

The False Fat Diet - overview

Premise

Dr. Elson Haas, an MD from San Francisco and wonderful author*, has been using and refining this diet over the last 20 years. It is based upon the medical premise that when people regularly eat foods to which they are reactive, they will suffer from:

1. **Tissue swelling**
2. **Abdominal bloating**
3. **Metabolic disturbances that cause weight gain**

1. Tissue swelling and abdominal bloating

- Food reactions create a false fat that looks exactly like fat, but is not “true fat” or adipose tissue. This false fat often adds the appearance of an extra 10 to 25 pounds. The food reactions that cause false fat are almost never corrected by conventional weight loss diets.

2. Metabolic disturbances

- Food reactions cause metabolic disturbances that create not just false fat but also true fat.
 - Food reactions create excess adipose tissue by disrupting the metabolism, by **disturbing hormonal balance, and by creating intense food cravings.**
- Dr. Haas has found that his patients lose the false fat of bloating and swelling very quickly and then lose their extra adipose tissue gradually and steadily

Food Reactions

- Refer to both food allergies AND food sensitivities.
 - Food *allergies* are relatively rare and these are the ones characterized by hives and anaphylactic-type of reactions. These are diagnosed through the conventional food allergy “scratch” testing.
 - Food *sensitivities* are extremely common but often undiagnosed. Often foods will test negative as allergens on the scratch test, but they can be tested through IgG blood testing, or better yet, through an elimination diet (which is what Dr. Haas recommends in his book). Possible symptoms are listed in the chart below.
 - The incidence of food reactions has greatly increased because of **our reliance on too many staples** such as wheat, eggs, and milk which exhausts our bodies’ abilities to digest them
- **it is estimated that 75% of our caloric intake is from 10 foods**

Symptoms of a food *sensitivity*:

While eating or shortly after:

- burning in mouth
- runny nose

After meals:

- headache or migraine
- rashes including acne

- sinus congestion
- canker sores
- belching
- bloating
- diarrhea
- extreme hunger
- yeast infections
- tired, irritable
- depressed, anxious
- heavy stomach

Medical conditions strongly associated with food sensitivities

Arthritis, Asthma, Candidiasis, CVD, Ear Infection, CFS, Chronic pain, Cognitive impairments, Diabetes, Heartburn, Indigestion, Ulcers, Eating Disorders, Eczema, Acne, Hives, Fibromyalgia, Hayfever, Migraines, Headaches, Hyperactivity, Hypoglycemia, Insomnia, IBS, Depression, Anxiety, Sinusitis, PMS

How the “False Fat Diet” Works

You start by **determining your own reactive foods using an elimination diet and then reintroducing foods.**

In the elimination diet the goal is to avoid all the foods that may be causing a reaction in your body for at least 1 week. This is called the Cleansing Phase.

This week is **followed by an ongoing experiment where you try 1-2 foods each day and monitor for reactions to them.**

- If no reaction, can continue to eat them.
- If reaction, must avoid for at least 2-3 months.
- He calls this the False Fat Week. The tissue swelling and abdominal bloating is lost at this stage.

The third phase of the diet is the Balance Program which lasts as long as you want. You eat a varied, balanced assortment of non-reactive foods. It is during this phase that your body will begin to rebuild its metabolic health. After 2-3 months even the foods you had reacted to may be able to be added back into your diet without the reactions

The Five Innovations of the False Fat Diet: Why this diet works and is so different from other diets

1. This diet permanently rids the body of false fat
2. This diet creates permanent loss of adipose tissue through avoidance of reactive foods
3. This diet actually feels good
4. This diet is notably proactive
5. This diet is individualized

1. Rids body of false fat

Other diets focus on calories or carb to protein to fat ratio. They do not consider food reactions. Even the most healthful foods can cause reactions in certain people. Food reactions will cause swelling (edema) in much the same way that hay fever allergies

cause the nasal tissues and eyes to become swollen and watery when:

- The digestive system is not able to break down foods
- Food molecules enter the system only partly digested
- The immune system then targets these molecules as foreign invaders
- It surrounds them with water, as part of the inflammatory response, in an attempt to flush them away
- As more reactive foods are introduced, cells become congested with water, resulting in tissue swelling

Note: in the intestines which are over 20 feet in length, even minimal tissue swelling and retention of gas can cause considerable abdominal distention

2. Permanent loss of adipose tissue

Food reactions cause you to gain real fat by triggering **food cravings** and **altering metabolic reactions**

Food Cravings

1. As long as a reactive food is IN a person's system, it prevents discomfort (endorphins) by releasing the body's own pain relieving and pleasure increasing molecules .
 2. After being processed by the body, the food causes the reactions and makes you feel uncomfortable.
 3. Your body remembers that it feels better when you eat the food and it is in your system causing the release of the endorphins so craves it.
- This sets up an addictive cycle: you crave a certain food, eat and feel great, you then react to the food and feel bad so you crave the food again to feel better but of course the react to it again.

Metabolic disorders

1. Hormonal balance of the endocrine system including the thyroid and adrenal glands making it harder for the body to burn stored fat
2. Disrupted insulin levels, signaling the body to convert food energy in to fat and cause hypoglycemia leading to increased eating
3. Disrupted mood chemistry by causing the levels of serotonin to drop leading to depression, anxiety and compulsive urges all of which commonly trigger overeating. Instability of serotonin levels can also exacerbate migraines, PMS, fibromyalgia, IBS
4. Dysfunction of energy and immune function causing fatigue, insomnia and low immune function. Indirectly contributing to the occurrence of candida yeast colonization in mucosal membranes

3. This diet feels good!

By following this diet, you will soon see yourself with more energy and fewer symptoms. **Patients don't become healthy by becoming thin, they become thin by becoming**

healthy

4. This diet is notably proactive

Most other diets focus on what you can't do. This diet focuses on regaining health, fitness, and body shape more than losing scale weight and includes detoxification techniques to help your organs function optimally.

5. This diet is individualized

Each person discovers their own particular food sensitivities at their own pace.

Details on this 21 day diet can be found in:

