



**The 8 Ways Module 3 Session  
by Dr. Veronica Anderson**

And here we go. We're going to talk about some food choices. I'm going to share my screen with you. Let's see, hold on. I going to find the right one, right PowerPoints so that we can get started talking about, I guess three it just like downloaded it, have these things in my Dropbox. There we go. Let me open that up right there. Actually I was looking at it than Dropbox because I have my presentations all I keep them in Dropbox. So wherever I am I can always have access to. Let's start about figuring out food choices and if you have any questions as we go along, please ask the question. I'll probably get to them at the end.

Okay. You see my screen, I hope and we're going to get into this. So figuring out food choices, and this is when you really have to just know that you're on a journey you haven't necessarily been on before. And that's why it seems complicated. Anything that you do new, if it feels comfortable, it means you're not making any change. If that's change in and of itself is uncomfortable. And in order to get to change, you have to be willing to be uncomfortable. So what has happened in the past is your unwillingness to be uncomfortable and understanding what people are having breakthroughs. It's because they've gotten used to being uncomfortable and that most uncomfortable the time it's going to be you staying with it. And it's usually, you know, I know a lot of times when people are going through this, changing of the foods, there's this fear of hunger, and just, yeah, break it down, rationalize yourself, step back away from the emotion and look at it more of a, am I really going to starve? What are you really fearful of? And it's usually just that emotion that's there, there's something fearful about it. So we're going to talk about understanding organic food, the label, the benefits, the claims. When you go into the store, there's so much going on. The best thing is to stay around those perimeters of the store when you're in a regular supermarket. I was just in Costco yesterday, do you have a Costco membership? You might say, well there's only, you know, one of your two of me or there's not, it's still, there's a lot that you could get from Costco that, you can still store and have and it's not going to be too much and you'll be able to use it over time.

And especially now when you are reaching out for new food choices to go a place where they have a lot of the type of food that you want. Costco is pretty much made the commitment almost to go all organic. And so you go there and they have choices that they don't have other places or you can find them other places, but it's just difficult. Find the organic food store in your area, besides whole foods besides trader Joe's, trader goes, I know is not organic. Find the other mom and pop type stores that sell healthy products. Those people are very good. Who owned those stores are very good resources. When you go to a big company like whole foods or trader Joe's, there's a lot of people that are gainfully employed but they don't necessarily living the lifestyle. When you get a private owner, they're generally living the lifestyle, so they're very, very, helpful in helping you on your path. And you can tell them some of the struggles that you're going to now say, hey, you know what, I've been there. I've done that. Here's what I did here. Here's what you can do. Okay, so, let's talk about organic food. Is it, is organic food really healthier? Is it more nutritious? What all the labels be? Why is it so expensive?

And the prices for organic tend to be coming down now because where people are demanding it and there's more organic farmers. So with your goal of eating better, this is going to be how to make better choices, which organic foods are healthier for you, particularly. Why organic foods are better for the environment and how can you afford to incorporate more organic food? And I say that, that if you're on a limited budget or you're just a person that you don't like to spend money, even though you have the budget, you want to figure out, you know, I like to figure out how to buy things less expensive so I could spend it on something else, that's quote unquote fun. So you have to make your commitment to eating healthy. That's what these five weeks are about. They're a time with coaching, with support on making your commitment and then sharing your struggles so that when you're hitting that obstacle, I can say, here's a suggestion, knowing that people run into roadblocks, they don't know how to solve it, and then they end up quitting and they don't get the commitment. So at this point you should be eating more fruits and vegetables, whole grains and good fats. And you want your food so that it's safe. It's nutrition and it's sustainable. I'm sure you've heard about the the environment being depleted. One of the problems with the food of the current day is our soil is not as nutrient rich because it's dense because it's been over farmed. And that's why food, it's very difficult to get everything you need from just eating food.

So what's the difference between organic foods and conventionally grown foods? Is Organic always best? Is it about locally grown? So what does organic mean? It's the way the agricultural is grown in processed. And there are certain requirements in order to have that label. And so we you see that label on there, this is what it needs. It's grown in safe soil. They haven't been modified. So it by definition is something says organic. It's not genetically modified. It must remain separate from conventional products. And organic livestock must have access to outdoor space. Now sometime the outdoor space is not that much, but they must have access. They have to be given organic feed and they're not given any antibiotics, growth hormones or animal by products. And what else is not allowed in organic growing, synthetic pesticides by owners near genes, GMO, GMO standing for genetically modified organisms, petroleum based fertilizers, sewage sludge based fertilizers and what is genetically modified? And most of the food, especially things like corn or genetically modified, even our wheat is genetically modified.

