

# **The** **Guidebook to** **HAPPINESS**

**Bonus Chapter 23:**

**Happy on the inside = Happy on the outside**



**Carl Massy**





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Chapter 23:  
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## CHAPTER 23:

# Happy on the inside = Happy on the outside

*Let thy food be thy medicine, and thy medicine be thy food.*  
Hypocrites, Ancient Greek philosopher

Nutrition is a subject I voraciously study and read about. Are you ready to hear the best information on nutrition I discovered after 12 years of research? Of course I would have preferred to have found this little gem at the start of my search, but apparently the student was not ready. First, I had to go through borderline asthma, a debilitating case of pneumonia, a painful bout of pleurisy (infection on the lining of the lungs — ouch!), dizzy spells, low energy levels and other unpleasantities that were all part of the moulding of me. In 2011, however, I was finally ready to hear the incredibly simple formula for achieving optimum health, optimum weight management, disease prevention, and increased vitality.

The very passionate Dr Joel Fuhrman, MD, came up with this magic formula. Dr Fuhrman specializes in preventing and reversing disease through nutritional intervention and natural methods, and is the author of *Eat To Live*. He has worked with around 10,000 patients who have transformed their health with his help. Over 90% of Dr Fuhrman's patients that start out with Type II diabetes come off their medication within 30 days; and others have reversed their heart disease, lost huge amounts of weight, and dropped their dangerously high levels of LDL cholesterol (more on that later). An athlete himself, Dr Fuhrman

lives a healthy and conscientious life by following his own medical advice.  
Drum roll please:

### **Health = Nutrients per Calories**

This formula is so simple it leaves you wondering ‘is that all?’ Yes, that is all.  
 $H = N / C$ . It’s that simple.

For optimum health, we want to ingest the highest number of beneficial nutrients per calorie we consume. Our level of health is directly proportional to the quality and quantity of the nutrients we ingest per calorie. Imagine having security protecting the doorway that is your mouth, and turning away any groups of calories unless they arrive in the company of a host of nutrients; and the sign above the entrance says, ‘All Calories must be accompanied by at least 5 Nutrients.’

To help you develop a broader understanding of what can be a very confusing subject, below I touch on four of the main elements in the Nutrient family, which play a major role in health and vitality. They are:

1. **Macronutrients.** These are fat, protein and carbohydrates (and water). They are the only nutrients that provide calories. Fat = 9 calories per gram. Protein and carbohydrates = 4 calories per gram. Macronutrients exist in both plant and animal products.
2. **Micronutrients.** These include vitamins and minerals. They exist in both plant and animal products to varying degrees.
3. **Phytonutrients.** These are naturally occurring chemicals in plants that help them defend against environmental challenges, such as damage from disease, injury, pollutants, pests or ultraviolet light. Who doesn’t want a little protection from pests in their life? These disease-fighting nutrients only exist in plant products.
4. **Dietary fibre.** This is essential to maintaining the healthy functioning of the body’s elimination process (that is, pooping) and related organs. Fibre

only exists in plant products.

Scientific research is starting to discover that in the same way phytonutrients protect the plants in which they reside, they also produce very similar disease-protection qualities for humans, such as protecting tissues and cells from free radicals and their harmful effects. There are thousands of differing phytonutrients in the plant world that work harmoniously together much like a concert symphony, and they are too complex to replicate in an artificial product or pill. What a lot of studies are starting to agree on is that phytonutrients are effective for increased health and prevention of diseases including heart disease, cancer, diabetes and high blood pressure. In a word, they are ‘essential’ to optimum health and disease prevention. Don’t you just love the word ‘prevention’ — doing something in advance to save yourself that operation or pain or chronic illness. Works for me!

Not essential to good health is the consumption of foods containing cholesterol, in particular the dangerous LDL variety. Too much cholesterol in your blood leads it to build up on the walls of your arteries, causing a process called atherosclerosis, which is a form of heart disease. The body does need cholesterol, but the liver produces all the cholesterol we need. The main sources of LDL cholesterol are animal products such as milk, eggs, and meat. Cholesterol does not exist in plants.

Based on whether you are male or female, and active or not active, you are likely to consume between 1800 and 2500 calories per day for your energy requirements. For optimum health, make sure that every calorie comes loaded with ample vitamins, minerals, and phytonutrients. Since phytonutrients only come from plants, make the majority (at least 80%) of your diet consist of unprocessed plant-based foods. Plus, significantly reduce the amount of animal-based products in your diet in order to reduce your intake of cholesterol and saturated fats. You already know that processed foods, such as cakes, biscuits, sodas, fast foods, white bread and white sugar come with bucket loads of calories, severely low levels of nutrients, and, in a lot of cases, the worst

type of fat of all, laboratory-made transfats.

Below, you will find some of the very best tips I have learned over the last decade or so that will help you make the most of Dr Fuhrman's simple formula. Now if you are a die-hard meat-eater and you're afraid I'm about to tell you to go eat rabbit food and hug a tree, I suggest you skip down to Tip 11 before you read the other 10 Tips.

1. Good news! The body *will naturally shed* weight when a diet high in nutrient-dense foods is adopted.
2. It is not just about restricting calories, it is about eating more food that is nutrient dense and naturally has fewer calories, crowding out high-calorie, nutrient-deficient food.
3. Most highly processed or refined carbohydrates (sweets, cakes, white bread, sugar, etc.) have a high number of calories but little or no nutrients.
4. Water has 0 calories, so it needs to be the drink of choice. Also, as Dr Fuhrman says in *Eat To Live*, 'If you are serious about losing weight, don't drink your fruit — eat it. Too much fibre and too many nutrients are removed during juicing, and many of the remaining nutrients are lost through processing, heat, and storage time.'
5. All animal products contain saturated fat and cholesterol, so they are best minimized in the diet, and replaced with smaller portions of lean, organic meat. Animal products also do not contain any dietary fibre or phytonutrients.
6. Dark green leafy vegetables are the most nutrient-rich foods on the planet! Eat lots of these. I highly recommend one green drink daily. I (and thousands of others) swear by it for energy and vitality. I named this as the best nutritional activity you can do each day, in Chapter 4 on Daily Rituals. Also go to [www.theguidebooktohappiness.com](http://www.theguidebooktohappiness.com) for details on how to make a green drink.
7. Greens are king! Continuing on from Tip 6, 100 calories of broccoli has more protein (11.1g) than 100 calories of steak (6.4g). Obviously the portion sizes of each will be different, but remember the formula's advice

of consuming the best nutrients per calorie. Mum was right when she said, 'Eat your greens before you leave the dinner table.'

8. On average, 25% of the calories in vegetables come from protein. Yes, plants contain protein, so reducing or limiting your consumption of meat will not lead to protein deficiency. In fact, the idea that you will not get your essential amino acids (which make up protein) from plants without some very complicated combining of different plants is not actually true but was perpetuated by a book called *Diet for a Small Planet* by Frances Moore Lappé that talked about 'protein complementing'. If the bulk of your diet is plant-based, you will still be taking in the amount of protein your body needs.
9. Milk (and all dairy food) *is not a health food*. While milk does have some nutrients, many of which are artificially added after processing, it is also high in saturated fat and cholesterol, and heavily processed. In April 2000, a Harvard study reported that having 2.5 servings of dairy each day boosted the risk of prostate cancer by more than 30%. In a country where sources of protein and micronutrients are scarce, milk may serve a nutritional purpose; but people are more likely to consume it raw and unprocessed, so it is likely to be better for them. Personally, I don't drink milk and consume very little to no dairy products. I suggest that cow's milk is best for baby cows and dairy is best labelled as a *condiment* rather than an essential food group. Even low-fat milk derives over 30% of its calories from saturated fat.
10. The following products induce loss of calcium through urine — animal protein, salt, caffeine, refined sugar, alcohol, nicotine, and aluminium-containing antacid drugs such as antibiotics, steroids, thyroid hormone, and vitamin A supplements. Minimize or better yet eliminate these and you will not have to worry about needing excess calcium in your diet. Chances are that dietary guidelines for daily calcium requirements are elevated to take into consideration all of the foods in a typical western diet that lead to calcium loss. On a side note: bone density is not just about calcium, but also about physical activity (which increases bone density), and getting adequate vitamin D, best absorbed through the eyes by spending 15 to 20



minutes daily in the sunshine.

11. 'Following a strict vegetarian diet is not as important as eating a diet rich in fruits and vegetables. A vegetarian whose diet is mainly refined grains, cold breakfast cereals, processed health-food-store products, vegetarian fast foods, white rice, and pasta will be worse off than a person who eats a little chicken or eggs, for example, but consumes a large amount of fruits, vegetables, and beans.' Dr Fuhrman, from *Eat To Live*.

To have the level of energy that you require to perform at your maximum and achieve great results and lasting happiness, it is essential that you put the best physical fuel in your body. You will never perform at your supersonic optimum if you are putting lawn mower fuel in your human jet engine. If you put fuel into your body that is full of toxins and non-essential chemicals — additives, preservatives, heavy metals and other laboratory-produced rubbish — then your body has to remove them. This means it uses a lot of energy for clean-up duties, rather than helping you create and craft the life of your dreams. In the worst case, your body can become overly stressed with this work, with the end result being physical illness and disease.

## Summary

1.  $H = N / C$ . Your health is determined by the quality and quantity of nutrients that you get per calorie that you consume.
2. Good nutrition is about making better choices. Ask, 'Which is the better choice?' or 'Which is likely to have the most nutrients and the fewest calories?'
3. We want less saturated fat and cholesterol in our diets, and more life-giving nutrients. Therefore we need to consume fewer animal products and a lot more wholefood plants, such as fruits, vegetables, seeds, nuts, and legumes.
4. Eat foods that are as close to their original source as possible.

5. Minimize or better yet eliminate consumption of processed foods. If it is packaged, packed or wrapped, there are likely to be better choices.
  6. Let water be your drink of choice (that reminds me to pour another glass for myself as I write).
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## **Happiness Strategies**

1. Read *Eat To Live* by Dr Joel Fuhrman to broaden your understanding of food and disease prevention. Another one of the most informative books on nutrition is *The China Study* by Dr Colin T Campbell.
2. Become more conscious of what you eat. Ask yourself, ‘What has the highest amount of nutrients for the lowest number of calories?’
3. Start having a daily green drink. Your health and vitality will improve and you are most likely going to lose body fat.