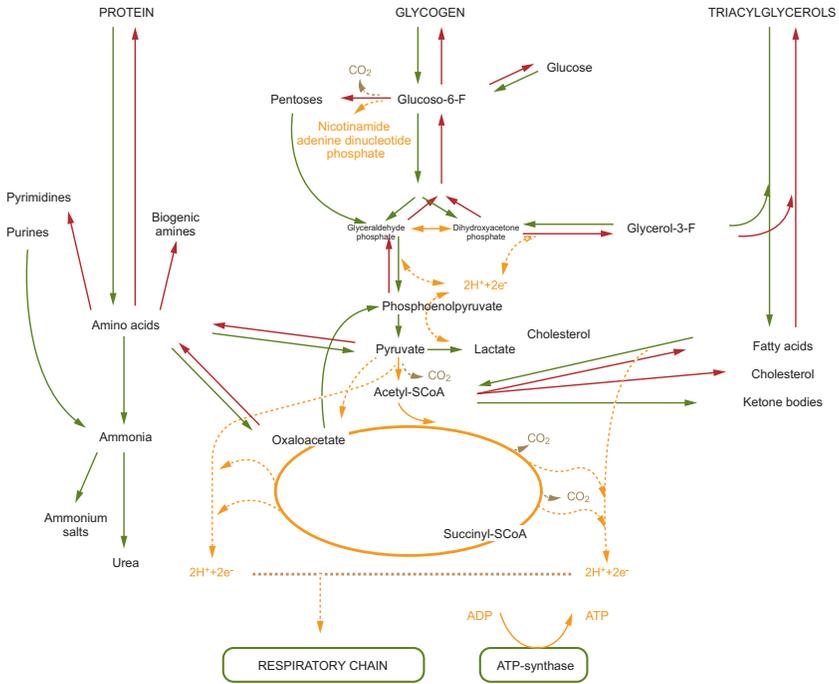


Fig. 4. Main metabolism processes in a human body. Source: [24]

## The WHO nutritional recommendations

This is a very important section! Please study it carefully. This is a quintessence and an official consolidation of results of many years of studies of tens and hundreds of groups of scientists. Studies were conducted in different countries with the participation of hundreds, sometimes thousands of volunteers in each separate study. Observations were conducted for years, and in a number of studies — up to 30 years and more.

Please be sure to read and understand the data, provided in the table, read explanations to them, and if you have doubts, take the trouble to open the original sources. This is important as you should

be well-informed and armed in the struggle with destructive myths about nutrition. These are the myths fed to us by the media which is ready to distort any scientific fact in pursuit of a catchy headline.

Table 4. Average daily target consumption indicators for the population

How many percent of the daily energy ration must come from:	Lower limit <sup>a</sup>	Upper limit
All fats:	15%	30% <sup>b</sup>
Saturated fatty acids	0%	10%
Polyunsaturated fatty acids	3%	7%
All carbohydrates:	55%	75%
Complex carbohydrates <sup>c</sup>	50%	70%
Free sugars <sup>e</sup>	0%	10%
Protein	10%	15%
Cholesterol	0 mg/day	300 mg/day
Dietary fibers: <sup>d</sup>		
Non-starchy polysaccharides (NSP)	16 g/day	24 g/day
Total amount of fiber in the ration	27 g/day	40 g/day
Salt	– g/day <sup>f</sup>	6 g/day*
Total energy	Energy consumption must be sufficient to ensure the normal development of a child's organism, satisfaction of the needs of pregnant and nursing women, compensation of energy expended at work and desirable physical activity, and also to support the energy stocks a child's or adult's body needs. The average body mass index (BMI) for adults shall amount to 20–22 (BMI = [body mass in kg] / [height in meters] <sup>2</sup> ).	

<sup>a</sup> The lower limit determines the minimal amount of the substance necessary to prevent diseases caused by an insufficient intake of the main nutrients with food, while the upper level shows the maximum amount of substance, exceeding which may result in possible development of chronic diseases.

<sup>b</sup> The intermediary goal for countries with high fat consumption; even more positive results are expected if the consumed amount of fat decreases to 15 % of the total energy.

<sup>c</sup> This component must include the minimum daily consumption of 400 g of fruit and vegetables, including at least 30 g of legumes, nuts and seeds.

<sup>d</sup> Dietetic fibers include non-starchy polysaccharides (NSP) that must come from different sources of food. As detection and measurement of dietetic fibers still does not give precise results, the limits for the total number of dietetic fibers were established on the basis of NSP values.

<sup>e</sup> These sugars include monosaccharides, disaccharides and other sugars with a short molecular chain, produced from carbohydrates by refining. Such refined or purified sugars do not include natural sugars, consumed with fruit, vegetables or drinking milk.

<sup>f</sup> Not determined.

Source: [4]

\* — author's notes: later WHO's materials [12], related to salt consumption, specify 5 g/day as the upper level.

## How do I read the first section of the table?

First determine a healthy daily energy ration. A healthy ration means that our body does not lose or gain weight. However, on the condition that our body mass index (BMI) does not exceed 22 (see about BMI below). In other words, a healthy ration in the context of this book is our ration in the period of the “happy phase”. If BMI is still higher than 22, we probably have to continue the “active phase” with a negative energy balance until BMI reaches 22. I am sure we will know in the active phase what our healthy energy ration is. For many people with a sedentary way of life this figure amounts to about 2,000 kcal a day (as I mentioned, this figure amounts to 1,700 kcal a day for me personally).

In the example below, let’s consider that our energy ration is 2,000 kcal a day.

Take the first line: “**all fats — lower limit 15%, upper limit 30%**”. The lower limit (15%) means that 15% from 2,000 kcal, i.e., 300 kcal a day, must come in the form of fat. What is 300 kcal? The calorific value of fats is 900 kcal/100 g, meaning that we must receive on average 33 g of fats a day. The upper limit (30%) means that if your ration is 2000 kcal a day, the average daily consumption of over 67 g of fats a day creates a risk of chronic diseases.

Read the next line: “**saturated fatty acids — lower limit 0%, upper limit 10%**”. The lower limit (0%) means that our body does not need saturated fats IN ANY QUANTITY. The upper limit (10%) shows that if your ration is 2000 kcal a day, the average daily consumption of over 22 g of saturated fats a day creates a risk of chronic diseases. And what is 22 g of saturated fats? Lean beef contains about 10% of fat. That is, 220 g of lean beef contains the maximum admissible daily amount of saturated fats. And if we couldn’t help eating such a lean steak, we should firmly refuse a sandwich with butter on this day.

Then: “**polyunsaturated fatty acids — lower limit 3%, upper limit 7%**”. The lower limit (3%) means that our body needs a small amount of polyunsaturated fats, 7 g/day. This is a 1.5 tablespoonful of oil or 70 g of fish. The upper limit (7%) means that average daily consumption of over 16 g of our favorite and useful polyunsaturated fats a day creates a risk of chronic diseases.

And so on in the same manner.

Take, for example, the line: “**free sugars — lower limit 0%, upper limit 10%**”. The lower limit (0%) means that our body does not need free sugars IN ANY QUANTITY. Contrary to the popular opinion that our brains need refined sugar for nutrition, regular consumption of free sugars in most cases actually causes more harm than good to our body. It’s better to ensure everyday brain nutrition at the expense of sugars included in the composition of fruit, juices, vegetables, etc. As for the upper limit (10%), it shows approximately the following: even though our body does not need refined sugars, it can deal with no more than 50 g of such sugars a day without consequences. However, consumption of more than 50 g of free sugars a day creates a risk of chronic diseases. One piece or a teaspoonful of sugar is 5 g. A glass of Coca Cola (250 g) contains about 30 g of sugar. 3 teaspoonfuls of jam contain about 20 g of sugar. Now count yourselves.

## Body mass index (BMI) and the mass share of fat in the body

Body mass index (BMI) is a simple method of assessing the degree of correspondence of an adult’s body weight to the height. It is usually used to understand whether the mass is insufficient, normal or excessive (obesity). BMI is calculated using the following formula: [weight in kilos] divided by squared [height in meters]. For example, the BMI of an adult with a weight of 70 kg and whose height is 1.75 m will equal 22.9.

$$\text{BMI} = 70 \text{ kg} / (1.75 \text{ m}^2) = 70 / 3.06 = 22.9$$

Table 5: International classification of deficit of mass, excessive mass and obesity in accordance with BMI for grown-up population

Classification	BMI (kg/m <sup>2</sup> ) (with additional gradations)
Deficit of body mass	< 18.50
Very thin	< 16.00
Moderately thin	16.00–16.99
Slightly thin	17.00–18.49
Normal body mass	18.50–24.99
Sporting constitution	18.50–22.99
Acceptable constitution	23.00–24.99
Excessive body mass (pre-obesity)	≥ 25.00
Pre-obesity (light form)	25.00–27.49
Pre-obesity (strong form)	27.50–29.99
I degree obesity	30.00–34.99
(light form)	30.00–32.49
(strong form)	32.50–34.99
II degree obesity	35.00–39.99
(light form)	35.00–37.49
(strong form)	37.50–39.99
III degree obesity	≥ 40.00

Source: adapted from the WHO materials 1995, 2000, 2004, See. [25]

The classification of BMI values is the same for all ages of the adult population and the same for men and women. However, a necessity has been discussed recently to introduce special classifications for different ethnic groups in connection with genetic differences in body proportions.

Also, due to the fact that BMI does not take into account the ratio between fat and muscle tissue, in certain cases its use may lead to wrong classification of the degree of obesity [26]. For example, an elderly (and sometimes quite a young) person, who has little muscle weight, but has an increased composition of fat tissue in the body, may be classified as a person with a normal body mass, while he is actually prone to a risk of chronic diseases every day. And on the other hand, a muscular sportsman may be classified as a person with excess weight or obesity.

How do I understand if I need to lose weight? Is my body at risk or do I need to support my current weight? For this purpose, the American Council of Exercise proposes the use of the following table besides BMI:

Table 6. Classification of mass fat share in the body for men and women

Description	Women	Men
Minimal required level	10–13%	2–5%
Athletic constitution	14–20%	6–13%
Sportive constitution	21–24%	14–17%
Acceptable constitution	25–31%	18–24%
Obesity	> 32%	> 25%

Source [27]

## Twelve principles of healthy nutrition (WHO: CINDI Dietary Guide)

The CINDI Dietary Guide [21], [22] singles out twelve main directions for practical action. They are briefly formulated in the form of steps or principles, and each principle is accompanied by detailed explanations on the subsequent pages. It is important to regard each principle not in isolation but in the context of all the other principles and the explanations that follow.

1. Eat a nutritious diet based on a variety of foods originating mainly from plants, rather than animals.
2. Eat bread, grains, pasta, rice, or potatoes several times per day.
3. Eat a variety of vegetables and fruits, preferably fresh and local, several times per day (at least 400 g per day).
4. Maintain body weight between the recommended limits (a BMI of 20–25) by taking moderate levels of physical activity, preferably daily.

BMI (body mass index) is derived from a person's weight in kg, divided by height in m<sup>2</sup>. The recommended levels are adapted from the global WHO recommendation of 18.5–24.9 as a normal BMI (Obesity: preventing and managing the global epidemic: report of a WHO Consultation on Obesity, Geneva, 3–5 June 1997. Geneva, World Health Organization, 1998, p. 9 (document WHO/NUT/NCD/98.1))

5. Control fat intake (not more than 30% of daily energy) and replace most saturated fats with unsaturated vegetable oils or soft margarines.
6. Replace fatty meat and meat products with beans, legumes, lentils, fish, poultry, or lean meat.
7. Use milk and dairy products (kefir, sour milk, yoghurt and cheese) that are low in both fat and salt.
8. Select foods that are low in sugar, and eat refined sugar sparingly, limiting the frequency of sugary drinks and sweets.
9. Choose a low-salt diet. Total salt intake should not be more than one teaspoon (6 g) per day, including salt in bread and processed, cured and preserved foods. (Salt iodization should be universal where iodine deficiency is endemic.)
10. If alcohol is consumed, limit intake to no more than 2 drinks (each containing 10 g of alcohol) per day.
11. Prepare food in a safe and hygienic way. Steam, bake, boil, or microwave to help reduce the amount of added fat.
12. Promote exclusive breastfeeding and the introduction of safe and adequate complementary foods from the age of about 6 months, but not before 4 months, while breastfeeding continues during the first years of life.



# EXAMPLES OF RECIPES



# Examples of recipes

*I am always amazed to see just how many things there are that I don't need.*

*Socrates*

## The right and tasty food — 10 DNS rules

It's very easy to prepare useful and tasty food. We cook as usual, but we adhere to the 10 rules indicated below. During the active phase we strictly observe these 10 rules. And during the happy phase we also observe them, but do so without too much zeal.

- 1) **DON'T FRY ON OIL.** We don't fry on oil, we use a dry anti-stick frying pan or a pan with parchment paper. See the methods of heat treatment below.
- 2) **DON'T EAT STORE BOUGHT BREAD.** Instead of bought bread we use bought grains, without salt or butter (recipes No. V-4), as well as self-prepared scones with low GI (recipes No. Br-1–Br-9 below), instead of bakery produce we use culinary variations on the basis of dough of coarse flour (recipes No. Br-1–Br-4).
- 3) **USE LOW-FAT SPICES AND FAT-FREE DAIRY PRODUCTS.** Instead of mayonnaise and sour cream we use fat-free dairy products: matzoon, curdled milk, and kefir. Instead of ordinary milk we use fat-free milk or soy milk (if you buy soy milk, check its composition, whether it contains salt, sugar or other additives; but it's better to prepare milk by yourself of soy beans in 15 min with the help of a simple device you can order on the Internet).
- 4) **WE NEVER USE BUTTER OR ANIMAL FAT.** Replace it with oil, though even that should be used sparingly.

- 5) **WE USE NO MORE THAN 30 g OF OIL A DAY**, and on the days we eat fish, we try to avoid oil altogether.
- 6) **NEVER ADD SALT WHILE COOKING.** Instead of salt use low-calorie salt-free spices (See the Spices Section below).
- 7) **DON'T USE STORE BOUGHT SAUSAGE AND OTHER READY-MADE PRODUCTS IN YOUR DAILY RATION.** We try not to use store bought semi-finished or ready-made products (sausage, meat dumplings, meat, fish, bakery produce and other semi-finished products, sauces, and tinned food), as we get the main excess of salt and saturated fats with them. If we go hiking once a year, that's OK; eating tinned food there is acceptable.
- 8) **EXCLUDE REFINED SUGAR AS MUCH AS POSSIBLE.** Instead of sugar we use raisins, pitted and dried apricots, prunes or fruit in a number of dishes. To calm our nerves during a happy phase, we allow ourselves 20 g of dark (85%) chocolate a day.
- 9) **DON'T DRINK SUGARY DRINKS.** Instead of sugary drinks we have beautiful water. Natural juices are much more preferable than drinks where sugar is added (cola, nectars, compotes with sugar, etc.). But even natural juices should be consumed with caution, considering that they are rich in calories.
- 10) **HAVE A GLASS OF WATER BEFORE MEALS**, a glass during meals and a glass after meals, or between meals if we feel like having a snack. By doing just that we reduce our daily calorie intake by 10–20%.