You may be one of those persons that while while you were having problems is because your body is sensitive to the genetically modified part of it or the pesticides in it. And so you may be sensitive to glyphosphate, which is not good for anybody or because for instance, in gluten it's been up and up and up that the way it is, it used to be a three and now it's a 10. You're having a problem with it and your body can't process it. So genetically modified means the DNA, it's been altered. And these have only gone undergone short term testing to determine their effects on human and the environment. I realized that a lot of the short term testing has been run by the food industry that has a interest in it. Most countries, many countries in Europe, they don't even allow GMO foods. We go to France frequently. There's no GMO foods in France. Now they have organic versus not a value to say called BIO (Inaudible) bio, which means they're organic, but they don't have GMO foods. So, for instance, with somebody who, I have a sensitivity where wheat can bother me, definitely here, if eat too much, I get problems. When I go over to France, I can eat bread every day, a few times a day and not have a problem the whole time. I don't feel anything. And what happens with me is when I eat too much, I actually start getting aches and pains. So if you are somebody you have aches and pains, some that aches and pains could be from the food that you're eating, whether it be genetically modified or a sensitivity. I start noticing if I eat too much wheat, I get a pain right here in my elbow, that's my first sign.

So whether or not it's nutritious or more nutritious, the evidence is unclear. Some studies say yes, some studies say no. And, but on average it's thought that the organic foods are more vitamin, mineral and nutrient dense than conventionally grown foods. So the nutritional aspects of it, I will admit to you

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that it's still out there, whether they're more nutritious or not. Where they do gain is the lack of pesticides, and there's also been some studies that show that there's more antioxidants in these foods. And so fruits and vegetables give you your antioxidants. The big deal about antioxidants is they have everything that is anti aging. And so decrease inflammation, keeping your brain strong, keeping less pain, your skin not getting saggy and droopy, your metabolism changing. That's what antioxidants prevent over time. Oxidants are the breakdown from the environment, from pollution, smoking, lack of exercise.

Your biggest, toxin that you're getting in your body is in a form of some type of food, the biggest, and you're getting tons over your lifetime. No, it's not that you got, you're not going to avoid food. You're going to eat food, but the right kind of food to get the biggest benefits. And a lot of people who have food allergies, these allergies could be to the chemicals and preservatives, not simply just the food in them. And so you will start to notice with a stick to witness after you get over the struggle that your body's going to start to feel better right now, and you're in the first three weeks, your brain can play games with you as you're making these changes because your body has a lot of bacteria and yeast and everything in it, and there's more than your cells. And they will talk to you and tell you to do things.

So this is the time to be strong, but realize it, you, even cravings, cravings could be a sensitivity to a particular food. But organic foods also contain fewer pesticides. When I talk about pesticides, so realize that there's, because there's so much pesticides, what can happen is there's kind of blow over and things like that. So we found that even foods that are organic, you could test them, you could have some pesticides in them. And that is just because they're so pervasive in our environment. A pesticide is a fungicide at herbicide or an insecticide. And why did these actually matter? We've known that there had been developmental and behavioral disorder problems in children, and they're also, pregnant women are more vulnerable, and these pesticides are actually passed from parents or mother to child, both in the womb and in the breast milk.

And so you probably were born with pesticides. In fact, there's this big movement towards making everybody breastfeed. Breast milk has more toxins in it then formula milk. And so although breastmilk is wonderful now because mothers have a lot of toxins in them, breast milk has a lot of toxins in them. And so therefore those are toxins are being passed on to the baby. So there may be an argument because of this and these are being studied in the breast milk has been tested. There may be argument now perhaps for using formula over breast milk. Very big debate in the pediatric community at this point. And so what happens, you know, birth defects, headaches, strain, the weakened immune system. This would happen for any toxin buildup in your body. Your biggest one being the pesticides. Some other organic food benefits know that they're not being preserved that are often fresher and so they tastes better and they don't contain preservatives.

