



The Sun Cycle Diet for Sustained, Healthy Weight Control

Disclaimer: If you are NOT a patient of The Axelrad Clinic, you are being provided this document without our direct supervision. You assume any and all risk adopting any of the recommended practices. While much of this is common sense and appears benign, it is always important to contemplate any changes to diet in the context of your unique health situation. PLEASE consult a qualified healthcare provider should you feel it necessary. You can become a patient at our clinic by [booking your free consultation](#).

Important Concepts

Losing weight is not about starving your body. It is about feeding your body healthy nutrients in a balanced way, and developing habits that support your natural metabolic rhythms. A well-nourished, metabolically balanced body is much more adaptable and very easily burns fat. A body that is starving and under-nourished will do everything it can to hold onto fat.

This is why crash diets never work. When the body is in starving mode, it stores fat at its first opportunity. So, that one cookie or just a couple of days of eating more causes your body to overreact and put on weight quickly.

Contrast that with a body that is accustomed to being well-nourished and cared for metabolically. The occasional indiscretion is easily handled because there is no biological panic state in place. Even though the calories are temporarily increased, the body does not feel the need to greedily hoard everything it can.

The How and When of Eating

What you eat is important. But, WHEN and HOW you eat are just as, if not more, important. This eating plan addresses these two important aspects of a successful weight management program.

If you are looking for specific meal plans, you will not find them here. There will be suggestions on things to emphasize and avoid (the WHAT), the sizes of your meals at different times of the day (the WHEN), and suggestions on WHY these help you lose excess and maintain healthy weight.

This is a FRAMEWORK – a template, if you will – that teaches you how to eat in a healthy way. It leaves the food choices entirely up to you. Choose wisely based on the guidelines presented, and I can almost guarantee you will start losing weight right away. Learn the PRINCIPLES and don't obsess on the details. As you navigate your day food-wise, if you remember the simple principles below, you will find it easy to stay on track with this diet.

FOOD CHOICES

I like to keep this as simple as possible, and it looks like this:

Natural, Whole Foods 80%

Everything else 20%

Natural and whole means you can tell from looking at it what it was when nature made it. Whole, lean meat (not ground or fried), berries, nuts, whole vegetables (yes, they can be sliced), fruits, and legumes. Before you are going to select something to eat, ask yourself, "Could I have killed it or picked it up while walking out in nature." If not, this should not be a main item in your meal.

The "Everything Else" is literally everything that does not fall in the "Natural, Whole Foods" list. Things like cake, bread, cookies, cheesecake (any cheese for that matter), or anything else that is so processed you wouldn't know what it was if you never saw it before would be included here. Dairy is also included, as for our purposes we are not going to consider dairy natural and whole the way it is processed in today's food industry.

Foods to absolutely avoid whenever possible:

Sodas
Potatoes
Pasta
White Sugar
Donuts and fried pastries
Anything made from flour (yes, including brown "whole wheat" flour)

Limited consumption:

No more than one cup of coffee daily (unless instructed otherwise by me)

As much as you want:

Water
Veggies (i.e. baby tomatoes, baby carrots, etc.)

GUIDING PRINCIPLES

Principle 1 – *Eat a large, protein-dense breakfast, as close to zero carbs as possible. Example: Eggs and turkey bacon. The only carb that is OK here is a small amount of oatmeal.*

Why this is important: The meal you eat for breakfast sets the table for how your metabolism will function for the rest of the day. Protein is slow-digesting, and has a low insulin profile. So, this type of breakfast starts you off telling your cells there will be plenty of sustained energy. This stabilizes your metabolism and blood sugar.

Principle 2 – *Eat a diverse, low-carb, satisfying lunch, with the size dictated by your appetite.*

Why this is important: Lunch is the mid-day meal. Your metabolism is at its peak. You must FEED your body now or it will think it is starving. While starving your body at this time may remove pounds, it sets a metabolic pattern that will certainly pile them back on as soon as you eat something again. You can be more diverse, but still stick to the "tried and true" healthy foods, listed above under FOOD CHOICES.

Principle 3 – *Eat a healthy snack around 3 hours after lunch.*

Why this is important: You are about to enter the evening time (pre-bedtime). We want to make sure that you are not hungry tonight, because...

Principle 4 – *Do not eat a meal at dinner time. Have a small snack if you need to, ideally don't eat anything.*

Why this is important: While you sleep, your metabolism slows down dramatically and your body temperature drops 2 – 3 degrees lower than normal. If you eat a large meal now, your body will be overwhelmed, and your metabolism will not be able to handle it appropriately. You will guarantee failure if you do not follow this principle, so make sure you do so.

Principle 5 – *Be realistic. There is no special prize for being perfect. You can still have fun.*

This way of eating should be thought of as a "workday diet" – your "5 days a week" regular habit. Do not be so rigid that you always eat this way, at the expense of nights out with friends and family, etc. The key is that you MUST NOT deviate too far from the plan for too long. Pick and choose your days off, and get back on your plan as soon as possible.

For this reason, I recommend you be VERY STRICT for the first 2 weeks. This "initiation period" will help you establish the pattern more strongly. Then, when you do go out for that late night meal with friends on a Friday night, you will not be tempted to do it again Saturday night.

CONCLUSION

OK, now, go forth and succeed. This eating plan is actually very easy. But it takes the first few weeks of serious commitment to get it going. Once it is in place, you will find it a joy. Your energy will be better than it has been in years, you will lose weight almost without trying, your digestion will be smooth, and your appetite will be well-controlled, all with very little to no effort (once you make the initial 2 week commitment).

Good luck, and if you need any support or encouragement, you know where to find me!

Yours Truly,



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Food chart

Eat daily	Avoid except for cheat meals	Eliminate entirely	Snacks
Vegetables Any type of meat Organ meats Fish Eggs Fruit (in moderation – stick to tart/sour fruits)	Bread Potatoes Pasta Rice Beets Corn	Soda (diet or regular) Fruit juices Dried fruit Candy Pastries Cookies Potato Chips Anything prepackaged (TV dinners, boxed, canned meals)	Nuts Uncured ham, turkey, other deli meats Pickles Smoked salmon / sardines Roasted peppers Celery / carrots / cucumbers / broccoli Peanut butter (natural, not JIF/Peter Pan/etc.)