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Dear Reader,

I want to congratulate you! The fact that you have downloaded this document demonstrates that you are interested in your health. That is the very first step of making a change in your life.

The LB50 Method was designed to help people successfully make a permanent change in their lifestyle! To positively impact their physical health!

Unlike most programs that claim to offer a quick and easy fix to your health. We don't make that claim. **We are realistic that change is hard, and takes time.** However, we have developed strategies to make the hard, easy with time.

The LB 50 method is fact and medical research based. It draws its primary inspiration from the principles of lifestyle medicine and the blue zone study. We have studied the evidence on most of the world's leading diets, and health recommendations, and synthesised a method that is practical and sustainable.

What can you learn from the LB50 Method?

1. Nutritional advice on what really makes you healthy and what makes you sick
2. How much exercise you actually need, to maintain a healthy lifestyle (the answer may surprise you)
3. What is intermittent fasting and why it is so important for long term health
4. Why is sleep and stress resilience so important for your physical health

What does the LB50 Method do for you?

1. **It teaches you how to control your hunger**
2. **It builds simple daily routines** that helps you (with time), reverse or control many of your long term health problems such as, diabetes, high blood pressure, fatty liver disease, etc.
3. **Gives you strategies** to build stress resilience, and to sleep better
4. **Recommends an exercise routines** that everyone can follow.
5. And finally, **gives you a measuring system** to track your progress towards better health

What is the LB50 Champions Method?

At LB50 we believe you are already a champion for wanting to make a change in your life. However, we believe change can only be achieved gradually and sequentially. Just as when you were a child, you first learned to crawl, next you learned to stand up, and then only were you able to walk and run.

We have modelled the LB50 Method into three steps to achieve the positive changes you desire in your life. **Every person new to LB50 begins to learn the bronze method.** Once you have mastered the Bronze program, you then move to Silver, and finally to Gold.

It is not necessary to achieve all three steps. We have seen many people reverse or effectively manage their diseases with just the Bronze or Silver levels. The severity of your disease determines which level is required reverse or manage your disease. Also, **we do not force any timeline** on when each of these programs needs to be completed. We recognize that each journey of change is an individual journey. Every person has his share of real world problems, so time is not important. **What is important is your CONSTANT desire to change.**



The LB50 Method is not for everyone! If you have the following conditions, or are on the following medications the LB50 Method is not for you!

- Pregnant Women, and Children
- Type 1 Diabetics
- Type 2 Diabetes taking insulin or medication that stimulates the pancreases to produce insulin (e.g., sulphonylureas).
- Kidney disease or reduced Kidney function
- Pancreatitis
- Eating disorders
- Body Mass Index of 19 or less (Underweight)
- Severe mental disabilities such as personality disorders.

If you have any doubts, are above 50 years old, or have suffered a severe health crisis in the last 5 years (such as a heart attack, stroke, cancer etc.) we recommend printing this document and consulting your primary care physician before trying out the LB50 Method. Your primary care physician is ALWAYS solely responsible for your physical health, and at no time, should you consider LB50 as a substitute for consulting your primary care physician. **The LB50 Method is a coaching method, to help you make positive changes in your lifestyle, it is not medical advice for managing your existing health conditions.**

Lets get Started! The LB50 Method: The Bronze Level

The LB50 Method is not a Diet, it is method that focuses on changing your lifestyle. While nutrition is a key part of the LB50 Method, it cannot be considered a Diet – it is a lot more!. The LB50 Method provides you with a method to change your lifestyle with the goal of improving your physical health permanently.

The LB50 Method guides you to change your life along the following six pillars:

1. Nutrition
2. Intermittent Fasting
3. Building Stress Resilience
4. Sleep
5. Avoidance of Risky Substances
6. Mobility (Light Exercises)



This FREE DOWNLOAD guides you to make a lifestyle change using a champions model of change and achievement. You work towards achieving the Bronze medal, then the Silver Medal and finally the Gold medal.

This FREE DOWNLOAD, provides you with information on how to achieve the bronze medal on your own. It is intuitive, science based, and works effectively. However, if you feel you would like to be guided step by step on the LB50 Method, you can join the LB50 Classroom session. These are small online classrooms of a maximum of 6 to 10 people per session that coach you towards achieving the Bronze medal. The Silver and Gold programs are only available via the LB50 Classroom.

So let's start with the 6 pillars, and the goals you need to achieve in each of the 6 pillars to win the Bronze Medal.