You probably think that these 10 items turn food into a tasteless hospital ration? Just imagine — this is not so! It's really very tasty! Go through the active phase, described in this book, and you will be surprised that 8 out of the 10 rules, described above, will become a usual thing for you, and in just six months nobody will make you eat differently.

## 12 useful and/or least harmful methods of heat treatment

- Cook in a steamer (the simplest, tastiest and convenient way).
- Cook using steam in a pan or a deep frying pan under cover: place lettuce leaves or vegetables on the bottom, pour 1 cm of water and put the main product on top: fish or meat. The main product remains above the water and is cooked by steam (my favorite way of cooking fish).
- Stew in water in the frying pan (good for vegetables).
- Boil (I don't like it as it takes long time and the taste of the product is often lost).
- Sous Vide — low-temperature vacuum cooking. The product is placed together with spices into a vacuum bag, and then placed into a bath with water heated to a certain temperature. Cooking is done strictly at this water temperature until the dish is ready. Depending on the product, the temperature of cooking may vary from 49°C to 83°C, and cooking time — from 15 minutes to 10 hours. This is a very exquisite method, but it's not always suitable for home conditions.
- Cook in the microwave (I don't like it).
- Bake in the oven on an open baking sheet or in foil (convenient for weekends — for the whole family).
- Grill in the oven with the upper grill switched on (very fast and convenient, I use this method very often).
- Grill (fry in a corrugated frying pan).
- Fry on an dry anti-stick frying pan (very convenient and quick, I make fried eggs this way in the morning).
- Fry on a dry frying pan by placing parchment paper for baking on the frying pan (if the anti-stick frying pan is not new).
- Fry on coals (it's clear: the summer house, nature, ... you know the score).

# The right bread

## Why is modern store bought bread harmful?

1. Because every 100 g of store bought bread, as a rule, contains 1 g of salt. We receive up to 5 g of salt a day with store bought bakery produce.
2. White bread of fine-ground flour has a glycemic index (GI) from 80 to 95, which is higher than white refined sugar(!). This results in quick transformation of eaten bread into glucose in the blood, and then — into subcutaneous fat.
3. There is an assumption and unconfirmed research [18], [19] which proves that modern “quick” yeast, used in industrial bread baking, contributes to a number of diseases, including cancers, because of their particular resistance to external factors and their ability to breed quickly.

To prepare tasty and healthy bread we will need: coarse flour, an oven with a grill and a new anti-stick frying pan, better a ceramic one, and parchment paper for baking.

## Whole coarse flour

You can buy whole coarse flour in various webstores. Or you can prepare it by yourself in 5 minutes:

Take any cereal: oats, barley, buckwheat, brown and wild rice, etc., and grind it in a blender for several minutes. We get wonderful coarse flour with a large fraction of split cereal (just what you need!). You can grind mixtures of cereals. And you can grind cereals once and then mix them as you wish during dough preparation.

Below you will see the principles of cooking wonderful, tasty, useful, light and quick, salt-free and yeast-free bread with low calorific value and low glycemic index (20–30).

## Recipe No. Br-1. Soft scone

1. We prepare the batter: mix 2 glasses (400 g) of coarse flour, 0.5 of glass (100 g) of fine-ground wheat flour, 50 g (2 table-spoonfuls) of offal and 2.5 glasses (600 ml) of warm water in a bowl, and leave it for 10 minutes. Before using, add water or flour to the batter to make it reach the consistency of gruel. Don't add salt!
  2. While the flour and cereal are soaking in the water, heat the anti-stick frying pan to a very high heat.
  3. Put the batter in the center of a frying pan with a spoon and distribute it with intense horizontal jerks on the frying pan. Fry the scone for 3–4 minutes on both sides.
- Put the ready-made scones in a stack.

## Recipe No. Br-2. Crisp scone

1. We prepare our “medium” batter: mix 2 glasses (400 g) of coarse flour, 0.5 of glass (100 g) of fine-ground wheat flour, 50 g (2 table-spoonfuls) of offal and 1.5–2 glasses (375–500 ml) of warm water in a bowl, and leave it for 20 minutes or more. Before using, add water or flour to the batter to make it reach the consistency of pizza batter or harder. Don't add salt!
  2. Roll the scones as thin as you can, until they collapse (I get about 6–8 mm) to equal the frying pan diameter.
  3. Fry the scones on a very hot dry frying pan on both sides. You can fry more to the state of semi-dried bread, or less to the state of a soft scone with a crisp crust.
- Place the ready-made scones in a stack.

## Recipe No. Br-3. Crisp crust bread

It's better to prepare the batter for crust bread in advance. Ideally, it should rest for at least 1 day. Make the batter using recipe No. Br-1, but add more water to make it reach the consistency of batter for pancakes. Don't add salt! Cover and leave it for several hours at room temperature. Then it can be stored in the fridge for a week, and if you need to store it for longer, divide it into portions and freeze it.

Before baking, correct the batter density: make it reach the consistency of home-made cottage cheese by adding any flour or dry oat-flakes.

1. Heat the oven to the maximum temperature.
2. Put baking paper on a baking sheet and sprinkle it heavily with oat-flakes and flour (you have to cover the paper with a few millimeters of flakes and flour). Coarse flour batter is not very plastic, so we roll it with our hands right on the baking sheet above the flake layers. Flakes and flour create a thin layer and don't allow the batter to stick to the paper. While rolling the batter, sprinkle it abundantly with flour and oat-flakes on top (you can also sprinkle it with sesame seeds, lin-seeds, sunflower, pumpkin, poppy, and other such seeds), as it doesn't stick to the hands and acquires a special taste. Make parallel grooves in the batter with a spoon or the fingers every 2–3 cm. The batter will bake better in this way, and it will be easier to break it.
3. Now the main thing! SWITCH THE OVEN TO THE UPPER GRILL and bake for about 15 minutes in the upper part of the oven closer to the grill spiral. This is very important! Yeast-free batter shouldn't be baked for a long time or it will become stone-hard. Intense fire quickly makes the crust, while the body remains soft.

The batter is soft inside and crisp outside. Delicious!

*You can cook bread using recipes No. Br-1–Br-3 in advance for many days. You can store the bread for a week in the fridge. You can freeze it to store for a longer period. Heat the bread in a dry frying pan on medium heat or in the oven before serving.*

## Recipe No. Br-4. Gluten-free bread

Without even knowing it, many people suffer from intolerance to gluten, a special protein contained in many cereals, especially wheat, oats, barley and rye.

After one DNS follower finished the active phase, the pimples on his face and back disappeared. He had tried to fight pimples for many years, and now they disappeared in 2 months. His joy

knew no bounds. But after he started the happy phase, pimples started to appear again, even though there were not so many of them. Having analyzed all the products added to the ration of the active phase, this person thought that the wheat was probably to blame. This product was 100% excluded from the ration in the active phase, and it was this product that appeared in considerable quantities during the happy phase, even though in the form of scones. Indeed, the articles analyzed proved that intolerance to gluten sometimes shows in the form of acne. A friend of mine switched to home-made scones from gluten-free flour (see below), and his pimples disappeared again. Thus the person finally resolved the problem that had persecuted him for many years.

