

The Last Resort Diet

Disclaimer

You may have noticed this diet is called The Last Resort Diet. There is a definite reason for this. I am not a medical professional nor will you find a single physician that endorses this diet. I admit it is not for everyone and it is potentially dangerous and you are to use it at your own risk. That having been said, it saved my life and it is the only thing that works for me and very likely for you too.

Introduction

I developed this diet by modifying advice I received from a personal fitness trainer and reading many low carb diet books. I weighed approximately 375 lbs and was basically sent home to die of congestive heart failure by the Lahey Clinic in Burlington, Ma. It was determination and trial and error that helped me find a diet that worked for me and I gained much insight into the malfunctioning of my own metabolism.

Who is this diet for?

This diet is for someone whose life (or quality of life) is severely endangered. If you have tried everything and failed and are ready to give up and die then give this diet a chance. This diet works for people with severe blood sugar / insulin metabolism problems. If you find after eating a little food that you can not stop eating or you become “high” from the intake of carbohydrate laden food and probably “crash” shortly after eating it and then crave more sugary food you will find this diet a life saver.

Good news / Bad news

The goods news is you have found salvation. The bad news is there is no easy answer as I’m sure you’ve discovered. You are out of control with your back against a tombstone and it will require a level of commitment beyond that which you have ever known to rectify the situation. This commitment is for a lifetime, I like the term diet but it really is a lifestyle. Due to the strange eating habits you will adopt you may find people will call you crazy at worst and not comprehend you at best.

Why does it work?

Simply put, the diet works because it causes minimal disruption to blood sugar / insulin levels in the body. By eating protein, fat and minimal carbohydrates and limiting the number of times one eats allows the body to stay at a stable level. This is similar to the stable level people experience when fasting. Controlling blood sugar / insulin = controlling fat storage. It is the chemistry of the body and it will minimize your food cravings.

The Diet

I won't bore you by generating a long list of various foods; you can buy any of the abundant low carb books on the market to acquire such a list. I will give you guidelines to follow instead...

- Eat low carbohydrate food such as meats, fish, eggs, cheese and fibrous vegetables. The lower the glycemic index value of the food the better.
- Eat whole foods
- Eat only one meal per day (eat until satisfied); you will become accustomed to this. If this is beyond your capability then eat two meals per day and make certain only one meal contains any carbohydrates. It is very important to minimize the number and size of blood sugar / insulin disturbances.
- Find one hour to exercise three times per week. Use both resistance training and cardiovascular training to stay fit, burn calories and improve your blood sugar control.
- Weigh yourself everyday and graph it. Losing track of your status quickly leads to losing control of your weight.
- Supplement with a good multivitamin, vanadyl sulfate, chromium, zinc, alpha lipoic acid and flax. This will help ensure proper nutrition and stabilize blood glucose / insulin.
- Learn your individual strengths, weakness and physiology so you can constantly tailor and improve what you are doing.

About the Author

My name is Jim Rendek, I was born in 1967 and have lived in Massachusetts all my life. I have been obese since early childhood and have made it my mission to correct the situation and have a "normal" life. Growing up (and living obese) was a horrible experience and almost killed me. If I can educate others and save them from the pain, suffering and an early death I can ask no greater reward.