When you start eating a difference, you might start noticing that the food tastes better because it doesn't have chemicals in it. And you've been used to the taste of chemicals, chemicals, of course, it's better for the environment because it decreases the pollution of the air, water and soil, conserves water, less soil erosion, uses less energy. So good for overall for our environment. They're not given, hey, it's a big deal to get antibiotics in your system for me, growth hormones from me, and from these fed animals. So there is some argument for not eating. You know, when people talk about not eating animal products, the products that tend to be bad for you from an animal standpoint are the ones raised with the antibiotics, growth hormones, and with other animal byproducts that were fed with that versus the animals that are, you know, pasture raised and grass fed on organic feed.

They don't have the bad things in them. And so then that means you're getting less than a bad things. Also better for small animals. And I'm thinking about the people who are working around pesticides. There's a very, very high cancer rate in people who are farmers. Believe it or not, they're outside all the

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time. There's still having, you know, walking around or doing what they're doing. What about the antibiotics? This is created the antibiotic resistant strains of bacteria. And so I'm sure you've heard about this in the hospital and people you've known maybe known somebody or heard about somebody who's had this. We believe in the medical industry that this has been created partly because of what's going on with antibiotics in meats. And that means that you could need stronger antibiotics and be less receptive to it. So there's another argument for going with the organically farmed, no antibiotics.

There's also the locally grown. I'm a plus or minus about this. I like to support the local farmers and all that type of thing. I don't know if there's a benefit to you biologically or it helps you be healthier if you get it locally grown. Of course if you're in a big city, you know, think about New York City, there's not a farm, so there's no such thing as a locally grow where you're in the middle of a city, Philadelphia or Atlanta or where there's very few farms. When they do grow it, quote unquote locally, they're bringing it in from upstate or something like that. So what also locally grown, a lot of the people on the locally grown are on the organic kick. But be careful because just because it's locally grown, it does not mean that it's grown organically. But the other part about locally grown is a lot of times it's seasonal and one of the best things for your body is to eat within season.

And so, if you're getting things that are brought in locally, you're getting, you notice that there's certain fruits and vegetables that are only available certain times a year, when it's locally grown. Now the way we do things now, everything's available all times of year. And so you don't know what's in season and what's not in season. So if you do spot follow the locally grown movement, you'll know what's in season and intends to be better for the body to do what's going on in the season. You change what you're eating with the season. One of the Ayurvedic principles, Ayurvedic medicine out of India, is to eat for your particular, , what's called Dosha. There's three different Dosha, Kapha, Pitta, Vata. I'm what's called a actually is Pitta, Dosha, Pitta, Vata and you eat for your particular, it's a psychophysiology type. And guess what, what your eating changes based on the season and what's going on in your life and in your mood. So you don't eat the same thing all the time. So this is even more specialized than using gesture genetics. It's also using what's going on in your life together.

Yeah. Hey, you do this. You don't turn off your phone and you get like the spam call during that. So remember that there with organic systems, there's a particular plan, there's record keeping and tracking. there's a lot that goes into having it. All right? And so here's just a illustration of what organic versus not organic is, I'm not going to go over the whole thing. You can go and look afterwards at what the difference is. If you want to know more closely But do as much organic can because you're not getting pesticides, which we know are bad. for your system and you're not getting genetically modified, which we know are bad for a lot of people system. You're not getting the antibiotics, which have been a problematic antibiotics also cause your digestive system to break down whether you get 'em in food or you're digesting them because you have an illness or you get an IV or you're putting them on your skin. Antibiotics are a problem. So locally grown, no, there's no specific standard. We don't even know if they're local in our park next to where I am in New York City. Sometime, they have like the people that come in, I don't know where they're from. They just like, here's the farm market. I don't know anything about the food. It feels good. I'm supporting probably a small business, maybe, maybe not because a lot of the big businesses now make themselves look small because they know people want this type of thing. So why do people buy it? You know, there's finance supporting the benefits, transportation and also getting it fresh when things are locally grown. I think the biggest thing is to get the fresh and unpreserved with the local rural movement. But again, as I say, , you know, keeping the money in the community or somebody close by supporting a business I think is also a good idea.

All right, so here is what I want you to understand these are the dirty dozen and the clean 15. Remember the dirty dozen and the clean 15. So at the top there are 12 foods that are the most pesticides in the United States. These are the foods that if at all possible, buy them organic. This is

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when you start using, what can I buy organic and non-organic because a lot of times it's hard to get everything organic. So when you're choosing certain foods, these ones on the top in the green are the ones to, if at all possible and available are the dirty dozen, meaning they have the most pesticides. And so therefore best to buy them organic.

