

The Living Longer Today Health Plan

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health and prevailing kindness towards all.*

Introduction

We all deserve to live a life enriched with happiness, abundant good health and prevailing kindness towards all.

My name is Dr Anthony Hadj, a medical doctor based in Melbourne, Australia. My passion is using the power of nutrition and good diet to bring about a more healthier and happier you.

My aim is to help you recognise that through the power of good wholesome nutrition, it is 100% possible to begin to restore your vitality, mental wellbeing and general health. We are all uniquely different, with a variety of needs; likes/dislikes and so restricting our diet to 'a certain number of calories' or 'plate sizes' serves no purpose on an individual level. Why?

Simply because no one knows your body better than YOU do. You are in the unique and privileged position to be guided by listening to your body. Every one of us will require different amounts of food/energy depending on our age, sex, activity status, weight and height. To this end, you *should eat when you are hungry* and you stop when you are full.

This plan simply revolves around eating the RIGHT foods, allowing you to EASILY recognise which foods will help lead you towards better health, lower weight and less disease.

This guide incorporates the works of American physicians Drs John McDougall, Michael Greger, Caldwell Esselstyn and Neal Barnard; and my own study of nutrition, chronic disease and the science behind it.

On the following pages, you will find the basic principles of the program. Adhering to them allows you to know which foods to keep off the dinner plate. Excitingly, it also helps you to then focus on all the other great food we have at our fingertips, which can be incorporated into your meal plans with ease and great effect.

Lastly, this is not a fad diet or a quick fix program. It is designed to bring about a **rejuvenated** sense of health and wellbeing for you and your family whilst benefiting the world around us. It is not dependent on any specific exercise, calorie counting, taking supplements, paying membership or licence fees. It is free, simple and designed to give your body the greatest chance at recovery and/or fuelling your drive towards **sustained weight loss** and **the best of health** for many years to come.

This is my hope for you and your family.

The Living Longer Today Principles

1. No Animal Products

- a. No Meat, Chicken, Fish
- b. No Eggs, Cow's Milk
- c. No Cheese



This is a WholeFoods Plant Based Vegan program, and is aimed at ensuring your intake of cholesterol (found almost entirely in animal products) and fat is kept to a minimum, whilst at the same time, your intake of wholesome natural foods such as starches (potatoes, rice, breads) and beans, lentils and green leafy vegetables is enjoyed to a maximum. You will discover adhering to a diet devoid of animal products will not only provide instant benefits to your health, but within a short amount of time, your taste buds and preferences for animal products will be gone.

2. Avoid adding any OIL to the diet

- a. Make attempts to Steam, Boil or Bake food, instead of frying or using cooking oil.
- b. Can consume nuts, vegetables, whole olives and avocados which do contain lots of healthy oils in the right proportions. These can be used to add flavour to your meals.
- c. When making salads, use natural dressings like Balsamic Vinegar, Lemon Juice and try to avoid adding oils.



There is a lot of discussion about the value of oils, 'good' vs. 'bad'. **"To add or Not to Add...that is the question."** Oil is 100% fat. This is not necessarily a *bad* thing, considering that every one of our cells has a wall/membrane (like a brick wall around a house) composed of different types of fats. It is therefore essential that each of our cells are provided with the healthiest fats (or correct bricks for the wall) if they are going to flourish and stay nice and strong.

Just as you wouldn't build a house with faulty bricks and poor cement; you don't want to provide your cells with faulty fats either which would only make the cell susceptible to injury, and therefore function suboptimal. Essentially, having fat from whole plant sources (whole nuts, whole olives, avocados) is fine, as often the ratio of Omega-3 to

Omega 6 are in the correct proportion for our body - in other words, the 'cement' is in perfect concentration for a strong healthy cell wall! This is a complex issue, however it need not be. As long as you are consuming the whole plant foods then you are fine. Once you strip the oil out of the food itself, it at best becomes a medicine and at worse a toxin.

