

A top-down view of a wooden surface, likely a cutting board or table, covered with a variety of fresh ingredients. In the center, a whole fish, possibly a sea bream or similar, lies vertically. Surrounding it are numerous vegetables: red and green bell peppers, cherry tomatoes, larger orange and red tomatoes, green and red chili peppers, and eggplants. There are also fresh herbs like parsley, basil, and thyme. A bottle of olive oil is in the upper left, and a bowl of red lentils is in the upper right. A small bowl of pink salt is in the lower left, and a bowl of mixed spices is in the lower right. A lemon and a head of garlic are also visible. The overall composition is rich and colorful, suggesting a focus on healthy, whole-food nutrition.

HOW TO FIND THE PERFECT DIET

TRACY HERBERT

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By

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Always consult your physician or other health care professional before changing your meal plan to determine if it is right for your needs. If you have a history of diabetes or take certain medications, this is particularly true. Do not change your meal plan if your physician or health care provider advises against it.

WHAT IS THE PERFECT DIET?

Coaching clients ask me this question all the time. With a new fad diet appearing weekly, it's understandable why this subject is so confusing.

One of the first steps towards better health and longevity is to achieve a healthy body weight and stay there.

In a study of 500,000 healthy nonsmokers ages 50 to 70, a direct correlation was found between those who were overweight and those who died an early death. It's a simple formula, get to your ideal body weight, maintain it, practice healthy strategies, and you'll live longer.

A study on morbidity and mortality found:

"Obesity and its repercussions constitute an important source of morbidity, impaired quality of life, and its complications can have a major bearing on life expectancy. Thirteen specific domains have been identified that account for morbidity and mortality in obesity. Cardiovascular disease and cancer account for the greatest mortality risk associated with obesity." ¹

Two-thirds of Americans are either overweight or obese. Typically, we gain weight over a long time, doesn't it make sense that we need to lose it over a long period? Those who are smart about losing weight the healthy way tends to keep it off longer.

The word diet is negative. The first three letters spell D-I-E. If you're overweight, getting to a healthy weight is a critical strategy for health and longevity. For living longer, consider replacing the word diet with a healthy eating plan. It's not a diet but a lifestyle!

Recognizing that no one is perfect, is paramount and beating ourselves up doesn't help. One day it's one step forward, and the next day it's two steps backward. Understanding that this is normal and how we respond makes all the difference. Forgive yourself and keep moving towards the health goals you desire.

When using the term diet, I'm not talking about some sort of quick fix eating program! Instead, it's foods that are typically consumed daily. This is not about finding a quick and easy weight loss strategy; it's about finding a way to establish a healthy lifestyle that helps you reach your longevity and health goals.

What is a proper healthy diet, especially for someone who's looking towards living a longer and healthier life?

Your daily food choices should include all these elements:

- Eat foods that help us and not hurt us while achieving a healthy body weight. It's essential to maintain an ideal body weight once reached. A large percentage of people who lose weight gain it back within six months and then some.
- Choose foods that support health at a cellular level. It includes foods that feed and promote healthy cells while avoiding and eliminating foods that cause cellular damage.
- Foods must help reduce inflammation. Excessive inflammation causes serious health issues, along with joint pain.
- Enjoy the right foods for success. When we find healthy foods we enjoy, eating them will make it easier to be a lifelong choice. Even if you like donuts and ice cream, they are not considered healthy. Once reaching the ideal body weight, it's essential to keep these foods in your daily plan. When eating clean, you won't want to go back to the unhealthy choices because of the way it makes you feel.
- Choose the eating plan that helps avoid chronic health issues like heart disease, diabetes, cancer, arthritis, Alzheimer's, etc. Unhealthy eating and lifestyle choices often lead to many of these diseases. Preventing these lifestyle-related diseases helps us live longer.
- Pick foods low in heavy metals and toxins. We live in a toxic world, and it's almost impossible to eliminate every contamination but try to avoid exposure as much as possible. Organic foods are the best choice. When choosing fish, select wild-caught fish, which is known to be low in mercury.
- Find a diet that's unique for you and one you will enjoy. Our bodies are all different, and what works for one may not work for another. Don't select a diet based on the latest fad, but make sure it has scientific backing and that it works for you. There is no magic formula! You have a unique DNA and body chemistry that causes you to react to food differently than anyone else, test what works for you.