The clean 15 are the non organic fruits and vegetables that have low pesticide rates. And so when you buy them, you can buy conventional and be reasonably safe. The environmental working group, [ewg.org](http://ewg.org), environmental working group, [ewg.org](http://ewg.org), has a lot of information about these types of foods and just about how everything's grown and things are sourced and all that. And this is from the environmental working group. Remember the dirty dozen and the clean 15 this might be something that you want to cut out, put it into your wallet. So when you go to the store and you're making the choice, should I get organic or not organic, you have this there. The top. Think about it, some of our most commonly eaten fruit, apples, pears, peaches, strawberries, grapes, or very heavily pesticided. And so when you choose, choose organic for these ones.

So we borrowed, this is two 2016 the clean 15 here's what they are. Notice things like what are the, let me give you a little bit of a shortcut that I tend to use. Now notice that the clean 15 on here, do have things like cauliflower, broccoli supposed to be on this list too. But the clean 15, one thing that I tell people is fruits or vegetable with really hard outside's a lot of times are safer for pesticides. So you know, who does the avocado has that thick skin the grapefruit has that skin, the cantaloupe has that skin, the mangoes have that skin. So one thing, if you're, you can't remember, I don't remember what's on that list. If you see something with a hard skin, it's probably safer. They're probably the cleaner foods and the pesticides don't get to as much.

Now one thing about that, I had corn on the list is one of the cleaner foods know that it's generally heavily genetically modified. So that's what the problem is. Corn does. Washington peeling, get rid of the pesticides. It's debatable. There are a fruit and vegetable washes. I recommend you use them and wash and peel everything because you're likely lessen it, but it's a little, it's debatable. It reduces, it doesn't eliminate it. Sometimes you can actually grind it in more. And so the best approach, very diet, wash all the pro by organic when possible, if your budget allows it and if you're picking and what's available. And you might want to look at the, what's the one that dirty dozen and actually say, you know what, I'm going to avoid some of these foods. I'm just not going to eat them because I know they're dirty or the organic is more costly.

Let's talk about organic meat and dairy because this has to do with, you know, eggs and things like that. What is the definition? What does it have to do to have that organic stamped on it? They must be kept in normal living conditions where it would be the natural behavior of the animal. Have access to a pasture like, so grass fed like the cow and you want them also that they're being fed not on a grass that's pesticides is okay. And they can't be given antibiotics hormones or medications, but they can be vaccinated against diseases. I'm not sure how big of a deal the vaccination is. I don't know that there's a lot of study on that. So there's, there's the parasite tie. It's regulated strictly where you get rid of parasites, and what happens is how they control things like parasites is by rotation and the grazing and a balanced diet. This is why organic food is more expensive. There's a very, it's very labor intensive to be able to produce it and it generally takes longer because they're not going, you know, crop behind, you know, they're feeding it a certain way, they're raising them a certain way and that generally takes time because it is more natural as opposed to being shot with things that are going to, you know, why do they give them hormones and growth? It's growth hormone. It's a lot of time to make them grow quicker, better, faster, so we can kill them quicker and they get to the food chain quicker, and that may be good if we try to feed a lot of hungry people, but it's usually me that way for financial benefit and gain. So here is also the chart on organic versus conventionally raised. You can go take a look at that again. So the bottom line is look for the organic label. When you have the choice and you're like, do I

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pick this or that? And you know, you go into the eggs and the eggs to be the most confusing. Not only do I look for organic, I look for the Hi-Omega eggs too, because there's all these different things happening with that. So let's talk about what's usually in American media. This is why people are getting sick from meat. Here we go. And this is from the meat, dairy and eggs buying guide. So most dairy cows are given antibiotics, chicken and pig byproducts, hormones for growth, because they want it fast or pesticides as sewage though this is what's been the average meet. If they're eating it, that means it's in your meat and that means that you are eating it too. The ones they use, and that's in the milk. For the beef cows, antibiotics, all the same type of things are going on. That means you'll get it. Same with the pigs, and the same with a broiler, chickens and eggs, same thing. This is the standard. When you're buying conventional meat, it doesn't have the label on the package. This is all that's going on in it. This is the standard.