Gluten-free bread is cooked in accordance with recipes No. Br-1–Br-3, but instead of wheat, oat, barley and rye flour we use flour from the following cereals: **rice, corn, buckwheat salt-bush (quinoa), millet, amaranth**, as well as flour from legumes: **lentils, peas, beans, chickpeas, soy, etc.**

### Recipe No. Br-5. Bread on fermented milk

We prepare it in the same way as recipes No. Br-1–Br-4, but we add fat-free kefir, matzoon or other cultured milk product.

### Recipe No. Br-6. Spinach bread (my favorite)

We prepare it in the same way as recipes No. Br-1–Br-4, but we add thinly cut (thawed, if you want) spinach. Hash the spinach in the blender and add the flour prepared in advance.

### Recipe No. Br-7. Scones with different tasty and wonderful additives

We prepare it in the same way as recipes No. Br-1–Br-4, but add the following to the batter:

- fresh dill, basil, green onions and other herbs,
- onions,
- garlic,
- dry curry mixture,

- taram masala, a mixture of Indian herbs (cumin, coriander, black pepper, chili, nutmeg, cloves, cardamom, fennel, etc.),
- sesame, linseed or other seeds,
- herbes de Provence and Italian herbs (thyme, marjoram, oregano, rosemary, etc.),
- Chinese/Japanese seaweeds.

Let your imagination run riot!

## Recipe No. Br-8. Legume scones

We prepare it in the same way as recipes No. Br-1–Br-4, but add flour of different legumes to the batter:

- peas,
- lentils,
- chickpeas,
- beans.

## Recipe No. Br-9. Sweet scones

We prepare it in the same way as recipes No. Br-1–Br-4, but add different, thinly cut fruit, raisins or dried fruit to the batter.

You can also add nuts, but keep in mind that dried fruit and nuts considerably increase the calorific value of the end product.

# Fish

## Recipe No. F-1. Fish as it comes

The variations of this recipe make up 80% of my lunches, and I never get tired of them! However, fish must be of good quality and not frozen if possible.

If the product is good, the main thing is not to spoil it, especially good fish. It is tasty by itself. It can be boiled, cooked by steam, baked, fried, after putting some herbs in the belly (dill,

basil, coriander, estragon, rosemary, etc.), and it's better not to add anything :) And if you steam-cook or bake it, you can put tomatoes, cut in slices, or lettuce leaves under it.

If you've just taken chilled (not frozen) fish from the fridge (that is, the fish has a temperature of about 4 °C), it has to be steam-cooked for 18 min.

## Recipe No.F-2. Bouillabaisse-fusion

Put some fish in the pan, add a lot of different vegetables, largely cut leaves of Chinese cabbage, ginger, tomato purée (if you wish), water (if you add a lot of water, you will get a soup, if you add little water, you will get a second course) and simmer for 18–25 min after bringing to the boil. Don't add salt or oil! The fish itself contains oil and salt. In the end, add some fresh cut herbs, crush half a clove of garlic and squeeze half a lemon. You can also add shell-on shrimp or barley or dried bread from recipe No. Br-2 or No. Br-4.

You can go on to experiment yourself by adding different ingredients. You can also add mussels and other seafood, tofu, seaweed, Chinese polyporus, shiitake mushrooms, hard shell macaroni, saffron, Indian and Thai spices. Attention! Don't use "wet" store bought oriental spices as they most often contain a lot of salt and overheated fats; use dry spice mixtures without salt instead.

## Recipe No. F-3. Fish cutlets (my favorite)

Mix fish fillet (if it was frozen, squeeze out the water) in a blender (without oil or salt) with coarse flour, offal, eggs and onions.

Make cutlets from the stuffing, roll them in flour or oat-flakes and fry them (without salt or oil) in a dry anti-stick frying pan or in a frying pan covered with parchment paper. You can also bake them in the oven or using the upper grill.

## Recipe No. F-4. Grilled salmon with tangerines and Polynesian sauce of Bora-Bora

(the dish I invented when we lived in the town of Portola Valley in California, in Silicon Valley, 15 minutes from Stanford)

If you have the Bora-Bora sauce — recipe No. S-13, this dish is cooked in 15 minutes. It's worse if you don't have a ready sauce, then you will have to go about its preparation a little bit, but then you will be able to prepare and freeze as much of it as you want.

Bora-Bora is my variation of tamarind sauce, prepared with a special Indian tamarind sauce. Tamarind paste can be bought on the Internet or in specialist stores for Chinese/Indian/Thai cuisine. After you prepare the Bora-Bora sauce using recipe No. S-13, go on to cooking fish.

Here I describe how to prepare a dish for two.

Switch on the upper grill in the oven.

Pour a quarter of a glass of water (or as much as you need to create a 5 mm layer) in a small baking pan, place 1–2 leaves of green lettuce (Chinese cabbage, iceberg or Romaine) or a handful of fresh spinach on the bottom. Place 400 g of salmon fillet or trout on top, with its skin down, in two pieces or one piece with a deep cut across for quicker frying and better soaking with sauce. For a special effect, remove the bones from the fillet first. This is done with the help of special pliers to remove fish bones which you can also buy on the Internet. Place 2 peeled tangerines, cut in cubes or slices, on the side of the fish. Pour Bora-Bora sauce on top of all that. First pour it on the fish, and put the rest on the tangerines and greenery.

Place the frying pan in the middle of the oven or a little closer to the upper grill and fry for 10–15 minutes, until the fish is almost ready. While the fish is preparing, cut the tangerine peel into thin long threads. As long and as thin as you can. Check the fish. To understand if it is ready or not, try breaking it in the thick part; if the meat is red only closer to the skin, it's time to take it out.

Place quarters of peeled walnut on top of the fish, 2–3 table-spoonfuls in total. Sprinkle it with threads of tangerine zest and return to the oven, this time very close to the upper grill, for 1–2 minutes. Don't go away from the oven; another minute and the nuts will burn!

Serve with boiled brown rice using recipe No. V-4. Sprinkle with cut fresh parsley before serving.

## Meat

### Recipe No. M-1. Fillet mignon and steaks

High-quality chilled beef sirloin at room temperature is cut across the fibers in 3–4 cm pieces and sprinkled with crushed black pepper. Meat is grilled (without salt or oil) for 1–2 minutes on each side in a very hot anti-stick frying pan or grill pan. If the anti-stick layer is not new, use parchment paper to cook.

It is better to check if the meat is ready with the help of a kitchen thermometer (I strongly recommend it) or by making a cut on one of the pieces (I don't recommend it as the juice may flow on the dry frying pan). If the meat is not fried enough, you can cook it in a very hot oven for 5–10 minutes until it is ready.

In the same way we prepare different steaks (Ribeye, New York, etc.), the difference is just in thickness of pieces and time of frying. Mercilessly cut off all visible fat before frying.

### Recipe No. M-2. Shish-kebab

Cut lean pork or beef sirloin into cubes sized 5x5 cm, sprinkle with crushed pepper and actively mash with onions cut into semi-circles (take a lot of onions! about 1/4–1/3 of the weight of the meat). Add a little water if the meat did not yield juice after being mashed with onions. Naturally, we don't add salt in our nutrition system.

The marinade is ready, and real connoisseurs do not add anything else to the marinade as the rest just spoils the taste of good meat. But if you really want to add something besides pepper and onion, the only thing you can use is dried red basil (also called blue basil).

After mashing, place the meat in the fridge for 12–24 hours. This is very important to let the onions marinate the meat.

Then remove the onions and roast the meat on coals, and if you have no coals, on a dry anti-stick frying pan, parchment, grill pan or on the upper grill in the oven.

### Recipe No. M-3. Baked meat

You can bake meat in foil in the oven, sprinkling it with pepper and stuffing with garlic and/or rosemary. You can bake it along with lettuce leaves or vegetables. The meat is very tasty if baked with couscous, pot barley or other crushed or whole cereals, adding turmeric for color or different dry spices for taste. Besides lettuce leaves, vegetables, cereals and spices you can add different fruit and vegetables. Don't be afraid to experiment!

Of course, we don't add salt and oil: there is a lot of fat even in lean meat. 250 g of lean meat may contain up to 50 g of fat, and unfortunately this is the harmful saturated fat, which our body, according to the WHO, does not require in any quantity.

I often get the following objections to that: “David, you say that meat does not contain unsaturated fats, so add some good olive oil to the dish!”

My friends! Don't forget that unsaturated fats are good in the quantity of up to 30 g a day, and everything above that is harmful. And, by the way, haven't you eaten this useful quota with fish today? You probably remember that 200 g of fish contains 20–40 g of fat. If you didn't eat fish today, would you like to preserve this “useful” quota for olive oil in the salad?

## Recipe No. M-4. Boiled meat

It's very tasty. And, they say, it's more useful than the variations below, as fat and many harmful substances remain in the broth. So many dieticians recommend mercilessly discarding the broth.

## Recipe M-5. Meat cutlets

Prepare them as usual cutlets, but don't use any salt or fat. Cook them in "our correct" way in a dry frying pan, on parchment paper or in the oven on the upper grill.

## Recipe No. M-6. Cabbage rolls, dolma with grape leaves, dolma in fruit and vegetables

I will not give the recipes of these delicious dishes, there are plenty of them on the Internet, and many of you at home can do it better than reputed chefs. Preserve the recipes you use, but a) don't use salt, b) use lean meat, and c) don't put oil or butter into the stuffing or in the pan. To avoid dryness, mix beef and chicken fillet.

Serve with "pah-pah" (it's when you carry an aromatic dish on your shoulder to your guests, dancing and saying "pah-pah-pah!"). Serve fat-free matzoon (curdled milk/kefir) as a sauce. If you are not going to an interview tomorrow, you can squash some garlic into the matzoon/kefir/curdled milk (matzoon with garlic is a classical sauce of Armenian cuisine which is good practically for any dishes: from salads, vegetables and cereals to fish, vegetable and meat cutlets).

## Poultry

While cooking, use poultry without the skin as 80% of the fat is contained in it.

Methods of cooking may be approximately the same as for meat (see above), including boiling, frying, shish-kebab, cutlets, baking, etc.

Most of all I like boiled chicken breast or shish-kebab of turkey fillet. You can use onions or something else to marinate poultry. The meat is very tender if marinated in cultivated milk (fat-free) drinks: kefir, curdled milk, matzoon. And you can also marinate meat in Indian spices.

I would separately note cereal with chicken — the Armenian dish called arisa.

### **Recipe No. P-1. Arisa**

Chicken is boiled and the meat is separated from the bones and cut into pieces. Put wheat grits, soaked in water beforehand, into the boiling chicken broth (after removal of fat) and boil pieces of chicken on a medium heat. Actively stir the thickened grits from time to time and continue boiling until the contents turn into a homogeneous viscous mass.

You can use oats or even oat-flakes instead of wheat grits.

## **Vegetables, cereals, dishes of legumes, side dishes**

**Vegetables are good in any form.**

All useful ways of cooking are good.

I like most of all undercooked, a little crisp steam-cooked vegetables (al dente) or fresh vegetables as it's easier to cook them and, in my opinion, they taste better.

### **Recipe No. V-1. Spinach plays a special role in my everyday ration**

It's surprisingly delicious and useful if you take fresh or frozen spinach, put it on a frying pan with some water, add some tomatoes, tomato purée and eggs in any composition if you wish.

This dish is served with matzoon (kefir/curdled milk) in the form of a side dish or as a main course (if you put in more eggs).

## Recipe No. V-2. You can prepare many dishes with beans and lentils

The easiest thing is lobio-like dishes: the beans are soaked, then boiled (till they almost disintegrate). Add onions, cut into semi-circles, 10 min before readiness. Add some water so that it would be almost absorbed by the beans by the end of boiling. Then the mass is mashed with rolling pin a little bit. The dish is ready. If you wish, add slightly grated walnuts and garlic at the end.

Lentils are cooked in a similar way, but they do not have to be mashed; they boil into porridge themselves, so mind not to over-cook them. I don't add garlic or nuts to lentils, but while boiling I sometimes add some tomato purée, some tomatoes, coriander, and some dry Indian spices (curry, garam masala, etc.) as you wish.

## Recipe No. V-3. Tofu

Tofu is soy cottage cheese, a useful and tasty product, with a high protein content, with little fat and few calories. Even though people who like Tofu (and it's over a quarter of the world's population) sincerely consider it tasty, Tofu itself, paradoxical though it may sound, has a very plain taste. But Tofu can emphasize the tastes around it, and this is its specific characteristic. As a result, for over 2 thousand years Tofu has been a material for the endless fancies of legendary chefs not only in China but also all over the world.

You can buy Tofu on the Internet or specialist stores for Chinese/Indian/Thai cuisine, and it has also begun to appear in Russian retail chains. However, remember to buy only Tofu of non-Russian production, as the product I bought in transparent packages with the inscription "Tofu soy cottage cheese" could put any person off eating it once and for all.

The consistency of Tofu can vary: from soft and jelly-like, medium (like a white of a boiled egg), to hard, really similar to cheese.

I'll give just one of the simplest recipes with Tofu, and you can find others on websites and in books and get pleasure from experimenting.

So, Tofu with garlic, green onions and soy sauce. Cut middle or soft Tofu in cubes sized 1x1 cm and put them in a tea bowl. Sprinkle with chopped garlic on top (1 clove) and green onions. Sprinkle with a little bit of... soy sauce. Yes, yes... soy sauce is salty. Don't worry, sometimes you can eat it. If you could turn away from sausage and tinned food, if you eat cheese rarely, with wine and in the smallest quantities, and if you replaced store bought bread with salt-free home-made scones, believe me, you can eat a teaspoonful of soy sauce a few times a week :) But it's desirable not to do it during the active phase.

### **Recipe No. V-4. I like undercooked cereals**

Cereals cooked in water without any salt, butter, sugar or any spices, are a good alternative to bread. They stunningly shade the taste of the main course and look beautiful on the plate.

Take any cereal: barley, oats, brown or wild rice, buckwheat, untreated wheat, wash it, put into water (2 parts of water per 1 part of cereal) and cook it under cover. Without salt, butter or anything else. After it begins to boil, reduce the fire and cook it for about 7–10 minutes without stirring. Put it off from the stove and start laying the table. By the time the table is laid, the cereal will absorb the rest of the water and will turn into a wonderful dish.