3. Exercise as you see fit, at a level which is comfortable for you.

You cannot outrun a bad diet. No matter how much we try and 'keep fit' or how far we run; if we don't have the correct / optimal fuel in our body, we will always be dragging our feet. Exercise is *OPTIONAL* especially as you start the program. I want you to focus entirely on the foods you consume and allow your body to tell you when you are ready to increase your level of activity.

- a. Gentle walking is more than sufficient. Try to walk at least 15minutes each day at the start. If you wish, you can increase your exercise regime how you see fit.
- b. Physiotherapy (especially exercises to strengthen your upper and lower back), Yoga, Pilates are all extremely beneficial to complementing this plan. Remember, the purpose of this plan is not just to better your physical health but to better your whole person. There is no need to run a marathon every day to achieve this. Commence gentle exercises first and progress as you feel more comfortable and energetic.
- c. My recommendation is that once your body starts to respond to healthy diet you will be more willing to engage in moderate exercise (especially as your energy levels increase and you lose weight). I promise that your desire to exercise will eventuate, but you first need to ensure your body is healthy



This is about YOU. This is **YOUR** plan for **YOUR** body. You should never be made to feel inferior by any fad health program, celebrity or external factors (magazine covers, weight loss shows) that pressure you into adhering to a restrictive regime. These programs focus on restricting your energy intake whilst exhausting you through unsustainable exercise programs that only achieve their goals by making you sick. So

let's focus on getting the **diet/body well first**, and then your capacity to exercise will naturally follow. One of the most powerful ways we do this is through changing what we eat. Otherwise, it is like asking our car with no fuel, a rundown engine and bad tyres to perform like a racing car! We wouldn't treat our cars that way, so why would we treat our bodies that way?



Let's get the mechanics right first, the engine tuned with the right oils...and then we'll be ready for Formula One!

4. Avoid/Limit Soda Drinks

Most soft drinks contain high amounts of sugar, additives and colourings (many of them sadly from animal products). They can drive our sugar levels up very quickly and yet leave us feeling empty and hungry. Remembering that thirst is driven principally by the desire for water, it is therefore reasonable to accept that this is the best liquid you can provide.

- a. Instead of soft drink, juices (we'll come to Fruit Juice below) or energy drinks, try supplementing with cold water (highly refreshing) and tea or coffee if you wish. One of my favourite drinks is Hibiscus Tea with Peppermint Leaves which can be had cold or hot. There is no more refreshing drink on a hot day than this poured over ice!
- b. Fruit juice should be limited, especially when the pulp is removed. Why? The reason is that a glass of juice provides a large amount of sugar (fructose) very quickly, causing a surge in our body's release of insulin. This is a normal response to sugar entering our body, but we are not designed to have so much sugar, so quickly. The surge of insulin can cause upset to our metabolism. Nature did not intend for us to eat the orange juice only. The juice comes in a complete package. So if you're feeling thirsty for fruit, either peel an orange and get the benefits of the fibre too or if you use a juicer, make sure you add/mix the pulp into the final mixture too. You will feel **much more satisfied** after eating two complete oranges compared to just consuming the juice from these fruits quickly.

I hope you are starting to recognise that a lot of the foods you already eat are actually pretty good, but that we have been consuming them far too rapidly and incorrectly e.g. removing the juice or the oil from the whole product.

5. You can eat AS MUCH as you want, WHENEVER you want.

Many diets focus on calorie counting. First of all, a calorie is not a measure of how fattening a food is. It is actually a scientific term, denoting how much energy can be derived from that product. I like to think of it as a measure of how much 'power' a certain food has. Knowing how many calories a food has still doesn't tell me whether it is good or bad, and it certainly doesn't tell me how my body will respond to it.

Calorie Counting and Restricting the volume of food is NOT applicable to this program. This is because the foods that you eat (wholesome natural plant based) will more than satisfy you, well before you are at danger of gaining weight. ☺ You would have to consume an ENORMOUS amount of wholesome plant based foods before it begins to be turned into stored fat.

As long as you are keeping to the general principles (no animal products, limiting the *added* oils) you can eat ad libitum knowing full well that you will NOT gain weight from the healthy starchy foods you consume. There are a great many resources about this topic that I have included for you at the back of this booklet.

Your natural hunger drive is the BEST indicator of when your body requires fuel. Therefore, ignoring this (as is the case with most diets) only results in you feeling unwell, distracted, anxious, annoyed and....more hungry! Listening to your body is the first step towards better health. Consuming foods that are Wholesome Plant Based will allow you to feel satisfied (and keep your cells replenished) throughout the day. However if you feel hungry - irrespective of the time of day or night - you can eat!

There is a very complex neurohormonal interplay that drives the sensation of hunger, but essentially, the BEST fuel for your cells is sugar derived from starch (potatoes, rice, breads, and vegetables). Consider the times you've consumed a high fat meal, yet within a few hours, you've begun to feel hungry again.

But why does this happen? Why doesn't my body use all the fat from the meal if it's so energy rich? Why do my cells store this fat instead of just using it to give me energy? So many questions! So much confusion! Not enough answers!

Until now...

Whilst all the fat we eat IS quickly *stored*, **importantly** our cells are unable to quickly break it down into the simple sugars, which they so desperately need.

Your cells **do break down this fat**...but it is a very slow and costly metabolic process.

I consider fat to be like a solid gold bar. We know solid gold bars are monetarily rich and very valuable. If I gave you some gold today, you certainly wouldn't throw it away because you know how valuable it is.



However... for day to day transactions (buying a cup of coffee, a bus ticket or some delicious plant based foods...i.e. real life), it is practically useless.

We would rather prefer coins to get through our day. Our cells are no different. They function like bank accounts and recognise the energy rich nature of fats, store them in case of an *energy recession* (famine, hunger, starvation) and slowly chisel away at it trying to break it up into worthwhile pieces of simple sugars.



Given there has been very little sugar into the cells, the feedback is that you are running on empty and need more energy. The sensation of hunger therefore persists and drives you to consume more food. The cells keep storing more and more weight without much immediate benefit. However, by consuming a complex starch based diet (potatoes, rice, beans, lentils, vegetables) you are providing your body with the best economic fuel ensuring that you are satisfied for much longer (hours).

So it turns out that a wholefoods plant based diet really is, as good as gold! 😊

6. Attempt to substitute General foods for Great foods!

As I mentioned previously, you will find that a lot of your current diet is actually pretty good, but...it could be a lot better. Remember the issue with fruit juice? I don't mind you having the *whole* fruit, but when we cut corners and just consume the juice, we are missing out on the benefits of additional fibre (to make us feel full).

So instead of having plain white pasta, have wholemeal instead (far tastier and delicious in my opinion). Substitute where possible, brown rice for white rice. Wholemeal bread for white bread. Your taste buds will respond within days, and you'll find yourself

preferring these products in no time. You will feel fuller and your bowels will be functioning much better. Here are some examples:

- a. Wholemeal Pasta for White Pasta
- b. Brown Rice for White Rice
- c. Wholemeal/Rye Bread for White Bread
- d. Green/White tea for Black Tea
- e. Red Onions for White Onions.

I am a fan of bread! It tastes great and can be a terrific accompaniment to most meals. Wheat and Barley have been staples of many human diets and have helped many successful populations thrive for centuries. Like most starches (particularly potatoes), they have been unfairly maligned and deserve to be part of your meal plan. Traditional brown wholemeal breads are best. Coloured foods (Green tea, Red onions) have more antioxidant potential than their plain cousins, however remember...these foods are not animal based so if you prefer white onions over red ones, then the more white onions the merrier! It is not essential to change your foods in this way, but I encourage you to try this when you can.

Cow's Milk substitutes:

Often people tell me that milk is the hardest product to do without. There are so many other better, healthier options available that will be very easily integrated into your diet.

These include: Almond Milk, Soy Milk, Hazelnut Milk etc, all available from major supermarkets and stores.

What to Eat

Adhering to the rules above allows you to eat an abundant and delicious variety of foods. I recommend that you should contain your diet *to 70% Starch, 15 % Protein and 15% Fat.*

Common Starchy Foods

White and Sweet Potatoes

Corn

Barley, Rye Flour

Pumpkin

Beetroots

Zucchini, Carrots

Whole Fruits and Whole Vegetables

Proteins

Soy Bean (Tofu)

Lentils

Beans

Fats

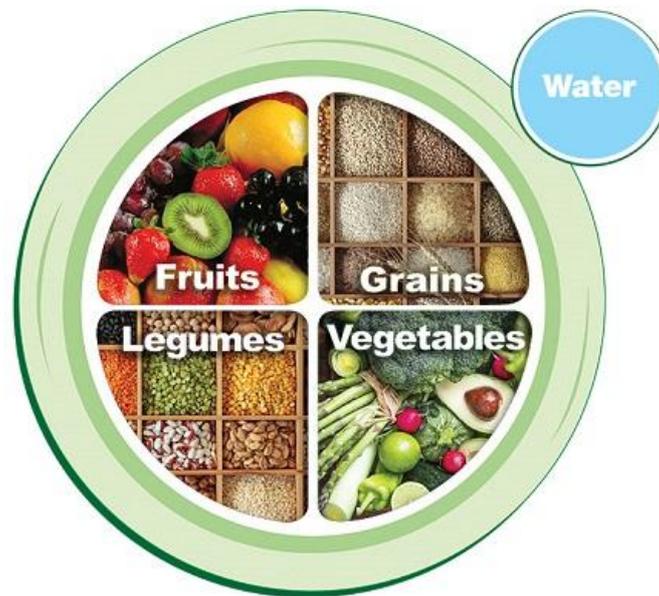
Flax Seeds

Avocados

Nuts (Walnuts, Cashews, Macadamia Nuts)

The Essentials - try to include one of these Antioxidant Powerfoods in each of your daily meals: Spinach, Kale, Broccoli, Brussels Sprouts and Blueberries.

The Powerplate, from the *Physician's Committee for Responsible Medicine* provides a terrific visual for you to remember on how to create your plate.



Here is a rundown of some of my favourite foods:

Breakfast

- Oatmeal/Muesli, adding Almond Milk or Plain water with cinnamon, heating in the microwave for a few minutes.
- Hash browns - yes! These are delicious and more than satisfying. Shredding a potato and using a non-stick frypan or a bit of Vegetable Stock. Be careful to avoid the use of oil. Garnish with spring onion, tomato sauce or great just on their own.
- Pancakes - using wholemeal flour, almond or hazelnut milk, these will be super delicious and super healthy!
- Rice Dishes with Potatoes

Lunch/Dinner

- Wholemeal Pasta with Marinara (tomato and vegetable) base sauce
- Vegan Pizza - *wholemeal flour base / wholemeal Pita bread; garnishing with tomato paste, mushrooms, spinach, potatoes.*
- Falafel Wraps - *falafal pieces, wholemeal pita bread, tabouli salad, tahini sauce and onion.*
- Rice dishes - using any of your favourite homemade curries (Thai Green, Red, Indian and Ginger, etc...) however be careful to avoid store bought as they often contain milk products)
- Vegetables
- Mashed or Baked Potato
- Bean and Lentil dishes
- Chickpea and Kale Salad with Red Onion



Anthony's Homemade Roti and Brown/Basmati Rice with Chickpea, Corn, Spinach and Tomato based Curry, with side of potatoes.

Hopefully you are starting to recognise that this is not so much about *cutting* bad things out (restrictive), but *embracing* more of the great foods available to us (enhancing).

Side-effects of This Program

Like any good doctor, I need to warn you about the **significant** side effects of this program.

2-3 days

- Marked improvement in Bowel and digestive issues
- Skin complaints (dry or oily skin) start to resolve
- Muscle aches tend to abate.
- Sinus and breathing issues start to improve/resolve

1 week

- First noticeable change in weight loss
- Decrease in amount of sweat, no or little offensive odour
- Sleeping greatly improves (aided also by weight loss)
- Gastro-Oesophageal reflux (burning in the chest) symptoms improve
- Improving resolution of dry or oily skin

2 weeks

- As above
- Further improvements in weight
- Improved muscle flexibility and reduction in joint pain
- Increased energy levels and increasing desire to be active (e.g. walking)

1 month - 6 months

- As above
- Further improvements in weight
- Taste receptors loose appeal for animal products and high sugar drinks and you begin to actively want to seek out plant based wholefoods, and appreciate the taste of foods without added oils (e.g. Salads)
- Greatly increased energy and stamina
- Marked improvements in Blood Pressure, Blood Sugar and Blood Cholesterol readings
- Possible improvements in mental wellbeing and sleep

What happens if I slip up?

Remember this plan is for YOU. It is designed to make you healthier and more productive life. There may be occasions where you are unable to continue, but remember, there are no fees, no costs and no membership lapses... this is YOUR diet for YOUR health. Furthermore, YOU can tailor this program to how you feel best comfortable. You can select the foods that you and your family enjoy most. There are no perfect foods. If you are out for dinner (especially at restaurants), you may find that the food is high in oil. That's fine; the key thing is to keep the animal products off the plate. If you slip up, that's okay. Changes to your diet and eating habits take time to adapt to.

No matter what state of health you are in, you can begin the program of self rejuvenation from your very next meal, knowing that you are on the road to providing your body with the best fuel for your cells and best means of repairing and halting any further damage.

It is never too late to begin, and always okay to restart.

Caution and Advice

This meal plan is one of the healthiest and most nutritious you can consume, providing your body with the right ratio of fuels to keep you satisfied and well. As your health improves, your need for medications relating to dietary causes of disease (e.g. *High Blood Pressure, Cholesterol, Type 2 Diabetes*) may be lessened.

It is therefore very important to have regular contact with your **Specialist** or **General Practitioner**, so they can monitor your Blood Pressure and Blood Sugar (if diabetic) and reduce (and hopefully remove) the need for these medications. They can also advise you about taking a Vitamin B12 Supplement too, which I recommend.

By changing our diet we are giving our cells and organs, the best chance to recover and work at their very best, once again as they did for us when we were younger!

My Hope

We all deserve to live a life enriched with happiness, abundant good health and prevailing kindness towards all. There is no better way to achieve this goal than to be mindfully aware of our place in and the impact upon, the environment around us.

In considering the impact our eating habits have on the world, we can much better appreciate just how powerful a part we each can play in restoring the health of the environment around us, and within us. The key is to have wholesome, nutritious food devoid of animal products and oil.

My hope is that by adhering to this nutrition plan, you will find yourself being satisfied for longer, feeling healthier and knowing that your helping to look after the environment and the beautiful animals who enjoy their love of life as much as you and I do.

I wish you well on your journey and hope that you will reap the benefits from delicious abundant wholesome eating for many years to come.

Dr Anthony G. Hadj

Creator of Living Longer Today™

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The Physicians Committee for Responsible Medicine

www.PCRM.org

Devised and lead by Dr Neal Barnard, the PCRM is a Washington based think tank that actively engages with politicians and Government to better health policy and development for all. Some outstanding resources include a 'Free 21 Day Vegan Recipe Guide' app, numerous information booklets about diet and disease, easy cooking ideas and some delicious vegan recipe guides.

Dr John McDougall

www.drmcDougall.com

Along with Mr Nathan Pritikin, Dr John McDougall remains the greatest influence upon me regarding my own personal journey towards better health and better living. His website contains a lot of information, resources and

Dr Alyce Churchill

www.plantbasedeasy.com

A wonderful website by my friend Dr Alyce Churchill from Perth, with delicious wholesome recipes which are oil free! *Nb: I am an active contributor to this website, but receive no financial gain.*

Nutrition Facts

www.nutritionfacts.org

Composed by Dr Michael Greger, another hero of mine who periodically reviews "every English language nutrition journal, so that you don't have to." Composed of blogs and short 5 minute videos, he helps to clear up the confusion surrounding nutrition and diet.