1. Nutrition

The LB50 Method focuses on limiting your consumption of Carbohydrate. At the Bronze level, **the recommended net carbohydrate amounts to be consumed per day is between 50 and 75 grams per day.** In practical terms what this means, is eliminating rice, breads/chapatis, and starchy vegetables (such as potato or corn) from your meals (Low carb breads and chapati are ok if they contain less than 10g net carbs per 100g). It means limiting your fruit intake to about 20g net carb per day by way of an example a 100g Guava or Apple (which about half of the fruit) has 9g to 12g of net carbs.

Hint: If you are unfamiliar with the concept of net carbs, or are unsure if a natural food is high or low in carbs, Google is a good source for identifying the net carbs in natural foods.

We also advocate the consumption of at least 200g of non-starchy vegetables such as cauliflower, cabbage, spinach, etc. At the Bronze level, we recommend consuming **NOT** more than 100g of meat (when it comes to fish there is no limit on how much to consume, in particular fatty fish rich in Omega 3 such as Mackerel, Sardines, and Salmon).

We advocate eliminating all seed oils (Sunflower, Canola, Soy, etc.) and switching to Olive Oil or Avocado Oil. Ghee, Butter and Coconut Oil, may be used sparingly (once or twice a week).



Snacking should be restricted to low carb alternatives such as Walnuts, and Almonds. And should be restricted to ONLY one hour before lunch or dinner.

Once a week (preferably on the weekend with friends) we encourage you to enjoy your favourite foods in moderation and reward yourself for eating well during the week.

2. Intermittent Fasting

An integral path of the LB50 Method is intermittent fasting. **At the Bronze level this requires a minimum of 16 hours of fasting and up to 18 hours if you can.** What this practically means is giving up Breakfast. So for example if you eat your dinner at 8.00 pm your next meal should be at 12.00 noon the following day. When you wake up, you can drink black coffee without sugar and milk. All teas (black, peppermint, green, etc.) are fine without milk and sugar.

Please read again the cautionary note in red on page two of this document, before undertaking any Intermittent Fasting. If you are in any doubt on whether you should begin intermittent fasting please consult your primary care physician.

You should attempt to practice IF at least 6 days a week. If you cannot do 6 days a week, begin with 2-3 days a week, and work yourself up to 6 days a week.

Important Note on Intermittent Fasting - You may experience some of the following come side effects of intermittent fasting :

- a. **Hunger and disorderly eating:** It is natural to feel hungry if you skip breakfast. Instead of viewing this as a problem, look at it as a sign that you are winning your battle. However, after you break your fast with lunch, if you notice that you are eating disorderly (large than normal meal portions, high amounts of carbohydrates) then best method of overcoming hunger and disorderly eating is to postpone your breakfast by an hour each day, until you reach 11.00 am, and then simply have your lunch at 11.00 am. Eventually your hunger at breakfast time will disappear and you will be able to eat your lunch at noon or later.
- b. **Fatigue:** Your body will slow its metabolism down initially, and you may feel fatigued. However this is very short term, and you will eventually feel more active and alert, as your body becomes less metabolically sick.
- c. **Dizziness:** When you fast your level of fasting insulin begins to normalize, which causes you to lose salt in your urine (which is a very good thing in general and especially if you suffer from high blood pressure). This may cause you to feel dizzy.



If you feel dizzy add some salt (about ¼ teaspoon) to a glass of water and drink it. If the dizziness continues, break your fast with a low carb food – cheese, vegetables, meat, walnuts, fresh coconut, etc. Eventually the dizziness goes away in a couple of days. If the dizziness persists beyond a 4-5 days, Intermittent Fasting may not be suited for you due to an underlying medical condition that you may not be aware of, and you will need to stop intermittent fasting until, your primary care physician has eliminated the underlying condition. **IF YOU ARE FEELING DIZZY, SIT DOWN IMMEDIATELY, BREAK YOUR FAST AND DO NOT ATTEMPT TO WALK, DRIVE AND/OR HANDLE/OPERATE ANY MACHINERY/EQUIPMENT THAT MAY CAUSE INJURY TO YOURSELF AND/OR OTHERS.**

- d. **Constipation & Bloating:** You may experience some constipation and bloating, as your body begins to adapt to intermittent fasting. Gastric emptying and movement of food through the intestines slows down. Increasing your non starchy vegetable intake is a good mitigation against this potential side effect.
- e. **Mood swings:** If you have fed your brain with foods and substances that stimulate excessive dopamine production in the brain (Sugars and alcohol), it is only natural that once you fast, you will feel irritable, annoyed, angry and/or sad when you fast – as the brain is craving its natural stimulants.
- f. **Bad Breath:** One of the desired effects of Intermittent fasting is to shift the body from sugar (glucose) burning to fat burning. Fat burning results in production of ketones which is essential fuel for the brain and the muscles (in the absence of glucose). Increased ketone production leads to bad breath. In itself bad breath is harmless, although it is unpleasant from a social context.
- g. **Sleep disturbance:** Some people (especially those addicted to high sugar foods, may initially experience some sleep disruption. However, what we have found is most people actually enjoy better sleep quality especially people suffering from diabetes.

It is important to also note that in the majority of the people we coach, many suffer from zero or no side effects. And those that experience side effects, experience them temporarily. If you do not have any underlying health conditions (outlined earlier in this document) we encourage you to try Intermittent Fasting, as the therapeutic value or health benefits far outweigh any temporary side-effects you may feel.



3. Building Stress Resilience

The LB50 Method recognizes that stress is a part of modern day living. It recognizes that **you cannot eliminate stress in your life**. Nor should you want to, as many stress factors at optimal levels, help you perform and succeed. However, **chronic high levels of stress and anxiety affect your metabolic health**. The LB50 Method focuses on building stress resilience instead of eliminating stress. The two most effective ways of becoming stress resilient are to exercise and practice being present. Exercise is a physical stress on the body. When you exercise, the body will prioritize physical stress over mental stress. It will also release endorphins which are “feel good” hormones.

Staying present is not intuitive it requires practice. We are constantly looking into the future, which causes us to plan, worry and become anxious. The most effective techniques for staying present is to take sufficient breaks in your work day, and spend 5 to 15 minutes being present. Breathing exercises, meditation, sensory stimulation (like a cold towel on the face) are helpful in being present. Also helpful are to take a music or exercise “snacks”. These are short 10 to 15 minute breaks of walking, stretching or listening to your favourite music.

4. Sleep

Sleeping a minimum of seven hours every night is a necessity to recovering your health. If you struggle with going to sleep, developing a pre-sleep routine is helpful. Typical sleep routines begin an hour or 30 minutes before going to bed. It requires avoidance of blue screens (TV, Tablets, Mobile phones). A typical routine could involve drinking a non-caffeinated tea, having a warm bath, reading a book, practicing mindful meditation. Avoidance of alcohol and tobacco during the day almost certainly aids in sleeping. Exercising for at least 30 minutes a day is the best sleeping habit you can give yourself. Going to bed early and waking up early, is healthier than going to bed late and waking up late

5. Avoidance of Risky Substances

Alcohol, Tobacco and recreational drugs are considered risky substances. On Tobacco, and recreational drugs, there is a zero tolerance. What this means is giving up on these substances completely. On Alcohol, if you consume alcohol we recommend only drinking on weekends – 2 regular drinks per day for men, and 1 regular drink per day for women.



6. Mobility (Light Exercise)

If you exercise already that is a good thing! Continue! However, if your exercise makes you hungry, and causes you to eat in excess of what you should, we recommend exercising in the evening before your dinner, rather than in the morning. If you do not exercise, then we recommend beginning with an easy 1-1-1 walking plan – 10 minutes in the morning, 10 minutes after lunch and 10 minutes after dinner. Walk to relax, walk to be present, walk at a pace that you are comfortable with. The aim is to eventually to move to a 1-2-2 walking plan – 10 minutes in the morning, 20 minutes after lunch, and 20 minutes after dinner. Walking after lunch and dinner should begin not earlier than 30 minutes after your meal, and not later than 1 hour after your meal. A brisk or strenuous walking pace is not required. What is required is consistency – performing your walking routine three times a day, and at least 6 days of the week.

We have made available all the key insights of the LB50 Method for FREE. We are committed to our mission to fight the Metabolic Syndrome epidemic. Many people have been able to download and follow this self-help document without any assistance. However, if you have difficulty understanding this document, or have difficulty following the advice contained in this document. We encourage you to join our LB50 Classroom. These are small online sessions (6-10 people per session), where we teach you each of these concepts using simplified learning material. We also provide you with strategies to overcome your obstacles in achieving the goals set out in this document. And provide you with a measurement tool to track your progress towards achieving your first medal – The Bronze Medal!

We wish you good luck and good health! Reach out to us if we can be of any help!

Kind regards,

Savio Dias, Founder LB50 Method