## **Breakfasts, afternoon luncheons and light dinners**

### **Recipe No. B-1. Fried eggs, muffins, baked puddings, pies and other dishes**

You can prepare all the favorite and familiar dishes without fat, butter or salt. And by the end of the active phase they will become as tasty as before! Fried eggs, gruel, omelette, potato flapjacks, cottage-cheese pancakes, muffins, baked puddings and

almost everything, which made up your usual ration before, can be cooked on dry anti-stick frying pan without oil or on parchment paper, or baked on the baking sheet in the oven with the upper grill.

Use coarse flour of barley, oats or offal for potato flapjacks, cottage-cheese pancakes and muffins during the active phase (and I think you will wish to continue with that).

### **Recipe No. B-2. Potato flapjacks**

I advise you to make potato flapjacks not of potatoes but of other vegetables — broccoli, cauliflower, carrots, beet.

### **Recipe No. B-3. Cottage-cheese pancakes**

We prepare cottage-cheese pancakes out of fat-free cottage cheese, and use fruit, raisins and other dried fruit instead of sugar. Add some honey after the active phase.

### **Recipe No. B-4. Pies**

We can prepare stuffed pies using the batter in recipes No. Br-2–Br-4. For stuffing we can use traditional stewed cabbage (in water, no oil or salt), onions and green onions, cottage cheese, dill, eggs, meat, fish.

## Soups

### **Recipe No. So-1. Vegetable and fish soups, cream soups, borsch, cabbage soup, rassolnik, minestrone, fish soup, Mediterranean tomato fish soup, bouillabaisse, beans, lens, pea soup**

We prepare soups as usual, but without any salt or oil. They may include all traditional soups: borsch, cabbage soup, rassolnik (rassolnik without salt or pickled cucumbers, isn't it funny? :) Taste it, it's delicious!), minestrone, fish soup, Mediterranean tomato fish soup, bouillabaisse, cream soups (made of pumpkin, courgette, broccoli or cauliflower, but we add soy milk instead of fatty cream), beans, lens or pea soups. You can also experiment a lot with Chinese, Thai, Indian, Japanese products combined with fish, seafood, oriental mushrooms and Tofu, but don't use too much of soy sauce, especially in the active phase.

## Salads

### **Recipe No. Sa-1. Iceberg salad. Just iceberg**

Now the main salad for me is iceberg salad. Just iceberg. Wash the leaves with cold water, tear them by hands or cut them into large pieces and serve. With nothing added. There is nothing tastier! Without vinegar or olive oil. Cool leaves crunch pleasantly in the mouth and give their moisture and freshness. It seems to me that even the most expensive and the oldest balsamic vinegar and the most aromatic Extra Virgin oil will only conceal the real taste of good fresh salad. Though sometimes, after you pass the active phase, you can add a few drops of olive oil.

## **Recipe No. Sa-2. Mixed salad**

However, if you want diversity, you can first of all mix different kinds of lettuce (iceberg, corn salad, water cress, wood-lettuce, radicchio, romaine, arugula, chicory, endive, spinach, beet leaves, celery leaves, green basil, etc.), and secondly, salad can be dressed with balsamic vinegar, lemon juice, fat-free matzoon (curdled milk/kefir), fruit and berry sauces. And remember, we don't add olive oil during the active phase, as, firstly, it is very rich in calories, and secondly, we want to learn to love non-fatty food.

## **Recipe No. Sa-3. Mixed salad with vegetables**

If you wish, you can add fresh vegetables to green salads (cherry tomatoes, pepper, cucumbers, grated raw carrots, radish, kohlrabi), this is quite traditional.

## **Recipe No. Sa-4. Mixed salad with fruit**

You can also add fresh fruit to fresh salad: peeled and cut oranges, peach, nectarine, pear, plum, grapes without pits; some kinds of apples will also be good.

## **Recipe No. Sa-5. Salad of warm beet with arugula and garlic**

Boil beet and cut it into cubes. While the beet is still warm, add some chopped garlic, arugula leaves and fat-free home-made cottage cheese. Dress the mixture with lemon juice. Serve warm. If you wish. Add a little of narsharab pomegranate sauce after serving.

The warm sweet taste of beet contrasts with the sour lemon, spicy garlic and spicy taste of arugula. Try!

## Sauces, spices, dressings

Use non-fatty and salt-free sauces and dressings. We can prepare some by ourselves, and some are sold ready-made. I'll also call them recipes for uniformity's sake.

### Recipe No. S-1. Fat-free cultivated milk product

Fat-free matzoon, curdled milk, kefir or natural yoghurt without additives. Don't confuse it with fruit yoghurts in small plastic packages, read the amount of chemicals contained in them and make conclusions. Natural yoghurt should not include any other ingredients besides fat-free milk, live yoghurt cultures and, probably, a few vitamins. This sauce suits almost all dishes: raw and boiled vegetables, fish, chicken meat, cutlets, potato flapjacks, salads, soups (instead of sour cream), desserts.

### Recipe No. S-2. Matzoon with garlic

Add grated garlic to fat-free matzoon (curdled milk/kefir). It's good for all dishes except for desserts.

### Recipe No. S-3. Wasabi

Wasabi. Suits almost everything, but especially fish and vegetables.

### Recipe No. S-4. Tomato sauce

If you buy it, make sure it does not contain salt. You can prepare it yourself: cut tomatoes into small cubes, stew it with onions, basil, herbes de Provence. Allow it to reach the consistency of a sauce. You can add some lemon juice if the sauce is not sour enough. You can keep it in the fridge for up to a week or freeze some for the future.

## **Recipe No. S-5. Lemon juice and lime juice**

Use lemon or lime juice as a dressing for salads and a sauce for fish and vegetables.

## **Recipe No. S-6. Vinegars**

Different kinds of vinegars (balsamic, grape, apple, rice, etc.) suit perfectly to replace salt in salads, vegetables and many other dishes.

## **Recipe No. S-7. Mustard and horse radish**

Don't forget about traditional mustard and horse radish.

## **Recipe No. S-8. Different mixtures of sauces based on mustard**

You can prepare interesting mixtures of mustard and tomato juice. Mustard and vinegar. Mustard and lemon juice. Mustard, tomato juice, balsamic vinegar, sugar or honey. Dijon mustard is the best for such mixtures. Experiment!

## **Recipe No. S-9. Fruit sauces**

Sweet, sour and sour-sweet sauces can be prepared of various fruit and berries. They are cooked in a simple way: flesh of fruit and berries (you can use plums, peaches, apricots, cherries, soft pears, apples, gooseberry, bilberry, currants, raspberries, strawberries, sandthorn and others in different combinations) is stewed in water on the frying pan until it reaches the desired consistency. You can correct the taste of the sauce by adding lemon juice and/or sugar/honey. To make it look better, you can process the cold sauce using a blender or pass it through a metal sieve. Serve with the main courses. You can leave a little in the fridge for the nearest week, and put the rest into small plastic containers, sign and freeze them. Then thaw as much as you need.

## Recipe No. S-10. Tkemali and narsharab sauces

Out of ready-made fruit and berry sauces I would like to note tkemali (sauce of sour plums) and narsharab pomegranate sauce (however, it's very rich in calories).

## Recipe No. S-11. Houmous

Houmous is a delicious dish of Middle-East cuisine. Houmous is eaten as a dish or used as a sauce for vegetable or fish dishes.

Today you can buy ready-made houmous in many retail networks. However, ready-made houmous contains salt and quite a lot of oil. So I don't recommend eating it too often, especially during the active phase.

You can prepare salt-free and less calorific houmous by yourself.

Presoak 1 glass of dry chickpea beans for a night. Before putting it on intense fire, pour out the water, add some fresh water and, when it boils, take off the foam and let it boil for 15 minutes. Pour out the first broth, pour fresh water and boil it on slight fire under cover until peas become soft (at least 2 hours).

