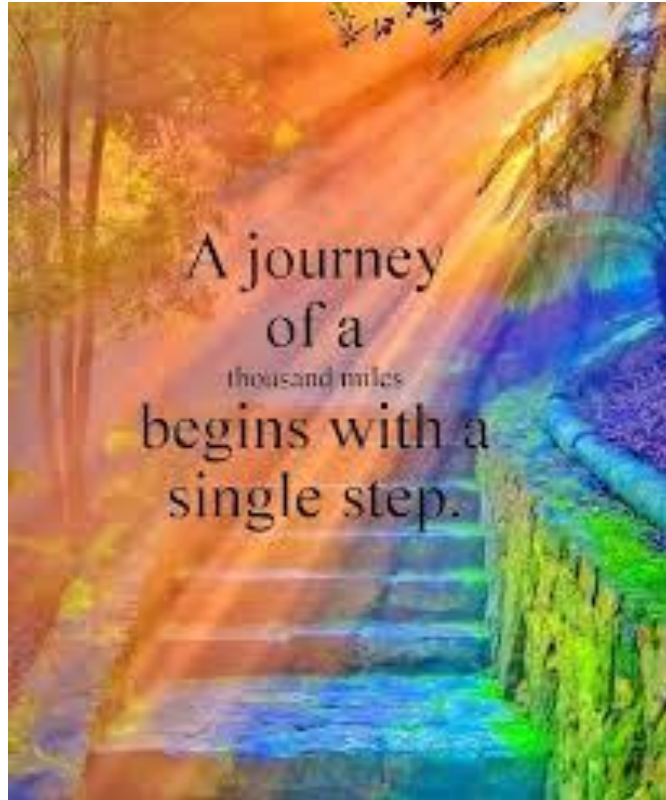


Beginning Your Transformational Health Journey



A Journey of a Thousand Miles begins with a single step.

– Confucius

We are going to focus on one small step at a time, not in changing your life at once. Each small step will make bigger changes than you can imagine! The very first step is to get really clear about where your steps are going to take you. It's about getting somewhere you are not. It's about going in the direction of your dreams.

Discovering Your Why

This is a time to dig deep and find out really, under that desire to release weight, look great, etc... why so you want to release weight? What will it mean for you to complete it? Consider taking a few moments and sit down and really think about *why* you want to release weight or *why* you would like to have more energy. Do you have a family? Maybe you'd like to be around to see your grandchildren grow up and have enough energy to chase them around. Maybe you want to make sure you are healthy enough to provide for your family. Be sure to use positive words for your reasons such as "I am, I have, I will, I choose" instead of using negative verbiage such as "I can't, I won't, I don't." For example, you might say, "I am going to do to get healthy because I don't have any energy." Instead say, "I am going to take get healthy to increase my energy level." Speak to yourself in a positive tone. Go deep into defining your reasons why. Even ask

yourself: Why do I want to provide for my family, have more energy, or be around to play with my grandchildren? Keep asking why until you have it really nailed down. Imagine, vividly, what your life will look like once you have released weight or gained energy. What will be new and different about your life? What are some things that will change? What will you be able to do that you are currently unable to do? Create a detailed movie in your mind of what you will do when you are thinner and full of vitality. What will you do with the extra time you have as a result of needing less sleep? Think of all the positive ways these changes will affect your life and write them down. Even create a vision board with pictures or a video, called a mind movie, so you can be reminded, in pictures, daily, about your goals. When you feed your subconscious mind in this way, it will lead you right to the necessary tools to reach your goals.

You may want to make changes in order to get on track with your eating. Maybe you are feeling undisciplined in this area, and you need an extra boost of motivation to start eating more healthfully. You are free to make all of your own decisions. It is so easy to get into a rut of making less-than-optimal decisions around food. We are constantly bombarded with unhealthy options to choose from. Now is the time to realize that the choice is *always* yours. You are in total control of what goes into your mouth. If you do tend to make unhealthy choices,

know that you are absolutely normal because many of us struggle here as well. I know I do. You may even feel obsessed and compulsive at times. You might feel like I have felt so often, that it feels impossible to think of anything but food. This is simply a habit or a way to escape from the stresses of day to day life. It is said that it takes three weeks to break a habit. Let this be the beginning of new choices for yourself. Decide right now that you are going to find more productive things to give your energy to than giving in to unhealthy eating choices, which really keeps you imprisoned and prevents true Living.

You may also desire to implement a good exercise routine. Now is a great time to do this as you will have more time to exercise because you are spending less time daydreaming about and actively eating. Maybe your goal is to release some extra weight so that exercising is not such a chore for you. Whatever it is that will motivate you during times of intense hunger, write this down and refer back to it daily. This must be a 'why' that *really* matters to you. Take a few minutes here to contemplate and write down 'why' you are going to change your eating habits. If you are having a hard time figuring out your 'why', try the following exercise which I learned from Oriah Mountain Dreamer. Say you want to release twenty five pounds. You would then write the following: "It doesn't matter to me if I release twenty five pounds, what I really want is

_____”. Continue with this exercise until you really figure out what it is you want in life. What will you have after you have released this weight that you do not have now? What is missing in your life that you truly desire? What is your deep longing? What do you daydream about being different in your life?

