

Broken Silence

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So, Just What Is Binary Dieting?*

If you're like me, you've been on diets before. It doesn't matter which ones you tried; I have personally done dieting by means of Weight Watchers, Adkins, Pritikin, Zone, Blood Type, Fit For Life, Dr. Phil's, Schwartzbein Principle, Sugar Busters, the Three Hour Diet, Scarsdale, Grapefruit, Slim Fast, etc. I've done diet injections, diets with limited carbs, limited fats, limited calories....

It's not that they don't work. They work. In over thirty years of dieting, I lost weight on each of them, and actually lost a lot of weight on a few of them. The problem is, the weight always came back on, and the scale usually tipped higher each time I went back up.

This up again down again routine has aptly been dubbed Yo-Yo Dieting. The reason we yo-yo is that we try to handle the weight but never address the cause. If you are plagued by unwanted excess weight and find sugar and flour hard to resist, you have a yeast (*Candida*) problem; yeast infestation (the *Yeast Beast*) actually causes these cravings and makes you gain weight. It takes about 30-60 days to see great results from a diet, but it takes 90-120 days to get the yeast under control.

Binary means consisting of two: having two elements, two constituents. Binary dieting is dieting on two fronts: one is weight loss/control, and the other is yeast reduction/control. When you approach dieting in binary fashion, you solve the after diet regaining problem by healing the condition that makes it happen while you lose the weight. The result is an end of diet you that can stay at the weight you desire with minimal upkeep.

In *Beauty And The Yeast Beast*, I included a diet that is specifically designed to help you take off weight while fighting the yeast infestation. The second half of the program is the yeast reduction and control. This is accomplished in part by the diet itself; you discontinue all sugar and flour (as well as other empty white foods like potatoes, rice, pasta, and, though not white, corn). These are all foods that feed the *Beast*. Fruits and other whole foods are added back slowly after the first two weeks.

In addition to the Yeast starving diet (the Yeast will starve, but you can eat as much as you want while on this phase of the diet) you will need to take supplements to help rid your body of the excessive yeast. You need anti-fungals and probiotics. I recommend grapefruit seed extract or Candidate to fight back the yeast and ThreeLac or Probio 5 to boost the good micro flora in your body. You will also want to take a good vitamin and make sure that it includes biotin; your body needs this and the yeast steals it, among other nutrients.

Once you get the yeast levels in your body within normal ranges, the weight you lose will stay gone. Keep taking your probiotics, and make sure you do a preventative 30 days of anti-fungal twice a year and never go back!

*Binary Dieting from *The Big Bad O*, by Francine & Edward Hemway