

Quick Start Plan (30 Day Plan)

This is not medical advice, if you have health concerns, consult a medical professional.

Welcome to Whiskey Tango Health. Our goal here is to provide you a clear path to better health which will result in a healthy weight. This is not a “diet” or a quick weight loss plan. This is the result of years of research that I have personally implemented to become a healthier version of myself and now share with you.

This PDF is intended to give you some simple first steps to get started on your journey. We have written this to be overly simplistic as a quick start. Some of the concepts may challenge your beliefs about “healthy”. I had to challenge everything I thought I knew which led me into the research. The website is designed to take a deeper dive into the *why* these simple steps work and give you the resources to do your own research if you desire to learn more.

Those of us that are flight crew face challenges that many people do not. A constantly changing schedule, different time zones, changing environments and lack of healthy food choices are a few examples we are all too familiar with. However, I’ve learned over the course of my journey that with a new mindset and some discipline, some of these challenges can be turned into advantages.

There are obviously many factors that control our health and thus control our weight and body fat. Most of these factors we can control, and others we cannot. We want to focus on what we can control, mitigate what we can’t control and do the best we can with what we have to work with everyday. As mentioned above, those of us that are flight crew will have days we have much less control of these factors. On those days we have to prioritize what is in our control and not focus on what we cannot control.

The main factors that we can usually control are nutrition, exercise, sleep and stress. The biggest factor and the foundation to our health is nutrition and diet, what and when we eat. Addressing proper nutrition is a great first step and will definitely yield results, however nutrition alone is not the complete answer. Exercise is vitally important, however exercise alone is a difficult and inefficient way to lose weight. You cannot compensate for poor nutrition with more exercise. Sleep is overlooked yet extremely important. Without proper sleep hygiene, the nutrition and exercise will not be as effective. Sleep is the time our bodies recover and rebuild and without proper sleep we actually create more stress. We encounter stress everyday, many times a day. Some stressors are obvious, but most of our stressors are subtle everyday occurrences. We have become so accustomed to stress that we brush it off, yet stress is one of the biggest contributors to poor health, disease and weight control. Proper nutrition, exercise, sleep and meditation are a few ways to reduce stress. As you can see, these all work together to contribute to your overall health.

I know it seems overwhelming, so we will break it down into some easy steps to get started.

First, all you really need to do to get started is eat REAL FOOD. Stop eating processed food, that's pretty much anything that was made in a factory, as outlined below. This first step alone will begin the process of improving your health and you will start to see weight loss. Move your body, even just walking every day will continue to move the needle. These 7 steps are the first steps to follow if you are ready to start.

- 1) Only eat food that is natural. Pretty much everything that grows, or runs or flies or swims is what we were meant to eat. Almost everything that comes out of a factory is what you should avoid eating.
- 2) Gluten (wheat based food) is something to give up initially and see how you feel. As pointed out in step one, it is made in a factory and your body does not need it. There are other issues with gluten that we will explore in more detail, but for now just avoid it.
- 3) Seed oils are all the heavily processed oils that are made in factories. Do you see a common thread here? Examples of seed oils are: Vegetable oil, Soybean Oil, Safflower Oil, Corn Oil, Canola Oil, Sunflower Oil, Peanut Oil, etc. These oils are found in almost everything that is processed, packaged and quick. Not eating processed food will help you avoid these oils. Oils that are cold pressed, like olive oil, coconut oil, palm oil and avocado oil are full of nutrients and have many health benefits. Switch to cold pressed oils.
- 4) Stop eating sugar! Stop drinking sugar! This also includes everything that your liver sees as sugar, such as most carbohydrates. Even some natural foods such as potatoes, bananas and fruit are high in sugar. Avoiding these initially in your journey will help you accomplish your goals.
- 5) Quit drinking alcohol for at least one month.
- 6) If you smoke, quit. The nicotine isn't exactly the problem, the tobacco is the issue. Not only is tobacco known to cause cancer, smoking especially damages the lungs, blood vessels and arteries. There are many factors that lead to cardiovascular disease, smoking is up there as one of the most significant.
- 7) Move your body. If you can't run or jog, then walk. Just move. Strength training is the best, however do what you can without risking injury. Depending on your level of fitness and strength this will vary by individual. Even a good, brisk walk 30 minutes a day will have great results. ***The very best exercise is the exercise you like to do!***
- 8) Get adequate sleep. Sleep well for 6-8 hours a night, I know you've heard this your whole life, but it is very important as your body goes through many regenerative processes during sleep.