Figuring out why you are doing something may seem like a large task. Here are some ideas you might consider focusing on as you decide what your major motivation is for taking this cleanse. Close your eyes for a minute and visualize what changes will take place as a result of sticking to this for the next six weeks.

What is your desired outcome?

Will you have more energy?

Will you fit into your clothes more easily?

Will you be thrilled when you look in the mirror?

Will you be able to chase your children or grandchildren?

Will you experience peace? Will your acid reflux disappear?

Will your food cravings vanish?

Will your food obsessions stop nagging you?

Will you need less sleep?

Will you have more clear mental focus?

Will you have more trust for yourself?

What will be different when you're free?

What outcomes do you most desire to experience?

What are you unable to do right now that you will be able to do when you are healthier and lighter?

See your life changing in these ways. Allow these changes to become a reality in your mind. What does it feel like to be in that place you desire to be, to have accomplished the goals you choose to achieve and to wake up each morning in this new body with these new outcomes? Be this new person in your mind for a few minutes. Experience the new you and now write down the three new changes that you desire the most. Write them all down if you wish! This is your 'Why' statement.

Once you are clear on your 'why', the next step is to draw a picture of your future self, one year from now. Draw this future self, bowing in gratitude to your current self for taking the important steps you are about to take so you can get where you want to be. Make sure that you convey the new changes in the future self, as they have already happened. You may also choose to write a letter from your future self, five or ten years from now, thanking you for doing the hard work of making these changes. Get as detailed as you can.

Also, if you can take a picture of your face today so you can really see the changes. You will be absolutely amazed at the difference. You can do a whole body picture too, but try to stay away from focusing on body changes b/c this can easily lead to sabotage.

Step 2:

The next step is about educating yourself about the food choices you make. What you put in your body creates the body you live in! It is not heart disease and cancer and obesity that is killing us, it's our lifestyle! WE must be willing to take back our power by taking responsibility for what we are creating in our bodies and in our lives. We have the power to change. Our bodies are created with immense intelligence and can regenerate and reshape themselves! What we don't know is hurting us, so educating ourselves is our greatest weapon against disease and excess weight. 2 out of 3 Americans are 30 + pounds overweight. The rate of childhood obesity has tripled since 1980.¹ 1 in 3 cancer deaths is linked to diet and lack of physical activity.² Heart disease, stroke, cancer and diabetes together cause more than 50% of all deaths in the US each year.³ Depression affects 1 in 10 adults.⁴ ADHD affects 7 – 10% of children. These are largely diseases of lifestyle so let's take a look at where we've gone wrong and let's make a change to affect our health for good!

¹ <http://www.cdc.gov/healthyyouth/obesity/facts.htm>

² <http://www.cancer.org/cancer/cancercauses/dietandphysicalactivity/diet-and-physical-activity>

³ <http://www.cdc.gov/nchs/fastats/deaths.htm>

⁴ <http://www.cdc.gov/features/dsdepression/>

Foods to Shift in YOUR Diet.

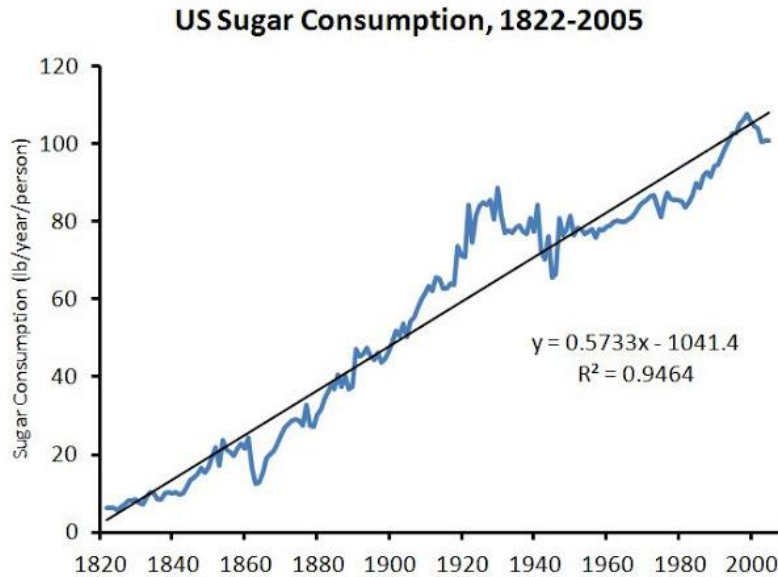
Why Sugar is Not Your Friend



As recently as 400 years ago, refined or simple sugars, with the exception of small amounts of honey were not available to man.⁵ Increase in sugar consumption over the last 200 years is a remarkably straight line, increasing steadily from 6.3 pounds per person per year in 1822 to a maximum of 107.7 lb/person/year in 1999. Wrap your brain around this: in 1822, we ate the amount of added sugar in one 12 ounce can of soda **every five days**, while today we eat that much sugar **every seven hours**.⁶

⁵ Chek, Paul. *How to eat, move and be healthy!: your personalized 4-step guide to looking and feeling great from the inside out*. San Diego, CA: C.H.E.K. Institute, 2004. Print.

⁶ <http://wholehealthsource.blogspot.com/2012/02/by-2606-us-diet-will-be-100-percent.html>



The American Heart Association recommends no more than 100 calories per day of added sugar in the diet.⁷ That's about 6 tsp., the amount in just one soda!

I have personally seen miraculous improvements to health when people take just the sugar and processed foods out of their diets! I have watched skin clear up, diabetes subside, cholesterol come down, depression lift, aches and pains vanish and life come back into the body and it shows in the newfound sparkle in the eyes!! Sugar is the number one dysregulator of hormones in our body. Our hormones are our messengers so when they are dysregulated, the whole messaging system gets messed up. We get insulin resistant, we stop hearing our hunger and satiety. We can't think clearly. We feel sluggish and depressed.

Sugar causes an acidic state in the blood. Disease thrives in an acidic condition. Sugar feeds tumors and encourages cancer growth.⁸ We want to bring

⁷ http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Added-Sugars_UCM_305858_Article.jsp

our blood into a more alkaline state, just slightly, to experience health. Acidic foods include sugar, coffee, processed foods, meat. Alkaline foods include fruits and vegetables, apple cider vinegar, green powders, nuts and seeds. It isn't bad to have some acidic foods, in fact, it's important, but we want to get lots of alkaline foods in our diet.

Eating sugar causes a fat storing factory in our body. Having sugar in our blood is dangerous for the body, so the body produces insulin to carry the sugar out of our body and it stores it in fat, so when we eat sugar, our body must hold onto fat. It is also stressful for our body when we have sugar in our blood, so our stress hormone, cortisol, increases also causing fat storage!

New scientific data points to the inflammation caused in the body by sugar and processed food consumption. Inflammation is at the root of most disease. It is now known that high cholesterol is a result of inflammation, thus, sugar is a major contributor to heart disease.

Sugar is shown to accelerate aging and I can say that when my clients go off of it, within weeks, they appear younger and much more alive! Besides this, it has also been found to be more addicting than cocaine.

High fructose corn syrup (HFCS) deserves a special mention because of its unique ability to cause leptin resistance. Leptin is a hormone that directly communicates with the hypothalamus to give the message that the body has had enough fat. This shuts down the hunger signals and makes you want to stop eating. When leptin resistance happens, you don't get this signal, so you just keep eating and eating and never feel full.

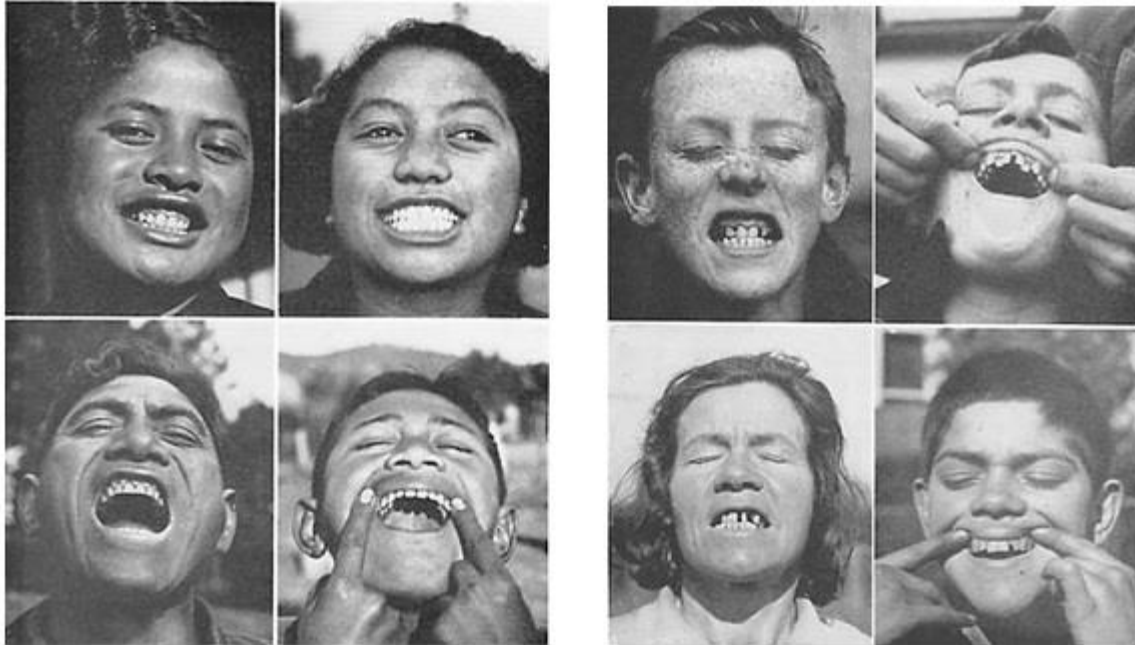
⁸ <http://beatcancer.org/2014/03/5-reasons-cancer-and-sugar-are-best-friends/>

Sugar pulls the minerals out of your teeth and bones. It has an acidifying effect on the blood, so the body has to bring the blood back into an alkaline state. It needs minerals to do this! This is one reason sugar consumption causes cavities.

Dr. Weston A Price, a highly respected dentist, traveled the world with his wife in the early 20th century to study healthy primitive cultures. He traveled to 14 countries and found minimal tooth decay, perfectly formed dental arches, high immunity and overall good health. He also observed that when the modern western diet was introduced into these cultures, foods such as white flour, white sugar, refined vegetable oils and canned foods, signs of degeneration were quick to appear and affected the following generation's physical and dental health.



These are skulls of people who never owned a tooth brush. Dr. Price suspected that there was a correlation between disease in the body and the rate of tooth decay.



On the left, you will see people that had not begun eating the modern diet while on the right, the modern diet had been introduced. In the photos on the left, the Maori of New Zealand, had the reputation of the finest teeth and bodies of any race in the world. Only about one tooth per thousand teeth had been attacked by tooth decay before they were introduced to the 'white man's diet.' On the right are a few of the modern Maori after processed food had been introduced.⁹

Sugar beets and corn, two major sources of sugar in the American diet, are also genetically modified, a subject I'll discuss later.

To watch the effects of sugar on the immune system, watch this enlightening 3 minute video. <https://www.youtube.com/watch?v=cPa7fV1a8gg>

⁹ Price, Weston A.. *Nutrition and physical degeneration*. 8th ed. La Mesa, CA: Price-Pottenger Nutrition Foundation, 2008. Print.

Healthy Sweeteners to use in moderation are:

[Stevia](#): 200 – 300 times sweeter than sugar. It does not affect the blood sugar. It comes from the leaf of the stevia plant.

[Rapadura](#): Whole cane sugar with all of the minerals in-tact. This form of sugar has not been stripped of the minerals.

[Maple Syrup](#): Maple syrup is also a whole food sweetener, use grade B. Use in moderation as it does have more sugar content.

[Raw Honey](#): The benefits of raw honey are endless. It is used topically on infections. It is antiviral and antibacterial. It is healing for the gut. It is full of nutrients, enzymes and amino acids. Local raw honey is the best.

[Birch Sugar or Xylitol](#): Does not affect blood sugar. This comes from the birch tree and can be used in recipes in place of sugar. It is known to be beneficial in the treatment of respiratory infections and dental caries.

[Coconut Palm Sugar](#): Made from the sap of coconut palms.

Artificial Sweeteners: What You Need to Know



Artificial sweeteners are not a healthy alternative to sugar! They are chemicals. The FDA receives more adverse reactions reports from aspartame than any other food, in fact, 75% of adverse reactions reports come from adverse reactions to Aspartame. Diet sodas, containing artificial sweeteners, contribute to weight gain in part b/c our brain senses the sweet, but doesn't get the sugar so we go into craving mode and eat more. Aspartame is known to be what is called a neuro-toxin. According to Dr. Mercola, aspartame is by far the most dangerous substance on the market that is added to food. Aspartame acts as a neurotransmitter in the brain by facilitating the transmission of information from neuron to neuron. Too much aspartame kills certain neurons by allowing the influx of too much calcium into the cells. This influx triggers excessive amounts of free radicals, which kill the cells. The neural damage that can be caused by excessive aspartame is why it is referred to as an excitoxin. It actually excites the

neural cells to death. It can cause weight gain b/c it increases blood sugar. The reason it does this is that the sugar sensors in the brain sense the sweet taste and wait for the sugar which never comes so the body actually pulls sugar from the liver and muscles and then causes the body to store fat. Doesn't that just make you want to go out and grab a diet coke?

Aspartame is marketed as Nutra-Sweet, Splenda, Equal, Spoonful and Equal-Measure.



Another artificial sweetener is Sucralose. This is marketed as Splenda. Splenda is basically chlorinated sugar. It's like taking sugar, adding bleach and selling it as 'yummy' Just one problem, we don't want to eat bleach! Splenda was created by mistake by a chemistry student in London who was making a pesticide. He misunderstood his professor to say, 'taste it.' He had actually said, 'test it.' But he tasted it as he thought was requested and found that it was sweet so they

began to use it in their coffee. It is the only organo-chlorine chemical used in human consumption. It is chemically closer to DDT than sugar.

For more information on artificial sweeteners, watch Sweet Misery, a documentary which can be found here.

https://www.youtube.com/watch?v=Zl7_8FDzuJE

Healthy Fats Vs. Processed Vegetable Oils and Other Heart Harming Fats



The health of a food is correlated to how much it is processed. The more any food is processed, the more it causes inflammation and damage in the body. When foods are processed, they go from a natural to an unnatural form. My philosophy is simple, if the food didn't exist in its current form, 5,000 years ago, then it's probably not something that belongs in my body. The Creator made food in the form it was meant to be eaten to keep your bodies strong and vibrant! It is seriously this simple. As soon as man began altering food, the rate of disease sky-rocketed. The father of medicine, Hippocrates, said it best himself, 'Let thy food be thy medicine and thy medicine they food.'

Nothing was more detrimental to our health than the idea of making food last a long time and creating ways to make food preparation convenient. In

fact, before the convenience food epidemic, heart disease was not even an issue. For example, in 1910, the heart disease rate was less than ten percent. It is now 45%. According to the CDC (Centers for Disease Control) it is the leading cause of death in men and women. Someone has a heart attack in the US every thirty four seconds. (CDC) In fact, before 1920, coronary heart disease was so rare in America that when Paul Dudley White introduced his invention, the electrocardiogram to Harvard University, they told him to go focus on something more profitable because there was little use for this machine!