Crush 3 cloves of garlic in the blender, squeeze 1 lemon, add the boiled peas and a little broth, so that the ingredients would grind well and reach the consistency of thick semolina. If you want something very special, pass the resulting mass through a metal sieve to get a homogeneous cream-like mass.

If you wish, add coriander, paprika, black pepper, roasted pine nuts or walnuts.

## Recipe No. S-12. Curry sauce

Sometimes you can buy and use curry and tom yam sauces. However, don't use them very often, especially in the active phase, as industrial sauces are prepared with the use of fried fats of unknown origin and a lot of salt.

It's better to prepare your own curry sauce without any salt or overheated oil.

For this, crush 2 cloves of garlic and 0.5 onion using a blender. Add 2–3 tablespoonfuls of dry green or red curry mixture (you can buy it on the Internet or in specialist stores for Chinese / Indian / Thai cuisine), 1 tablespoonful of honey (or sugar), juice from half a lemon, several tablespoonfuls of water. Mix everything in the blender for some more time.

Put 2–3 tablespoonfuls of sesame seeds and a few cloves on a hot dry anti-stick frying pan. Fry the seeds to a golden color and, if you like coconut, add a tablespoonful of coconut flakes.

Then, without delay to prevent sesame seed from burning, put the mass from the blender on the frying pan and make it boil. If the sauce is too thick, add some more water. After the sauce cools down, its consistency should be like that of a cream soup. Taste it. The sauce must be spicy enough, and sweet, and sour at the same time. If necessary, add some more lemon juice, honey (or sugar), dry curry mixture or water.

If you like this sauce, cook a little more next time and freeze a part in plastic bottles (to avoid breaking). Sign them, or you will not remember what is what in a month.

### **Recipe No. S-13 Curry sauce with coconut milk**

Prepare a curry sauce using Recipe No. S-10, but add coconut milk instead of water. You can buy coconut milk on the Internet or in specialist stores for Chinese / Indian / Thai cuisine, and also in Seventh , Spar, ABC of Taste, Globus-Gourmet networks, etc.

### **Recipe No. S-14. Bora-Bora tamarind sauce**

The story of this sauce is given in Recipe No. F-4.

Tamarind is a special Indian date. You can buy tamarind paste on the Internet or in specialist stores for Chinese / Indian / Thai cuisine.

Take 2 cloves of garlic, 1 Spanish garlic, hot chili (if you wish) and crush it in a blender. Add 2–3 tablespoonfuls of tamarind paste, 1–2 tablespoonfuls of honey (or sugar), 2 tablespoonfuls of Thai fish sauce (sold in the same places as tamarind paste), a tablespoonful of orange zest, and several tablespoonfuls of water.

Mix all that in the blender, and then put it on the frying pan and make it boil. If the sauce is too thick, add some more water. The consistency of a cold sauce must be like that of thin jam. Taste it. The sauce must be sweet, sour and spicy. If necessary, add more tamarind sauce, honey (or sugar), fish sauce, chili pepper or water.

If you like this sauce, cook a little more next time and freeze some in plastic bottles (to avoid breaking). Sign them, or you will not remember what is what in a month.

### **Recipe No. S-15. Soy sauce thinned down with water, lemon juice or vinegar**

If you really managed to radically reduce the amount of consumed salt, you can sometimes add thinned down soy sauce in dishes. As said in the name, you can thin down the soy sauce with water, lemon juice, wine, rice or apple vinegar. You can also add crushed hot pepper or garlic in the sauce.

However, I strongly recommend you not to use this sauce during the active phase as the main task of the active phase is to dishabituate our receptors from 4 tastes. And any attempt to add salt to food during the active phase is like the behavior of a smoker attempting to give up, when he sometimes smokes in the toilet secretly from his household members.

# Desserts

## Recipe No. D-1. Fruit and cottage cheese tale

Take an ice-cream bowl with the volume of 200 ml and put the following layers in it:

- a tablespoonful of cold barley grain cooked al dente in water,
- 2 tablespoonfuls of fruit cut in cubes (nectarine, peach, pear, or others),
- a little of muesli or other oat-flakes,
- 2 tablespoonfuls of fat-free crumbly cottage cheese,
- crisp offal,
- a tablespoonful of fat-free matzoon (kefir/curdled milk),
- pitted and dried apricots and prunes, cut into small sticks, a few raisins.

You can add a teaspoonful of crisp cornflakes. Stick a square of thin yeast-free scones, like Finn Crisp, on top of the dessert at an angle.

## Recipe No. D-2. Fruit sherbet

We prepare fruit sherbet without adding sugar. For this, cut the flesh of different fruit and berries (peaches, nectarines, pears, apples, bananas, pineapples, strawberries, etc.) into cubes. Stew the hard fruits (apples, pears) in a little bit of water for some minutes, then mix the mass you get with soft fruit and berries and crush in a blender to make homogeneous mashed fruit. If it's thin, add some bananas. You can also add some lemon juice if you like. Freeze the mixture in a cream freezer, if you have one, and if you don't have one, put the mass in a metal pan in the freezer, but take it out from time to time (once in 15 min) and stir it actively, until it turns into fruit ice-cream.

You can also make such ice-cream on sticks. For this, pour the fruit mass, prepared using this recipe, into shots (for vodka), stick wooden planks into the mass (you can cut wooden skewers for shish-kebab into pieces) and put it in the freezer. When the

mass jellifies, heat the shots under a stream of water and take out a ready-made fruit ice-cream on stick (without sugar, preservatives, colorants, thickeners, enhancers or other destroyers!!!).

### **Recipe No. D-3. Parboiled nectarines in red wine with nutmeg pineapple sherbet**

This is my simplified modification of a wonderful dessert served in Cipriani Restaurant on 5th Avenue in New York, this is between street 59 and 60, just opposite the Central Park.

Prepare a sherbet of pineapples (using Recipe No. D-2), and add a few pinches of ground nutmeg before freezing the fruit mass.

Peel 2–3 nectarines, separate flesh and pits and cut them into beautiful slices. Heat 150 ml of red wine, 2 tablespoonfuls of lavender honey and a few cloves in a small roasting pan. Dip the prepared nectarine slices in the roasting pan and boil for 3–5 minutes.

Serve in a large white plate. Put warm nectarines in a stack in the center of the plate, pour them with sauce out of the roasting pan, put a ball of frozen sherbet on top, sprinkle with a teaspoonful of just roasted nutmeg petals (nutmeg cut into petals) and decorate it with a leaf of mint. And if you are in the happy phase, add a ball of pistachio ice cream.

### **Recipe No. D-4. Pears in red wine with nutmeg by Bernard Chatton**

You will need 3 pears, 0.5 l of dry red wine, 70 g of honey, 100 g of fresh peeled nutmeg, 0.5 of vanilla pod, 0.5 of clove, 2 clove buds, 2 black pepper seeds.

Peel the pears, cut into halves and pit them. Carefully cut the pear halves to the middle in parallel blocks, put into acidified cold water to prevent from getting dark. Cut a vanilla pod along, remove the pits with a knife. Mix wine, honey, nutmeg (leave 10 nuts for decoration) 0.5 of a vanilla pod, vanilla seeds and all the other spices (cinnamon, cloves, black pepper) in a roasting pan. Put pears in the prepared aromatic mixture, and boil for

30 minutes on the smallest fire. Then take out the pears and boil the wine for 45 more minutes, then sift the syrup and put back the boiled nutmeg into it.