THE UN-DIET

Eating less is a strategy I call the Un-Diet because it's not a diet or a meal plan; it's merely an approach to stop eating when you feel about 80% full. Longevity studies started as early as the 1930s when scientists began researching and studying mice and found they could live dramatically longer when they reduced the amount of food consumed.

Americans are obsessed with oversized portions, and this unhealthy approach is quickly spreading around the world. An average adult meal 30 years ago would be laughed at today and considered a kid's meal. Customers return to restaurants that serve excessive portion sizes by coming back for more. Everyone wants a good value when eating out, but we've gone to the extreme. Learning how to be satisfied with less, and stop eating before becoming full, helps us develop smart eating habits for health and longevity.

Now that we know it's vital for longer life to consumer fewer calories, here are some popular diets to consider:

THE MEDITERRANEAN DIET

Physicians around the world recommend this diet because it promotes longevity. People in the Mediterranean region live longer and have fewer health issues than we have in the United States. Their regime has a healthier balance of Omega-3 (the good fats), with fresh fruits, veggies, whole grains, fish, olive oil, garlic, and drinking wine in moderation. This diet has less Omega-6 oils (which is terrible if we consume too much or are out of balance), meat, and snack foods. People in this region are less likely to develop heart disease, diabetes, and other diet-related diseases. The Mediterranean diet might be the right place for you to start.

ATKINS DIET

In 1972 Dr. Robert Atkins published his first book, and his diet is considered a Low Carb diet. What this program taught us is a high-fat low carb diet helps people lose weight and is a useful tool for lowering cholesterol and triglycerides. This approach was revolutionary, but contrary to the fat myth of the time. While this diet proved, you can lose weight and even improve cholesterol and triglycerides this diet is not recommended for long term. Restricted intake of carbohydrates can be damaging over a long period; therefore, this would not be a diet for better health and longevity. This plan, like all others, evolves, and their updates have made improvements.

THE KETOGENIC DIET

This diet uses fats rather than carbohydrates. The energy source for this diet consists of fats, a sufficient amount of protein, and low carbs. Originally designed to treat severe cases of epilepsy in children and is also now used by many people with diabetes to control blood sugars. Often called the Keto diet and is like the Atkins Diet and other low carb diets. Some experts are concerned there might be long-term health issues with consuming fewer healthy carbohydrates.

THE LOW GLYCEMIC DIET

The glycemic index is a measure of how foods we eat spike our blood sugar. When our blood sugars spike quickly, our pancreas must produce even more insulin than usual. Think about the last time you ate a pizza or donut, and a few hours later, felt lethargic and wanted to take a nap. When this happens, our blood sugar spikes, insulin is released, and then we crash because of the overcompensation. The battle of eating this way can increase insulin resistance, which often leads to Type 2 diabetes. Want to lose weight? Want more energy? Choosing low glycemic foods is what I recommend to all my personal training clients and Longevity coaching clients. There's no way to go wrong when opting for low glycemic foods over high glycemic foods. Talk with your doctor because they will be 100% in favor of this diet strategy. Want more information on a low glycemic diet? For free resources, go to <https://www.tracyherbert.com/>.

Using this strategy will change your life!

PALEO DIET

Using this approach takes us back to what our Hunter-Gatherer ancestors would have eaten. The concept is to eat what a caveman would have eaten. Eat anything that can be hunted or gathered like meats, fish, nuts, berries, seeds, and veggies. You can't go wrong using this approach because eliminating processed foods is suitable for living a longer, healthier life.

BLOOD TYPE DIET

Eating healthy foods for your blood type is the idea. This eating plan worked well for me. Dr. Peter J. D'Amamo lays out guidelines of what we should eat in his book "Eat Right for Your Type." Of course, there are critics to using this approach, but it might be something to consider.