In a recent report in the Journal of Alzheimer's Disease., Mayo Clinic researchers showed that individuals favoring carbohydrates in their diets had a remarkable 89% increased risk for developing dementia as contrasted to those whose diets contained the most fat. Having the highest levels of fat consumption was actually found to be associated with an incredible 44% reduction in risk for developing dementia (PsychologyToday.com).

Friends, it's time to educate ourselves! If we continue to listen to the recommendations of our government, chances are good we'll become one of their statistics. In fact, chances are almost 50% for heart attacks alone. That's

one out of every two people.

In my opinion, learning the truth about fat is a great place to begin.

In 1910, when the rate of heart disease was much lower in the US than it is now, people were eating an average of 18 pounds of butter per person each year. That number has now gone down to four pounds per year. Also in 1910, lard made from the fat of farm raised pigs was the number one cooking fat. This fat is high in Vitamin D, the nutrient now many of us are deficient in.

In 1911, Proctor and Gamble introduced Crisco. To the unsuspecting American, it was a dream. We didn't have to make it ourselves, it lasted longer than lard and at the same time, we unknowingly began eating trans-fats.

By 1930, margarine consumption surpassed butter consumption. By 1948, obesity and diabetes became public health problems. (By this time, sugar consumption had also increased dramatically.)

In 1953, a major study put out by Ancel Keys, convinces America to eat less

fat and more carbohydrates.

And now, here we are, disease rates and obesity out of control and how many millions of dollars have been spent on 'research.' Where are the answers?

One thing we can now be sure of is that artificial trans- fats and hydrogenated oils are damaging to our health and any food with these on the labels should always be avoided. Artificial trans-fats come from man-made fats such as hydrogenated oil and are not to be confused with the small amounts of trans-fats in beef and dairy, etc... It is the artificial trans-fats and other processed foods that we can thank the rise in heart disease for.

Hydrogenation is a process that creates a solid, shelf-stable fat that looks nothing like the vegetable fat it originated from. To make a hydrogenated oil, the oil is washed, bleached, deodorized and then heated to very high temperatures. Then hydrogen gas is bubbled through the mixture. Hydrogenation totally alters the molecular make-up of the original fat. It ends up being molecularly closer to plastic than fat and is a dangerous free-radical in the body. The way I understand this, this means that these free radicals are missing electrons and when they

enter the body, they damage heart cells by 'stealing' electrons from them. The body has no use for these trans-fats and so it stores them away in fat cells and arteries to protect the rest of the body from them. Then the body waits for the healthy fat to come, causing us to crave more fat so the body can get the essential fatty acids it's looking for. Can you see what we are putting the body through when we eat hydrogenated oils and artificial trans- fats?

There are three types of fats: saturated, monounsaturated and polyunsaturated.

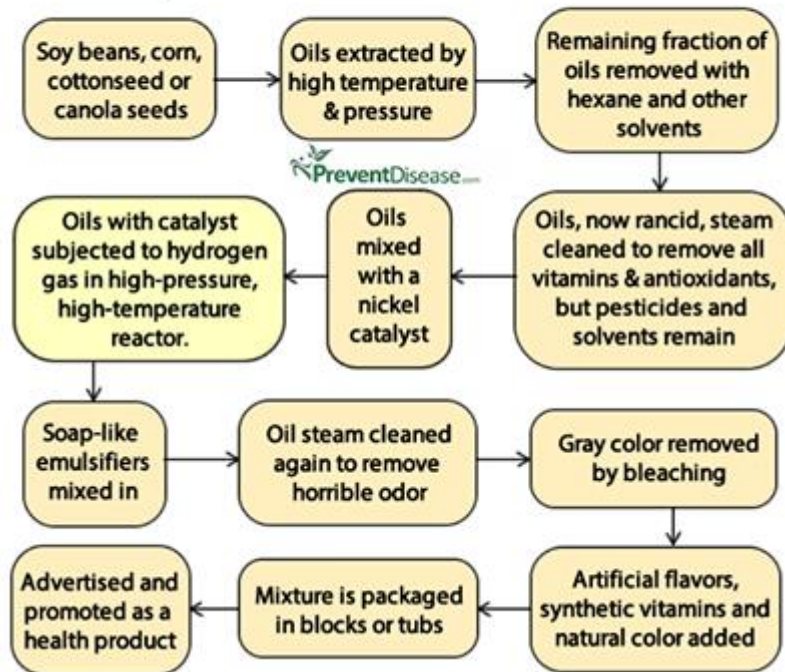
Saturated fats are found in animal fats and tropical oils. They are the most stable under high heat. They give cells stiffness and integrity and constitute 50% of the cell membranes (ie, necessary for cellular health). They are necessary for calcium to be effectively incorporated into the skeletal system because the fat carries the minerals into the bones. I actually became totally mineral deficient when I was a raw-foodist and did not eat animal fats! Coconut oil is saturated and is therefore good for cooking. It is also rich in lauric acid which is known to be anti-viral, anti-bacterial and anti-fungal. According to Dr. Al Sears, M.D., 'the saturated fat found in coconut oil is a unique fat that helps prevent heart disease,

helps to build up the immune system and does not turn into fat in your body.'

According to Dr. Al Sears, MD, we need fat to transport nutrients, build a faster brain, maintain body temperature and give us energy.

The next type of fats are polyunsaturated fats. They are very fragile and most processed oils in this class are damaged before you even open the bottle they come in. The extraction process alone, which involves high heat, causes these fats to go rancid. These include soy, corn, cottonseed, canola and peanut oil. All are best kept out of your diet. Most of them are from genetically modified sources, which can cause damage to your digestive tract. Processed vegetable oils such as these cause inflammation and heart disease ([Mercola](#)). Other sources include fish oil, eggs and walnuts which are rich sources of Omega 3 essential fatty acids. These fats should not be heated, so eat your walnuts raw and your egg yolks runny! If you choose to use fish oil, the only non-heated variety I am aware of is from www.greenpasture.org and I highly recommend it.

Do People That Eat Margarine Really Know How It's Manufactured?



The third type of fat is monounsaturated. These do not go rancid as easily as long as you purchase the cold pressed variety. My favorite source for all oils is www.omeganutrition.com because they patented their own processing system to make sure the oil is never exposed to heat, light or oxygen before you open the opaque bottle. Monounsaturated oils should not be heated above 325° to prevent rancidity and should be bottled in opaque bottles to prevent light exposure. Remember to always avoid the smoke point with oils. This means, if you are cooking with the oil and it begins to smoke, turn the heat down right away or this oil will become a free radical, causing damage to your heart cells and

organs. Olive oil and avocados fall into this category as do almonds, pecans, cashews, and peanuts.

The best fats to eat are butter from grass-fed cows. I use Kerrygold or Strauss brand. If you can get it straight from the farmer, even better, or make it yourself. I also use grass-fed ghee. I have found a source for leaf lard at my farmer's market. Coconut oil is a good cooking fat. We use cold-pressed olive oil for salad dressings. We drink whole raw milk and raw milk cheese. I eat whole milk yogurt. Avocados and raw nuts and seeds are good fats also. One of my favorites is olives. Just remember, the soil your food grows in and the food, your food eats, makes all the difference in the quality of the fat! Cold-pressed olive oil and other cold-pressed oils are great. Omega Nutrition is a brand of oils I trust highly.

The Importance of Hydration



According to Dr. Brian Clement of the Hippocrates Health Institute “many of us aren't getting enough water.” Shocking, but Clement says that it's estimated that 60 percent of the world's population doesn't drink enough water to keep the cells hydrated and the body healthy. Even more, as many as 40 percent of people lack the mechanism in the brain that tells them to drink when their bodies are really thirsty. Instead of waiting for your thirst signs, take hydration breaks throughout the day, and keep a tall glass of H₂O at your desk.”¹⁰ It is widely thought that drinking twice your body weight in ounces of water per day is necessary for proper hydration.

Hydration is one of the most overlooked keys to vibrant health. In order for

¹⁰ Jio, Sarah, (January 20, 2011). “5 Things I learned from the New Book, *Crazy, Sexy Diet*.” Retrieved May 18, 2011 from the *Glamour Health and Fitness Web site*: <http://www.glamour.com/health-fitness/blogs/vitamin-g/2011/01/5-things-i-learned-from-the-ne.html#ixzz1FfkC6hC0>

normal physiological and digestive processes to occur our bodies must be properly hydrated. Fruits and vegetables are some of the most hydrating foods we can eat. They contain perfectly structured water that is easily absorbed by the cells. Some common symptoms of dehydration include cravings for sugar, cravings for salt on your food, feeling dehydrated and thirsty with a need to drink plenty of water, difficulty falling asleep at night, sleeping lightly or waking early or often, difficulty relaxing, feeling nervous, anxious or hyperactive, constipation and general exhaustion.¹¹ Eating plenty of raw foods in their natural form can be a great help in reversing symptoms of dehydration. According to author and holistic health practitioner, Paul Chek, dehydration affects the health of the stomach and intestines, interfering with digestion and often causing acid reflux. He says that heartburn is a sign of dehydration.¹² This may be why so many people are relieved of their heartburn so quickly when they get hydrated.

¹¹ <http://www.bodyecology.com/07/04/19/dehydrated.php>

¹² Chek, Paul, *How to Eat, Move and Be Healthy*, A Chek Institute Publication, San Diego, CA. 2004.

You Are When You Eat



Did you know that when you eat is just as important as what you eat?

Our digestion is the strongest when the sun is up. In fact, Sumo wrestlers use this information to help them gain weight. They skip breakfast, eat very little all day and then eat a large meal in the evening that incorporates a lot of carbs.

If you want to be trim and healthy, you must do the opposite of the Sumo wrestler! Eat breakfast like a king, lunch like a queen and dinner like a pauper. If you go to bed a bit on the hungry side, your body will be free to repair itself and rest while you sleep. If you go to bed with a full stomach, your body will set the food aside, it will ferment and this will cause inflammation which causes stress, so your cortisol goes up and you end up holding onto fat while you sleep instead of

releasing it. High cortisol also prevents your HGH (human growth hormone) from increasing which prevents the repair and anti-aging work. So, there you have it, many reasons to go to bed a little hungry!

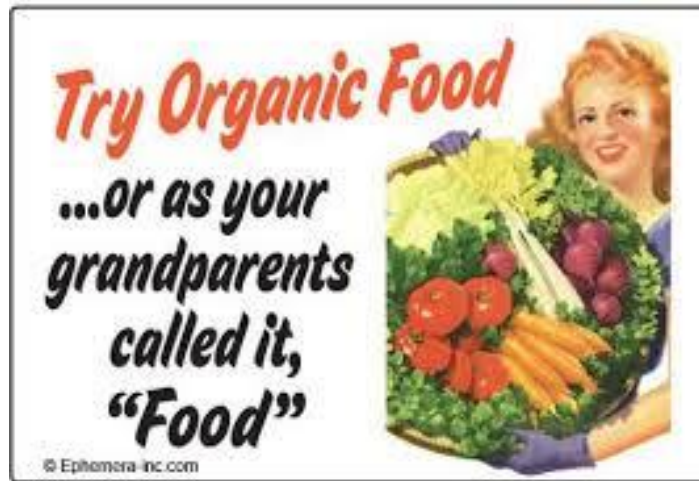
Just Eat Real Food!



We have made eating much more complicated than it needs to be. Here's the deal. If it wasn't here 10,000 years ago, it wasn't meant for you to eat. If your great grandma didn't eat it, stay away. If you can't pronounce the ingredients, don't eat it. If it didn't come out of the ground, and it's now in a box, bag or can, think twice. If it has a commercial, it's not real food. When was the last time you saw a commercial for apples or organic chicken?

Organic Vs. Conventional: Is There Really

A Difference?



In the US alone, more than 1.2 billion pounds of pesticides are dumped onto our food crops on a yearly basis. Not only are pesticides toxic, the farming practices on conventional farms (those that use chemicals) are different than those practices used by organic farmers. Conventional practices include using chemicals to make plants grow and produce fruit whereas, organic farms practice amending the soil to feed it so that nutrient-dense, healthy produce can grow in it. Conventional farms amend the soil with three of the 52 necessary chemicals, phosphorous, nitrogen and potassium. That leaves the soil and resulting crops devoid of 49 necessary minerals. Many studies show that fruit and vegetables grown in organic soil contain many more nutrients than those grown in

conventional methods. It seems obvious why this might be the case! Many, if not all of our diseases are associated with mineral deficiency at the core.

Now if you cannot obtain organic produce or your budget does not allow for it, go ahead and buy conventional. According to the Environmental Working Group, the produce that is most contaminated with pesticides are apples, bell peppers, blueberries, celery, cucumbers, grapes, lettuce, nectarines, peaches, potatoes, strawberries, spinach, kale and other leafy greens, and green beans. The least contaminated produce is asparagus, cabbage cantaloupe, corn, eggplant, grapefruit, mangoes, mushrooms, onions, pineapples, plums, sweet peas, sweet potatoes, watermelon and winter squash. Romaine lettuce is found to have less contamination as well.¹³ They have compiled a list of the top 12 most contaminated produce and have called it the Dirty Dozen. You can find this list and get an Android or iPhone application as well as a printable 'take along' list for it at www.foodnews.org. They also have a list called the Clean 15 which details the produce that is the lowest in pesticides.¹⁴

¹³ Environmental Working Group, *www.ewg.org*. Environmental Working Group, 2012. Web. 20 Jun 2012.
<http://www.ewg.org/foodnews/?utm_source=201206foodnewssuba&utm_medium=email&utm_content=first-link&utm_campaign=food>.

¹⁴ <http://www.foodnews.org/walletguide.php>

GMO What Do I Need to Know?



What the heck is a GMO? GMO stands for genetically modified organism. Basically it's the process of taking a gene from one species and forcing it into the genes of another species. There are two main categories of GMOs for food. There are herbicide tolerant crops which can be sprayed with heavy herbicides mainly Round up, and not be killed so all the weeds around the plant die, but the plant lives.

There are also pesticide producing crops that produce their own toxic insecticides so when the bugs bite them, it breaks open their stomach and kills them.

So genes are being swapped between species that are foreign to nature, creating new organisms that were not part of the evolutionary process.

The process of genetic engineering creates unexpected side effects. It created gene sequences that are foreign to nature, to our immune systems. The immune system reacts b/c it's never seen the gene sequence. The immune system reacts and attacks the sequence rather than being nourished by the food that contains the sequence.

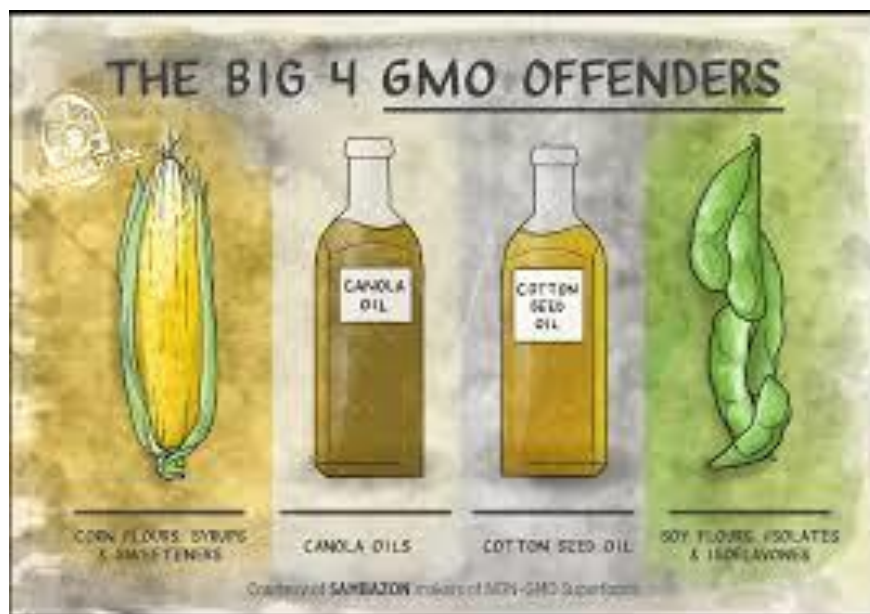
GE, genetically engineered or GMO (they are interchangeable) soy and corn were introduced in 1996 to the American Diet. Many diseases related to gut inflammation have been on the rise since then. They take a toxin called BT toxin and insert it into every cell of the GE plant, when an insect eats it, it explodes their stomach. The EPA says this doesn't affect humans or animals. If it does the same in humans, it basically causes leaky gut, holes in the gut allowing food to prematurely leak into the blood stream.