Serve the pears warm, sprinkled with syrup with nutmeg. Decorate with the remaining fresh nuts on top.

## **Recipe No. D-5. Apples baked with cinnamon, with blazing banana and strawberry cognac sherbet**

Prepare a sherbet of bananas and strawberry (using Recipe No. D-2), adding 1–2 tablespoonfuls of cognac in the fruit mass before freezing.

For the main part of the dessert, you will need 3 eggs, 50 g of honey, 1/3 glass of wheat or barley coarse flour, a tablespoonful of offal, 2–3 big apples, cinnamon, cognac.

Peel and pit the apples, cut them into 1 cm cubes, put into the bowl, sprinkle with lemon juice a little (to prevent from getting dark).

Break eggs into a bowl and mix into a bold foam. Without stopping the stirring, pour the honey little by little and stop stirring. Add flour and offal into the egg mass and mix it carefully using a tablespoon. Then add apples, cinnamon and stir again. Bake the obtained mixture in liners.

If you don't have ready-made baking liners, you can make them yourself. For this, take a large sheet of foil, cover it with a sheet of parchment paper, then form 4 grooves (for 4 portions) sized like a small ice-cream bowl. Sprinkle a little flour on the liner, fill the grooves with the prepared dough with apples and bake at a temperature of 180 °C for about 25–30 minutes. Let the baking cool a little (up to 50 °C), and then make portions: put each portion in the center of a plate, put a ball of sherbet on top and — the most spectacular thing — switch off the lights in the room, sprinkle each portion with 10 g of warmed cognac, burn the cognac and serve at once. It's very beautiful and delicious! (But be careful not to burn hair or tablecloth!)

## Recipe No. D-6. Black chocolate

Just 85% black chocolate. 10 g twice a day. It will replace all the desserts above. But there's one thing: eat correctly, in small pieces, licking your lips, sucking every piece and dissolving it on the tongue. Learn to eat these 10 g (one square) for about 5 minutes. Then you will really learn to feel the taste of black chocolate, and 20 g a day will be more than enough.

## Drinks

### Recipe No. Dr-1. Water

This is our main drink, the most desirable and delicious! A glass before meals, a glass during meals, a glass after the meal and/or between meals if you feel hungry. (This is not a misprint. We drink if we feel hungry between meals.)

### Recipe No. Dr-2. Fresh vegetable juices

Carrot, tomato, beet and pumpkin juices — take them as part of your food, not drinks, as they are quite rich in calories.

Juices of fresh cabbage, cucumbers and celery may sometimes find their lovers.

### Recipe No. Dr-3. Fresh fruit juices

Most fruit juices are very rich in calories. So take them as part of your food, not drinks.

### Recipe No. Dr-4. Fruit and berry drinks, compotes without sugar

Make a fruit drink / compote without sugar. Before serving, thin it down with cold water in 1:1 proportion. You get a sour-sweet drink, a little colored, with a bit of fruit. We call it “colored

water” in our family. If you still haven't got used to drinking water during meals, drink this thinned non-sweet natural fruit drink / compote.

## Recipe No. Dr-5. Soy milk

Soy milk is a wonderful useful drink. The only problem is that I haven't found any pure soy milk without any additives, sugar or salt in Russian retail chains. If you find the soy milk whose package will mention only two ingredients, genetically non-modified soy beans and water, take it.

Otherwise, you can make soy milk out of soy beans at home in 15 minutes using a special small device. If you wish, you can buy this device on the Internet.

It is called a “soy milk machine”. By the way, this device can make not only soy but also rice, nut, oat and bean milk! Personally I prefer the milk made from the mixture of beans and soybeans.

## Coffee and tea

Espresso and ristretto coffee. Cappuccino (better with low-fat or soy milk). Green tea. Everything without sugar.

## Wine

Quality dry wine is great.

If you like brighter tastes, this is the New World: New Zealand, Australia, Chili, Argentina, South Africa, etc. If you prefer pastel shades, it's France or Italy. Californian wines occupy a special place. If you are going to buy a new wine, pay attention to the proof. I practically haven't seen dry red wine with percentage of alcohol below 14%. If it contains 11–12% of alcohol, this is surely a cheap table wine.

I asked Lesha Blokhin, my neighbor in the country house community, partner in some businesses, my fellow student at MFTI, founder of “Sofa Color” furniture network and a great lover and connoisseur of wines to name one not very expensive wine in each main region. He named the wines he remembered: Marrenon “Orca” Vieilles Vignes, Côtes du Ventoux (France), Bolla Soave Tufaie (Italy), Elderton Barossa Shiraz (Australia), Villa Maria Sauvignon Blanc (New Zealand), Simonsig Pinotage (South Africa), Thomas Fogarty Pinot Noir (USA, California). As we drank these wines together, I confirm that these are great wines in the mid price range, and some of them are just wonderful depending on the year of production.

But keep in mind that a glass of dry wine contains about 100 kcal. So don’t have too much in the active phase.

And think twice about cheese which goes so well with wine... Cheese is a surprisingly tasty product, especially old one, with fungus. But, unfortunately, 50% of it is made up by saturated fat and 5% of salt. That is, a matchbox-sized piece contains 20 g of fat and 2 g of salt.

If you drink a really good wine and you have a really good cheese in front of you, do as follows: put a teaspoon-sized piece of cheese on the plate, take a little off this piece and savor in your mouth during the evening. Don’t smile when you read these lines, it really works. It’s enough to savor just a few crumbs in your mouth to attenuate the taste of wine and feel all the shades of cheese taste.

## Hard drinks

I like good cognac. Old single-malted Irish whisky is great. Dark rum and calvados make your eyes sparkle.

Get to love right low-calorie food, and you will be allowed to have 50 g of your favorite hard drink in the evening before going to sleep (this is the 20 g of alcohol allowed by the WHO), and you can have even more on a Friday evening without any undesirable consequences.

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**There are four types of food products** that we consume with great pleasure, and we also teach our children to eat them from their infant years. However, not many of us know that eating these four products in the average consumed volume, according to the statistics for developed countries, greatly increases the **risk of stroke, infarction, a number of cancers and obesity**.

**So what are these four products?** How do we overcome dependence on these products? How do we prevent our children from developing this activity? How do we get to love healthy food?

This is what David Yang's book is all about. The author gives nutrition recommendations from the World Health Organization (WHO) which prove the destructive influence of several types of products on human health. It is of special interest how this physicist treats nutritional matters. The author is not used to accepting the opinions of others as true until he finds satisfactory evidence and experimental confirmations proven by time.

**The book describes a special nutrition system** (the author jokingly calls it "DNS" — "David's Nutrition System"), which helps rid us of harmful food habits once and for all and, as a result, lose weight and improve our health.



The book contains the following useful information:

- **10 healthy nutrition rules** in the DNS version,
- **12 useful methods for useful heat treatment for food**,
- **dozens of tasty and healthy recipes** for home-made yeast- and salt-free bread with a low glycemic index,
- **tables, diagrams and references** to original sources.

David Yang holds a PhD in physics and mathematics, laureate of the Russian Government Award for science and technology, a Russian entrepreneur, founder of ABBYY and co-author of ABBYYLingvo and ABBYYFineReader programs, used by over 30 million people in 130 countries. David Yang is the co-author of ATAPY, iiko companies, the restaurants FAQ-Café, ArteFAQ, Squat, Grimm Sisters, DeFAQto and others.



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