

**DR. COLBERT'S  
KETO  
ZONE  
DIET**

# ACKNOWLEDGMENTS

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THIS BEING A UNIQUE BOOK, one that has so much potential to change our lives, homes, futures, pocketbooks, communities, and world, I wanted to begin with a few special acknowledgments (confessions, really) that I hope will help you.

I acknowledge:

- I used to recommend the usual high-carb, low-fat diet to my patients.
- I used to prescribe the normal statin drugs to lower my patients' cholesterol.
- I used to fear fat.
- I used to suffer from psoriasis over most of my body, and did so for more than twelve years.
- I used to have very little in the line of defense against the disease that killed my father: Alzheimer's.

However, that is no longer the case. Now, I see food and use food for what it can be . . . the best medicine in the world for everything that ails us.

From head to toe, the results have been astounding!

# INTRODUCTION

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LOSING WEIGHT, getting healthy, and staying fit come down to a belief system. That is because we all choose to do whatever we believe in. Obviously, believing that eating donuts is a valid weight-loss strategy does not make it so, no matter how much we hope it to be true. The point is, our choices directly affect our actions and are influenced by what we believe. We choose to do whatever we believe in.

The challenge is, what do you do when the rules change?

Take eggs for example. For decades, we were taught that egg yolks were bad for us because they contain cholesterol. Like many people, I would eat one yolk and three egg whites, and I recommended that to my patients. After all, cholesterol is bad, right?

Well, things change.

According to the 2015 Dietary Guidelines for Americans published by the Office of Disease Prevention and Health Promotion, it is now okay to eat the whole egg.<sup>1</sup> In fact, you can now eat as many whole eggs as you want. The rules changed!

We are so used to eggs being “bad guys” that now we are faced with a choice: believe what we were taught since the 1950s or accept the new reality that whole eggs are in fact healthy.

## INTRODUCTION

What to do? What to believe? Naturally, what you choose to believe will be your course of action.

This eggs-are-now-healthy breakthrough is just one of countless examples. What is happening on a much bigger scale is that the much-touted high-carb, low-fat “healthy” lifestyle is springing leaks. Holes are appearing in this rusty metal tub of a belief system. The ship is sinking. And it is time to abandon ship as quickly as you can.

It is a paradigm shift, and it is happening now. It will take time for new breakthroughs to be tested and retested, and even more time for the public to be informed through the slow-to-change medical community and government agencies.

One of my professors in medical school explained that in about ten years, half of what we were being taught would be outdated and pretty much of no value. He noted, “The problem is we don’t know which half that is.”

Eventually, though, public opinion will shift. People will understand and accept the new paradigm, and then they will choose to take action. Unfortunately, that will take a very long time, and time is a commodity many of us do not have.

For years I have treated patients who suffered from advanced cancers, obesity, type 2 diabetes, heart disease, mental illness, and much more. They needed help yesterday so they could be on the road to healing today. They were desperate, and they had no time to wait!

Thankfully, we already have sufficient data, research, studies, and real-life examples to know we are going in the right direction. What is more, many of my patients—who were written off by their own doctors—are alive and well today.

The answer was not a pill, medication, pharmaceutical drug, or

surgery. The answer was a nutritional one completely based on the food we eat.

In a nutshell, this diet is low-carb, high-fat, and moderate protein. It is incredibly healthy, and not only does it work to cure or manage disease, it is the best weight-loss method in the world.

I call it the Keto Zone diet.

When you are in the Keto Zone, extra weight falls off. I've seen people lose as much as a pound per day, but one to two pounds per week is more common, perhaps three pounds with daily exercise. In a few weeks or months, the results are cumulative and astounding.

*Wait a minute, you might be thinking. Did you just say this was a high-fat diet? How can fat be healthy?*

To clarify, the Keto Zone diet is a purposeful combination of reduced carbs, increased healthy fats, and a moderate amount of healthy proteins. Yes, it is high-fat, but it is also (and very importantly) low-carb and moderate-protein. These elements go together to create a body that is satisfied, alert, happy, and fat-burning.

When it comes to fats, not all are bad for you. However, we have been taught for so long that fats are bad that we have a very real and tangible fear of fat. And why not? The message from most doctors, food guidelines, trends magazines, and every other “authority” in life tells us in big bold letters that fat is BAD.

In truth, healthy fats are good. They are necessary. They will help you lose weight. And no, they will not make you fat, clog your arteries, or cause you to drop dead.

The Keto Zone diet works. It also cures or manages countless diseases.

If you are ready for that, then come on. A new life awaits!

## INTRODUCTION

This book is divided into three main parts:

Part One: What the Keto Zone diet is, the science and history behind it, and the reasons why it is so effective for weight loss and fighting diseases. The benefits of the Keto Zone diet are off the charts!

Part Two: Why the Keto Zone diet works, why each piece of the puzzle goes together so well, and why the Keto Zone diet is, indeed, the best and healthiest way to lose weight.

Part Three: The simple steps to implement the Keto Zone diet and exactly what it takes to get you into the fat-burning zone. This includes practical shopping guides, step-by-step instructions, and menu plans.

I recommend that you read part one and part two before plunging into the diet and menus, as these sections answer many questions, empower you, and give you unstoppable confidence moving forward. But if you are ready to jump in, then feel free to move directly to part three. That is where action and change take place.

The Keto Zone diet works, and in more ways than one. I have had literally thousands of patients on this diet, and the positive results are amazing, life-changing, and in some cases unbelievable.

On a personal note, I am incredibly excited about my second book with Worthy. As a Christian first and medical doctor second, my beliefs fall right in line with my publisher's mission statement: "Helping people experience the heart of God." My desire is that you experience a healthy lifestyle that allows you to not only enjoy life to the fullest, but to also love God and serve Him to the best of your ability. May the Keto Zone diet give you the hope you've been searching for. To your health!

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# PART ONE

## *What the Keto Zone Diet Is*

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What the Keto Zone diet is, the science and history behind it, and the reasons why it is so effective for weight loss and fighting diseases. The benefits of the Keto Zone diet are off the charts!