That's it! Sounds simple right? Now it's up to you to implement these changes. If you make it through a week or 10 days and fall off of the plan, it's okay. Just start it again the next day. For me personally, it took a couple of months of restarting until I got the hang of it and began to feel better. Once you have these simple steps down, explore the website and start fine tuning your habits and health to what works for you.

This is and is not a diet. Most people relate the word *diet* to a short term method of eating with the result of losing weight. For most of us, a *diet* does not work in the long term. Many of us have found *going on a diet* will result in some weight loss, however this weight has slowly returned. In fairness there are two definitions of the word diet. One definition is what comes to mind for most of us: *diet, (n) a special course of food to which one restricts oneself, either to lose weight or for medical reasons.* Note the phrase "restricts oneself". This phrase alone will set most of us up for failure as no one wants to *restrict oneself*.

The other definition of diet: *diet (n) the kinds of food that a person, animal, or community habitually eats*. This definition is what we will use when talking about a diet. However, what we are going to outline is broader. We will not use the word diet, but instead refer to a diet (in this definition) as a **Way of Eating (WOE)**. Using this term is much more accurate, because it's not a short term restriction, but a *choice* to eat a certain way for long term health which will result in a healthy weight. This also means that by choosing to eat for overall health you are not restricted to always eating a certain WOE. This means that as long as you usually eat in a way that works for you, those special occasions like the holidays, family get togethers, dinner parties and those times you just can't find the food you would rather eat, having a few meals that are not in your WOE will not derail your goals or overall health. Our goal at Whiskey Tango Health is to educate you about nutrition and other factors so that you can make the best decisions for your overall health and not look at absolutes. This is a quick start to help move the needle, there is a plethora of information at: whiskeytangohealth.com to learn more and to help fine tune your future goals.

The most common Ways of Eating are LCHPMF, LCHF and "Keto." Most people do really well on a Low Carbohydrate High Protein Moderate Fat (LCHPMF) WOE. Many people do well on a Low Carbohydrate High Fat Moderate Protein (LCHFMP or LCHF) WOE which is basically Keto. These Ways of Eating are not a fad nor are they a quick weight loss program, it's the way humans have survived for over 200,000 years. This doesn't mean you will never have some birthday cake or ice cream or bread or pasta ever again, it means that most of your meals shouldn't revolve around these foods.

There are many examples of this way of eating that are slightly different and I'm sure you have heard of some of them. A couple examples are Paleo, Atkins, The Whole 30, Vinnie Tortorich has NSNG, and of course Keto. At the end of the day, the one common thread between all of these is basically eat whole, real one ingredient foods and you will loose weight and feel better.

I dislike the term "Keto" because it means different things to different people, but essentially Keto is a LCHF way of eating. The Ketogenic diet is basically a WOE that uses ketones, an enzyme produced in the liver, as fuel instead of dietary glucose. This is essentially how humans survived until modern times. There are different adaptations to the Keto diet. Recently it's common for weight loss, however it's been used for many years to clinically treat brain disorders. There is more information pertaining to the ketogenic diet on the website.

So, what does a Low Carb WOE look like in reality? There are many websites and cookbooks now that cater to the Low Carb WOE, however an example of a typical day would look like this:

Breakfast: Fried eggs (cooked in butter or olive oil) with bacon and avocado.
Lunch: Hamburger patty (no bun, no ketchup or mayo) and some cottage cheese.
Dinner: Grilled salmon with asparagus and cauliflower rice.

Breakfast: Mushroom and swiss Omelette.

Lunch: Ribeye Steak with Steamed broccoli and grilled squash.

Dinner: Greek salad (greens, tomato, red onion, kalamata olives, feta cheese, olive oil) with grilled chicken.