When food leaks prematurely into the gut, the body creates antibodies to that food and we become allergic.

There are 9 GMO crops currently-

They are soy, corn, cottonseed, canola, sugar beets, Hawaiian papaya, and a small amount of zucchini, yellow crookneck squash and alfalfa. Most of them are used in processed foods so it's good to get those out of the diet or at least eat

organic processed foods. If an ingredient list names sugar, but not Pure cane sugar, then it almost definitely is a mixture of cane and beet sugar. Also, if your milk does not say rBHT or rBST or made without artificial hormones then this is GMO milk. I use raw milk which you can find by going to a site called www.realmilk.com to find sources in your area.



You can download an app for your phone that will give you all the updated info. on GMOs and what products are GMO free at www.responsibletechnology.org. I also highly recommend watching the documentary on that site called Genetic Roulette.

Avoid any non-organic soy, corn, cotton seed oil, canola oil and sugar from sugar beets.

Eat Your Salt!



Your table salt is actually 97.5% sodium chloride and 2.5% chemicals such as moisture absorbents, and iodine. Dried at over 1,200 degrees Fahrenheit, the excessive heat alters the natural chemical structure of the salt.¹⁵ Many natural health practitioners strongly advise staying far away from regular table salt. In fact, it is called one of the ‘four white devils’ which are white flour, white sugar, table salt and pasteurized dairy.

But, there are salts that are beneficial to your health and necessary for good health! The three I use are Celtic, Himalayan and Real Salt.

In order to collect Celtic salt, pure seawater is transferred through a series of evaporation ponds. A hot, dry climate allows the evaporation process to occur

¹⁵ <http://products.mercola.com/himalayan-salt/>

naturally, leaving behind only pure salt crystals, naturally rich in valuable trace minerals which are not present in regular salt.¹⁶ These salts actually add essential nutrients to your diet, while refined salts are harmful to your health. You can use them as you would table salt. They will enhance the flavors of all the beautiful foods you make.

Himalayan salt comes from the foothills of the Himalayan Mountains in Pakistan. This is referred to as “white gold” and contains all eighty-four elements found in your body. It is completely unprocessed. Your body can utilize this salt in ways that does not cause water retention. It actually assists with the body’s processes of elimination. The salt is mined as very large crystals that are simply ground down into salt with no processing.

Now that you are armed with this health empowering information, you can choose where you will begin taking small steps for change!

Next, we’ll try out two weeks of meal plans using these principles so you can see how it makes you feel to eat this way.

¹⁶ www.cultureoflifeshoppe.com

Should I jump on the Gluten Free Bandwagon?



Gluten is found in wheat, barley and rye. Grains that do not contain gluten are buckwheat, millet, quinoa, pseudo grains which when eaten are best if soaked overnight in water with a TBS of apple cider vinegar to release the phytic acid in the grains and to make them more easily digestible.

Schizophrenia is found to occur as much as 100x more in people with celiac disease than in the regular population. Those people have an immune reaction to gluten.

These folks do best on a high fat, low carb, low protein diet.

Celiac disease triggers an immune reaction that damages the small intestines and prevents absorption of nutrients.

1 in 133 people have celiac disease.

It is wise for all of us to go off of gluten for 60 days and see if we benefit.

The reason gluten can cause so many health issues is that gluten containing grains, such as wheat have a protein called gliadin.

Gliadin provokes an inflammatory response in sensitive people b/c it binds to cells in your body. If you are sensitive your body makes antibodies to gliadin and attacks the cells gliadin has attached itself to, treating those cells as an infection, this can damage actual body tissue, which is one reason gluten can have a devastating effect.

Gluten is a pro-inflammatory food so if you have inflammation, which is basically at the root of every disease, gluten will exacerbate the inflammation anywhere in your body, not just your gut.

With any mental/emotional issues it is very important to look at possible inflammation in the body b/c chronic inflammation can wreak havoc on the brain.

Buckwheat and millet do contain gluten, but not gliadin, so they are usually safe.

Rice, corn, sorghum, quinoa, flax, chia, amaranth, coconut flour and almond flour are safe, but if there is inflammation, its good to try going grain free for a month and slowly add them in to observe the response.

It can take 30 – 60 days for inflammation to subside and 9 – 12 months for the gut to heal. I have seen many people transformed and able to finally release weight simply by removing gluten from their diet.