So when you're looking at those labels, realize this. If it says natural, it doesn't equal organic. Ignore it, when it says natural, there's no definition of natural. It's not regulated. So because everybody's looking for the most natural, it's put on practically everything now. But realize there's no definition and there it's put there to fool you, so you will buy it thinking that you're getting something healthy. Organic certification. I showed you all that was involved. There is a certification process and standards that must have been met. You cannot put that label on it unless it meets these standards. So you know you're getting what you think that you're getting. So here's what the label looks like. It's very easy to recognize, and foods don't have to be, , 100%. They're going to be a small amount that's non-organic in it. So it's 95% of the food or whatever you were looking at has to be organic to have the label put on it. So if you get a package of anything and it says organic, you know, 95% of what's in it is organic just to know that. So this is all the definition it's all they're giving it to you in another way. Look for that green and white seal. That's what I simply do. Just turn around the package, look for the green and white seal, you know, something. So now you know that it really does mean something. Other terms, there's natural grass fed, free range, no hormones added, meat and dairy are very confusing. Even I get confused and have to read closely when I go to the store. Natural means minimally processed generally. And it can't have artificial colors, flavors, preservatives, this,

they can still have the antibiotics and the growth enhancers. You know, now that antibiotics and growth enhancers, antibiotics mess up your digestive system. Growth enhancers are hormone disruptors. , and so this is, that are minimally processed. It's raw, it's the natural label. What about grass fed

animals that are solely raised on a grass diet, not fed grain. They have access to outdoors. They're natural. They just eat what they're supposed to eat. And here's the benefit of grass fed. They're higher in omega three fatty acids. This is why grass fed beef can be healthier than chicken. Think about what I said. You're eating a conventional chicken with all the stuff in it. You've been taught chicken is healthy, not healthier than grass fed beef that's higher in Omega three without the antibiotics, the growth hormone, the preservatives, all the stuff that's in it, right? That's why what I say, if you want to cut out meat and you say, I want to eat just one, the eat grass fed beef and you can get grass fed milk and grass fed cheese, grassfed yogurt, all of these products now exists. Read the label. Next is the free range and it's a broad term and it means the animals aren't confined to the cage and they have access to the outdoors. This is a term that has been used in the industry, also to trick and fool people if they can only get a short period outside. So if you see some of the free range, some of the free range actually are raised in a poor conditions. So this is one of those labels that you might want to also ignore, free rage.

Next is the no hormones added. Here's what it is. They're not, they're not being raised with additional added hormones. This, it's helpful for beef and dairy products, by law, poultry and pigs can't be given hormones. So if don't, don't pay extra. If you see, they say no hormones added and they're trying to

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charge you more for the chicken and the pork, they put it on the label for marketing purposes. This is like the food industry are masterful marketers. And so as I said, again, when you see that organic or USDA organic label on it, you know that it really means what it said it means, and this is why it's easy and it's worth spending the money on it. I think organic food is more nutrient dense. I have noticed from eating organic food that I get fuller quicker, and that doesn't, that's, that's how, that's a case study of one. But I have noticed that when I eat the healthful food that's organic, I don't need to eat as much food. It's not, they're not empty calories, so not feeling hungry much. And so as I told you, people say, well, it's more expensive what's going on? It's more labor intensive. There's a certification process. They can't put it on and they have to be checked and rechecked and checked again all the time. And that's what you want. And so raise these organic animals, it generally costs twice as much. They tend to be smaller and also realize that the government is subsidizing the conventional and not subsidizing the organic. There's a lot of lobbyists that are out there paying, your legislators and mine to keep it the way it is, and that's not happening in the organic industry with the same amount of collective effort and so therefore it's very difficult to get these things change. This is existed. This is the state of being in America, in places like Europe. This isn't the state of being their food supply is completely different. So if you're wondering, hey, why are people in France seem healthier? It's because their food is actually legislated. Did you know, that in France there's a definition of a croissant? That's how particular they are. There was a problem with eggs when I was there last year and they threw away millions of eggs because they thought there was some type of problem with eggs. They're like, we're not playing games. They just all get trashed. So they're very scrupulous about their food and their food chain. If now they're complaining that it's getting worse, but it's nothing like what's going on here in America, and this is why you just need to be very mindful about what's going on and what your buying.

