

The Eve of Going Gold Standard Embarking on anti-yeast lowcarb

Here is an old exchange I had with someone in the beginning stages of changing to healthier, Gold Standard Lowcarb.

But I waited (to do this) as long as possible.

As you should. This is a big step and not to be undertaken lightly. I think sitting stalled despite not cheating is a crucial part of the journey. You have to be really convinced that you HAVE to do this to get any further down the road, and that's the only way I know to convince yourself. I sat stalled at 165 for 21 months with no cheating before doing it. I basically started my journey at what I call "the yeast wall."

but still have the allergies that caused them. I seem to get "stuffy" after eating certain foods but haven't tried to eliminate which ones they are. I can save you some time. They are, most likely, anything made from cow's milk and anything made from grains, especially wheat and corn, if you are presently including anything like that in your diet (such as powdered filler carbs in artificial sweeteners, deli meats, etc.). Drop those and watch your sinuses "magically" clear.

I did read your advice on your web site again but am still confused as to whether butter is an acceptable part of the anti yeast diet?

I don't think it is and I think it should be eliminated especially for the first few months. I've also noticed that those who say butter is okay for them anti-yeast almost never get (or stay) at goal. That's a strong clue to me (I am convinced it keeps cravings alive). Besides, you can always test it after you get good results without it.

The main foods I live on that I know I will have to cut out FIRST are ranch dressing, cheese, nuts, mayonnaise etc. These foods are my crutches.

It sounds to me as if you've turned your lowcarb eating into a food-methadone program. If you truly LIVE on these foods, in *any* sense of the word, you're not doing Atkins anymore kiddo. It's morphed into sloppy lowcarb, and that's gotten you as far as it's going to. In fact I'd wager that if you don't start changing this, your weight is going to start slowly creeping up on this regimen.

So, as you can see it is going to be a hard road for me to take without those things to keep me happy.....but I think I can do it.

I promise I don't mean this judgmentally, just observationally—you sound like an addict. Food doesn't, food CANNOT make you "happy". It is only making you happy like a cigarette after a long airplane flight without one makes a smoker happy, or a drink at the end of the day cheers an alcoholic, right? Even the thought of NOT having those foods makes you uncomfortable. That's a big clue.

I will tell you that every single person who moves to this stage within a week says something like "I feel wonderful, I have never felt this good, I could eat like this forever." (Not that they **do**, there's a "honeymoon" to anti-yeasting too that everyone seems to

need to test, myself included.) It is ALWAYS easier than they thought. The FEAR of doing it is ALWAYS about 100 times worse than the actual doing it.

Just like lowcarb, the secret to doing it is to **ALWAYS Have A Plan**. If you get and stay with anti-yeasting, you will by necessity learn to navigate your life eating more simply and purely, and THAT feeling will eventually make you happy (as in more centered and content anyway) than you've been in your life. With the food monkey REALLY off your back, that is. That is something worth working toward.

I have learned to eat more veggies, even a few slightly crunchy cooked instead of "cooked to death" like I use to have.

So your tastes have already changed a little. You learned that you CAN live without bread and pasta, right? Bet there was a time when you wouldn't have been able to believe that could happen, right? You CAN learn to live without other things, and learn to like foods you never thought you would; your tastes can still change. Especially when there are some almost magical pay-offs for doing so.

It's not such a hard or terrible thing to learn to love foods that do nothing but love you back.

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