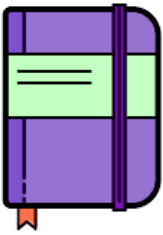
VEGAN AND VEGETARIAN

A lifestyle diet that helps people lose weight, and there is evidence it could be a good health and longevity strategy. Studies have shown that some people who live the longest, on average, eat very little meat, if any.

CONFUSED?

If you need help losing weight or are confused by all the different diet plans, go to <https://www.tracyherbert.com/> for free resources. These strategies don't require purchasing packaged meals or make you count points; this plan is geared to your body and your needs, and you're not required to fit in a cookie-cutter approach. The big chain companies will help you lose weight, but their plans aren't sustainable over time and don't teach lifestyle strategies without being on their program. Their mission is not like mine, where I want to work myself out of a job because you are successful and can do it on your own.

The diet plans I've covered all have pros and cons, and one type doesn't work for everyone. You're different, and we must find what works best for you and adjust to your unique circumstances.



Have you considered keeping a food journal to see what helps your body and what hurts your body? If you continue to eat foods that cause a mild or severe allergic reaction, it causes inflammation and other health issues. By keeping a food journal for two weeks and writing everything down, you'll be shocked at what you discover. Certain foods triggered my husband's digestive system, and he didn't realize it until keeping the journal. Write everything that goes into your mouth, including liquids. What many people discover is they don't drink near the amount of water they think they do. Water is essential to good health, and many times when we feel hungry, we're dehydrated. If you feel hungry, drink a glass of water and wait 15 minutes. Most of the time, the hunger pain goes away, and we were merely dehydrated.

Here's fundamental tools and strategies to help you find YOUR perfect diet:

Start with low glycemic foods!

Choose foods high in good healthy fats, high in Omega-3 fatty acids, and low in the bad guys like saturated fats, trans fats, hydrogenated oils, and stay away from processed foods.

A standard recommendation by nutritionists is to stay away from these five unhealthy white foods:

1. White bread
2. White potatoes
3. Table salt (but not all salt is bad use pink Himalayan sea salt that's full of healthy minerals)
4. White sugar
5. White rice

Stay away from processed foods as much as possible.

How do you find the perfect diet for you?

Just what you're doing: you learn, you read, listen to podcasts, talk to a nutritionist, and speak with your doctor. You must take control of your health! Find the plan that works best for you.

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

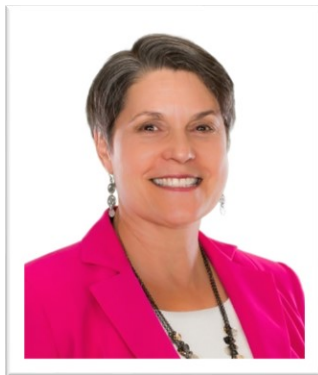
Mark Twain

That's funny and is true, but when you focus on your **why** for living a longer and healthier life, you learn to enjoy **eating, drinking, and doing** what works for your health and longevity goals.

You might have started reading this hoping to find your "magic pill" and discover the perfect diet. Sorry to disappoint you, but what I've done is provide you tools to help you identify your ideal **"Perfect" DIET**.

Links to the information mentioned in this report:

- (1) **U.S. National Library of Medicine** article titled: *Morbidity And Mortality Associated With Obesity*: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5401682/>



Tracy Herbert is the bestselling author of ***"Diabetes Tragedy to Triumph," "Ride for Hope,"*** and ***"Longevity Codes."*** She is a leading authority in diabetes, having lived with Type 1 diabetes for over 40 years successfully. Tracy completed a solo 3,527-mile bicycle ride across the United States to provide hope for those living with diabetes and prove her strategies work. She is a sought-after speaker, host of the weekly podcast ***"Your Diabetes Breakthrough,"*** a frequent guest on TV shows across the country, a Certified Personal Trainer, and a trained health and wellness coach. Involved in health and wellness for over 20 years, she brings unique fun and energetic strategies to help her clients learn how to live healthy lives.

Tracy has a BS in Psychology, past Leadership Council member with the American Diabetes Association, and Founder of Diabetes Technology Advocacy Foundation. She received the "Diabetes Coach of the Decade" award because of the decades she has spent helping those with diabetes.



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