

Dream Diet

Special Report

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Disclaimer: The information provided in this special report is meant as a guide and should not be substituted for your medical doctor's advice. The nutrition and exercise guidelines are not designed for any specific sport or activity.

From the desk of Dr. John Spencer Ellis

The United States is the fattest nation on earth. Two-thirds of Americans are overweight. Nearly 59 million are considered obese, putting them at risk for diabetes, heart disease and high blood pressure.

Let's face it, most diets don't work. They make outrageous claims that usually fall short and leave you where you started. There are many aspects to successful fat loss and weight management. If you had already been given the answer, then you, and everyone else, would be thin, lean and strong.

So, what is missing? The main aspect which is missing is sleep! Yes, sleep. Not, just any old sleep, but quality, deep and restful sleep in the optimal environment. Yes, there is a science to optimal sleep.

Why does any of this matter? Because your sleep (or lack of) caused the flood of hormonal releases and reactions that make you hungry, keep you from feeling full and add more fat to your mid-section.

The average human needs 8.3 hours of sleep per night, but only gets 6.9 hours. Aside from the short term affect of fatigue from less than adequate sleep; sleep-deprived people suffer long term affects of insulin resistance, obesity, stimulant abuse and an increase in cancer and diabetes.

We have always been told that to lose weight wisely, we must eat in moderation and exercise on a regular basis. This, by and large, is still so. Obviously, there are individual interpretations of 'moderation' and 'regular'. In addition to these words of wisdom, consumers are told to "get quality sleep". What does this mean and how do you get it? Quality sleep is long enough in duration and allows for gentle and appropriate transitions in the levels of sleep. The dream Diet is all about your hormones.

Growth Hormone (GH) is released by the pituitary gland and is primarily released during your deepest levels of sleep. GH is responsible for lean muscle and body fat regulation.

Melatonin is secreted by the pineal gland and allows you to get the deepest sleep. It also helps those with metastatic cancer and it improved Immunity. If taken as a supplement, a dosage of .3 mg if used regularly and 2.5 – 3 mg for short durations is suggested.

And, as an FYI, beta blockers (blood pressure meds) & NSAIDs suppress natural melatonin production. The hormone ghrelin stimulates your appetite. If you lack quality sleep, ghrelin secretion is increased (prompting you to eat more). Leptin is a protein of 167 amino acids and manufactured in fat cells. It creates satiety (a full feeling). When you lack sleep, you secrete less leptin, so you want to keep eating. And cortisol is secreted by the adrenal glands. It is a stress hormone that allows for additional fat deposits primarily around the mid-section. Lack of sleep causes a “general” stress in the body.

Quality sleep can be accomplished in a few easy steps. First, create a ritual which allows you to easily transition into a relaxed state (mediation, bath, reading). Make your bedroom as dark as possible. This allows for the cascade of proper hormonal changes. Avoid alcohol 3 hours before bed. It may help you go to sleep, but it will interfere with deep and continuous sleep. Avoid caffeine after noon for obvious reasons. Do not exercise within 3 hours of going to bed (sex is okay). Avoid napping when possible. If you do nap, make it short in duration and early enough in the day. In addition, remove most electronics (if not all) from your bedroom. They are distractions, put off light, and science shows that their low-level electronic field decreases melatonin production.

More detailed information:

1. Don't go to bed unless you are sleepy.

If you are not sleepy at bedtime, then do something else. Read a book, listen to soft music or browse through a magazine. Find something relaxing, but not stimulating, to take your mind off of worries about sleep. This will relax your body and distract your mind.

2. If you are not asleep after 20 minutes, then get out of the bed.

Find something else to do that will make you feel relaxed. If you can, do this in another room. Your bedroom should be where you go to sleep. It is not a place to go when you are bored. Once you feel sleepy again, go back to bed.

3. Begin rituals that help you relax each night before bed.

This can include such things as a warm bath, light snack or a few minutes

of reading.

