HOW TO CREATE A LEANER, HEALTHIER BODY
and
A HEALTHIER LIFE

We cause most of our serious diseases with our knives, forks and spoons:

- Obesity
- Clogged arteries -> heart attacks & strokes
- Cancers of breast, prostate & colon
- High blood pressure
- Type 2 Diabetes
- Erectile dysfunction
- Fibroids
- (many cases of) asthma, migraines, psoriasis, acne, inflammatory arthritis, colitis, Crohn’s disease, diverticulosis have a common root: the Standard Western Diet heavy with processed foods and fiberless animal products, namely, meats, dairy, oils, flour products and refined sugars. This the wrong fuel for our systems, like putting diesel fuel (kerosene) in a gasoline-burning engine. No wonder we become obese, clogged up, diabetic oxidized, malnourished and inflamed.

We have basically the same digestive system as our simian cousins, the gorillas and bonobos, and are built to digest a high-fiber, plant-based diet. All the above diseases usually improve markedly - and most resolve completely - with a whole-food, plant-based food stream!

MAKE A MOVE! - EAT HEALTHIER!

The more vegetables you eat, the healthier you are going to be.
Plant-based meals are easy, delicious, filling, and guilt-free.

IF YOU NEED TO LOSE WEIGHT, REALIZE THAT FOUR FOODS ARE KEEPING YOU HEAVY and UNHEALTHY:

1. DAIRY PRODUCTS - Cows milk is made to blow up a baby calf into a 700 pound cow. You are not a baby calf. You wouldn’t pour dog milk or rat milk on your cereal. Why cow milk? Use plant “milks” from almond, rice, soy, hemp, oat, etc.
2. VEGETABLE OILS - They are liquid fat in a bottle that keep you heavy and injure your artery walls. Stir-fry in vegetable broth and make blender salad dressings without oil.
3. FLOUR PRODUCTS - baked goods, pastries, most breads are fat/sugar combinations that stick to you.
4. ANIMAL FLESH - meats of all kinds increase IGF-1 and insulin levels, which drive fat storage, cancer growth and inflammation. Fish are seriously contaminated with mercury and pesticides.

FOR WEIGHT LOSS: ESPECIALLY avoid the fat/sugar combo - you will burn the sugar and store the fat! Examples: Oil on pasta, nut butter and jelly sandwich, eggs and toast, steak and mashed potatoes, cheeseburger on a bun, donuts, ice cream, pizza, all baked goods - fat and sugar combos, all.

AVOID EATING AFTER 7 OR 8 P.M. AND PUT BREAKFAST OFF AS LONG AS YOU CAN - TILL NOON IF POSSIBLE. TRY TO CONFOINE YOUR EATING TO A 6 - 8 HOUR WINDOW OF TIME.
BASIC HEALTHY-EATING GUIDE

BREAKFAST: Fruit – with or without porridge (or “Water Till Hungry”)

LUNCH AND DINNER: “4 S’s - “Salad – Soup – Steamed Greens - Starches”

SALAD – as large as you like, with NO-OIL dressing

SOUP – Use crock pot (“Slow cooker”) to make favorite soup, e.g. stews, chowders, curries, chilis, posoles, etc.

Use plenty of vegetables - either fresh or frozen.

Use favorite grains, legumes, and spices

Fill to near-top with broth/water, stir, cover, let cook.

When ready, let 1/3 cool and freeze in containers for no-prep meals.

Enjoy the rest over 1-3 days, letting some cool and re-heating the next day. Repeat as needed.

STEAMED GREEN & YELLOW VEGETABLES - DAILY!: Kale, chard, broccoli, spinach, asparagus, & carrots, squash, sweet potatoes, etc.

Rinse and cut/tear into pieces and place into steamer basket

Steam over hot water for 3-6 minutes.

Serve with squeezed lemon juice, no-oil salad dressing, etc.

STARCHES - Grains (brown rice, quinoa, millet) Potatoes, Yams, etc.

PROTEIN STARS – Legumes (chickpeas, beans, lentils, etc.) walnuts, pumpkin seeds, etc.

DESSERT – apple slices, strawberries, banana, cherries, grapes, melons. etc.
GET OUT IN NATURE AS OFTEN AS POSSIBLE, DRINK 2-3 LARGE GLASSES OF WATER DAILY – AND SMILE A LOT!

Don’t smoke! Get enough sleep! Walk strongly once a day. Love more. Do more. Enjoy more. Savor each moment.
RESOURCES

**Vegan Starter Kit** by PCRM.org

*Engine 2* - [https://mealplanner.engine2.com/](https://mealplanner.engine2.com/) A great transition plan - check it out

*Forks Over Knives* [ForksOverKnives.com](http://ForksOverKnives.com) (Another simple, delicious transition plan)

*Straight Up Food* [straightupfood.com](http://straightupfood.com) As the name says, simple, easy, and delicious

*Nutrition Facts* [NutritionFacts.org](http://NutritionFacts.org) (Easy to digest scientific information on plant-based nutrition presented in brief, clever videos)

**Books**

*How Not to Die* by Michael Greger, M.D.

*Eat to Live* by Joel Fuhrman, M.D.

*Dr. Barnard’s Plan for Reversing Diabetes* by Neal Barnard, M.D.

*Prevent and Reverse Heart Disease* by Caldwell Esselstyn, M.D.

*Comfortably Unaware* by Dr. Richard Oppenlander

**Films**

(on Netflix, etc.): “*Forks Over Knives*” “*What the Health*” “*Cowspiracy*” “*Eating You Alive*”

**Podcasts**

*Rich Roll Podcast*

**Michael Klaper, M.D.**

[DoctorKlaper.com](http://DoctorKlaper.com) Sign up for free newsletter, “Medicine Capsule”