

## OFFSETTING

### PRE DAY OFFSETS

These are to be used the day before you know you are going to pig out, so the day before Christmas Day. On this day we are going to do a modified fast throwing in a few little extras which will really encourage the body to burn fat for fuel.

Upon waking take a dose (whatever it says on the bottle) of Coq10 and L-Carnitine with GBB and 1 tablespoon of high EPA Omega 3 oil. These will really help with fatty acid transport ensuring your body favours burning fat rather than glucose or protein.

Do not eat. Repeat this at lunch, ***including the not eating part!***

Then for dinner have a meal replacement of 25g of organic flavourless whey protein mixed with 6 ounces of fresh orange juice (again this will really help with fat oxidation). Done and dusted, enjoy a guilt free next day!

### PRE MEAL OFFSETS

About 30 mins to eating a meal we know is a bit dodgy we are going to offset it by having a high energy dense snack, this will have several effects:

- Lower the "Area Under the Curve", this is a fancy way of saying you will have a slower, longer, lower spike in glucose as opposed to a rapid spike straight after eating.
- Counter the negative gut bacteria response
- Reduce the total calories absorbed
- Impair enzymes (so fat, glucose and toxins are not absorbed)
- Increase thermogenesis, ie get hot

In a nutshell what we are doing here is delaying the distribution of energy over time, which if you think about it is everything. Imagine if we could delay the distribution of energy. If you could eat one meal and then have enough energy to not eat for 3 days...do you think you'd lose weight? Now this isn't advisable (and probably for those periods of time not desirable but you get the idea). This will also drive the early onset of fullness, so you'll eat less at the main meal.

Some examples:

- Small handful of nuts
- Small handful of olives
- Half an avocado
- An egg
- A slice or 2 of cheese
- Half a cold potato (cold for at least 15 mins)
- A spoonful of dried oats (this could be mixed with greek yogurt)
- A small handful of berries

Just have one of them 30 mins before a meal.

### DURING MEAL OFFSETS

This one's really cool, as it simply involves changing the order in which you eat your foods.

Protein first  
Then veggies  
Then fat  
Then carbs

This makes sense when you think about it as it's the carbs which will spike your glucose the most so by cushioning it by eating all the other stuff first we can massively reduce the spike. If you can't do that then just increase the amount of protein in whatever it is that you shouldn't be eating. So if you're eating pizza, have extra chicken or spicy pork etc. Again doing this will extend and slow the post meal insulin spike, leading to less fat gain.

### POST MEAL OFFSETS

So you've eaten something you shouldn't, so your partner appears one night with a pizza, rather than turn it down just do some of these things afterwards. One of the biggest and most overlooked aspects of eating dodgy food is its affect on your gut bacteria:

Bad food = Bad gut bacteria = bad gas and weight gain.

Luckily for us this is one of the easiest and most powerful offsets. Some simple hacks post bad food:

### **Asparagus**

At bedtime eat 5-7 stalks of asparagus (or any other pre biotic). This ensures that the last thing in the gut is something which will drive night time fermentation back in the right direction as you're not starving out the commensals with bad food.

### **Phenols**

Have a handful of red or black berries or even better some red phenol powder straight after the meal. This will impair carb enzymes (a bit) but more importantly provide food for your commensal bacteria in much the same as asparagus. As a word of warning, do not do this at bedtime as it can get a little too energetic and may be hard to sleep.

### **Low Fat Cheese**

Use your common sense with this one, do not do after eating a pizza covered in cheese for example! Doing this massively helps fat oxidation whilst sleeping.

Now some really potent hacks which are often overlooked for their simplicity are:

### **Go For A Walk!**

After a bad meal go for a 15min walk. This pulls glucose from the serum into muscles and means you store less fat.

### **Lie Down!!**

When your body is in a vertical position it speeds up digestion and gastric emptying. So by lying down we can slow both of these down which means less weight gain. The bonus of these last 2 is you can combine them with the ones above to amplify the effects.

### **NEXT DAY OFFSETS**

So to understand this we have to understand: The 5 Hour Offset Block. Why 5 hours? Because normally when we fall off the wagon it's a 5 hour block (think of your average Friday night) so the simplest way to offset it, is do a 5 hour offset. This couldn't be more simple, just fast till noon (ie for 5 hours) the next day...this is your offset.

### **COMBINING OFFSETS**

Now the true power of these is when you start to combine them. So if you ate pizza and ice cream, which is just about the worst thing I can imagine for fat gain. You could, 30 mins before the meal, have a handful of nuts, then load up the pizza with chicken or your favourite protein based topping, then have a handful of berries as you go for a quick walk. That evening have 5 - 7 asparagus stalks and then fast till noon the next morning...Boom ZERO weight gain!

### **MICRO BIOME RESET**

Leave at least 3 hours between meals and do not eat 3 hours before bed.  
You may drink water, tea and coffee (all black) nothing else.

#### **Day 1**

Green banana's (you should be able to peel them but have to chew them quite a lot), Grapefruit

- Every meal eat 2 bananas for every grapefruit you eat. Make sure you eat the grapefruit flesh... not just the juice.
- You can eat as much as you like at each sitting just ensure to maintain the ratio of 2 bananas for every 1 grapefruit.

#### **Day 2**

Strawberries, blackberries, blue berries, raspberries, walnuts

- Every meal eat up to 500g of 1 of the berries (do not mix the berries within the meal itself, so don't for meal 1 have strawberries and blueberries but it is fine to have strawberries for meal 1 and then blueberries for meal 2).
- Add 25g of Walnuts to each meal.

#### **Day 3**

Lean protein (grass fed steak is best but any lean protein will suffice) Sweet Potato, Plantain, Yuca

- You can eat as much as you like each meal but be sure to maintain the ratio of 1 fist of protein to every 2 fists of carbs.
- Ensure you let the carbs cool for at least 15 mins, this allows the resistant starch within them to change to the type which your bugs love the best!

### **FUNCTIONAL FOODS**

- Cold Potato
- Green beans
- Asparagus
- Legumes (cold)
- Plantain/Yuca
- Berries
- Dry oats

- Onions

## **ALCOHOL**

Just a reminder alcohol is never good for you, what we have here is a list of the least bad!

When choosing alcohol purity matters, while the alcohol itself is bad for you the chemicals it is normally mixed with are just as bad if not worse, so you can mitigate a lot of the ill effects of booze simply by cutting out these chemicals. Below is a list of drinks in their order of preference as regards purity:

High quality booze will generally be purer than cheap brands.

### **Best of the bad**

Tequila (golden is best)

Vodka

Gin (but beware even pure this will give wicked hangovers)

### **Middle of the line**

Brown Spirits . Rum, Brandy, Whiskey etc.

### **Bottom of the pile**

Beer, Wine, Flavoured alcohol drinks.

If you can mix them with freshly squeezed lime or lemon this will help to break down the alcohol.

### **Supplements**

**Milk Thistle** - Take this whilst you are drinking, I normally try to have a glass of water with this in for every drink.

**Brewers Yeast** - Take this before a night of drinking