4. **Get up at the same time every morning.**
Do this even on weekends and holidays.
5. **Get a full night's sleep on a regular basis.**
Get enough sleep so that you feel well-rested nearly every day.
6. **Avoid taking naps when possible.**
If you must take a nap, try to keep it short (less than one hour). Never take a nap after 3 p.m.
7. **Keep a regular schedule.**
Regular times for meals, medications, chores, and other activities help keep the inner body clock running smoothly.
8. **Don't read, write, eat, watch TV, talk on the phone, or play cards in bed.**
9. **Do not have any caffeine after lunch.**
10. **Do not have a beer, a glass of wine, or any other alcohol within six hours of your bedtime.**
11. **Do not have a cigarette or any other source of nicotine before bedtime.**
12. **Do not go to bed hungry, but don't eat a big meal near bedtime either.**
13. **Avoid any tough exercise within six hours of your bedtime.**
You should exercise on a regular basis, but do it earlier in the day. (Talk to your doctor before you begin an exercise program.)
14. **Avoid sleeping pills, or use them cautiously.**
Most doctors do not prescribe sleeping pills for periods of more than three weeks. Do not drink alcohol while taking sleeping pills.
15. **Try to get rid of or deal with things that make you worry.**
If you are unable to do this, then find a time during the day to get all of your worries out of your system. Your bed is a place to rest, not a place to worry.
16. **Make your bedroom quiet, dark, and a little bit cool.**
An easy way to remember this: it should remind you of a cave. While this may not sound romantic, it seems to work for bats. Bats are champion

sleepers. They get about 16 hours of sleep each day. Maybe it's because they sleep in dark, cool caves.

Nutrition:

It is imperative that you eat as many organic foods as possible. Traditionally farmed foods have chemicals, and toxins which cause allergies and inflammation. Not only will you increase your chances of cancer and general unhealthiness, but you will also reduce the vitamin and minerals you ingest. Organic foods have between 30% and 300% more nutrient density as compared to traditionally farmed foods. And, remember, auto-immune disorders stem from initial inflammation. The chemicals and pesticides in traditionally farmed foods create body-wide inflammation. Not good!!!

Always eat 4- 6 times per day. By doing so, you allow for easier digestion, more constant energy, as well as a reduction in the likelihood of obesity and diabetes.

Always include a protein with each snack or meal. This helps regular blood sugar and energy levels.

Take omega 3 supplements for brain, heart, skin and immune health. In addition, it is a natural anti-inflammatory. You get omega 3 from cold water fish such as salmon. Select wild salmon when ever possible. It is higher in omega 3 and has not had its color modified. You can also get omega 3 from supplement form.

Take a multi-vitamin to ensure there are no gaps in your diet.

Exercise:

Moderate exercise will yield moderate results, just as moderate efforts in school yield Cs. It's that simple. If you want to be leaner and stronger, you need to put in the effort. However, this does not mean that you need to exercise for endless hours. I only lift weights for 20 – 30 minutes 6 days per week. It's all about the intensity. You must know your objective and work diligently towards it with no interruption. This is not a time for gossip or idle chatter. This is a time to make a difference, challenge yourself and quickly get on with your day. If you omit weight training (resistance training) from your weekly routine, you will never get a hard, fit, strong and athletic body. Remember, it's about intensity and focus, not duration and excessive volume.

As for cardiovascular training, it is also about intensity. Think of it like this... Observe 5 people walking, 5 people running and then five people running who you know also strength train. Problem solved and mystery over!

With higher intensity training, you will get better results, save time, improve your fitness and be more productive. It's that simple.

Remember, flexibility training is essential to aid in recovery, improve range of motion, reduce mental tension, and focus on relaxed breathing.

So, there you have it. Obviously, this is just an overview. I offer many other products, services and programs to enhance your life to get you the great results you deserve.

Be well!

John

FREE – www.SpencerBroadcasting.com - My sleep seminar as a high quality video download.

FREE – www.TheOCbody.com – Get my popular TV show as a fast-loading download.

Additional Services:

www.DietGuru.com - Customized diet and meal plans for just \$9.95

www.SpencerNutrition.com - Advanced Nutrition Software to design and track meals and diets for your entire family or client base.

www.OCbootcamp.com – Adventure Boot Camp is a high-intensity outdoor fitness program for women which started the entire fitness boot camp craze across the country.

www.SpencerInstitute.com – If you are now interested in becoming a life coach or wellness coaching professional, you can get a head start at the Spencer Institute.

www.NESTAcertified.com – Fitness professionals are more highly in demand than ever before. NESTA offers your endless ways to begin your successful career today.

Remember, you can always go to www.johnspencerellis.com to order my workout DVDs, get the latest news on all of my programs, products and services.

Resources: National Sleep foundation, National Exercise and Sports Trainers Association, American Academy of Sleep Medicine