So let's talk about keeping your costs down because we all want to spend the least we can. If you're smart with your money, you want to figure out how to spend it well, so it's not being cheaper anything. It's being smart. People who had money know how to save it rather than spend it on something and not because they're being stingy just because they're smart shoppers and buyers. So venture beyond the grocery store, and realize that the cheap food, it's going to be the one with the pesticides. And so if it's cheap, I think it, it does have pesticides. Shop at the farmer's market, but make sure you ask the questions about how it's raised. Food coops, now there's so many more food coops. If you're in a smaller family, see if one of your neighbors wants to share with you.

I know in my building there's people who belong in the food coops and they'll ask us if somebody want to share with our family, or when they go away, they're like, somebody want to coop this week. So think about joining the food coop, there's community supported agriculture or the CSAs, that are similar to the coops are. Costco worth having a membership even for what single person or a smaller family because they have all these USDA organic products, and some of them are minimally processed so that they last and stay. Buy in season. Better for your body to buy in season, there's going to be foods more expensive when it's out of season because it's being shipped from somebody. Where else, shop around, look at your flyers, shop on line. Remember that organic doesn't always mean healthier. They make organic junk food, organic baked goods, desserts and snacks that are high in sugar and you can have organic sugar.

So realize that organic does not equal healthy. You still have to adhere to the eating, and that's what I say, minimally process food. So they do have packaged food that's process. And so there's junk organic food. I like, my favorite crunchy snack food is potato chips that I buy. Organic non GMO potato chips. Are they healthy? That's why I don't eat a lot. They last for days and days and days. So let's talk about where you are in your dietary transitions right now. Week number one, was when you were eliminating things. Week number two, we eliminating a little more, but what should you be doing even if elimination has been a challenge for you? Because some people, it just takes a little bit longer, but it

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is important to get there. So your cranberry drink three times a day, take it with you, put it in a bottle, take it with you, make up a pitcher, so you have it. Every morning I make up a pitcher or you know, I'll make up a bottle, but guess how, another way I get my three cups of cranberry drink, I get it in my workout water. And so, instead of going to the gym with regular water, I put in my cranberry drink things I put in cordyceps, my antioxidant juice. I put it into my workout water, so I'm making my own healthy sports drink. Bone broth, a couple, two to three cups a day. This is very good for your digestive system. Part of this is healing your digestive system so that you absorb better, more vegetables per meal. I say three vegetables per meal. And then in addition you can start using fermented vegetables. This isn't an addition, I have a recipe to make it yourself, but there's also sauerkraut and Kimchi.

Now that regular Sauerkraut did you get in the middle of certain, let's say supermarkets is not what I'm talking about. Their celery for you got to say probiotic rich. It has to say that on it. So all sauerkrauts are not created equal. But the original sauerkraut that was made was made with bacteria if ferments and as good for your digestive system. And Kimchi is very good also. Kefir is another fermented fruit and vegetable. If you go to Korean restaurants or Korean based stores like H-Mart, they have different types of fermented food. So this is something that you can add in where you're getting additional vegetables, but you're actually getting probiotics naturally in your food. So your week one, you were giving up your coffee, your caffeine, basically, caffeine and artificial sweeteners. We too, which is the week that most people absolutely just say, oh my God, Whoa, I'm not going to do it. I can't do it. Yes, you can do it. You can do anything for a short period of time, a short period of time being the next three to four weeks. Or if you decided that you're going to give it up for, you know, a holiday period for 40 days or six weeks or something like that. You will live giving up sugars, other sweeteners and fruit, fruit drinks, and set your cranberry drink. Realize what their cranberry drink and you can make substitutions. So now what happens for your week three elimination? This picture is a little bit deceiving. This is when we're getting rid of gluten and corn. Now if you look back, and think about it, one of the problems with corn, it's not just that it's high starch and that it's high fructose corn syrup, but that it's genetically modified in addition to that. So that's a little bit about corn. Lot of pesticides, very hard to find organic corn. So realize when you're going with corn season comes in and there's all that they are and you want to buy it, you're getting the pesticides and it genetically modified. Even though you're in your eyes are saying, yeah, it's fresh and clean. It is not.

Now gluten. Okay. What is the definition of gluten? It's not just bread. It's wheat, oats, barley and rye. So we, oats, barley, rye. Gluten equals wheat, oats, barley, rye. So read labels. There are good substitutions for these. We haven't been used to them in the standard American diet. It's interesting. It's called the SAD. Makes people feel sad. Standard American Diet. Ad so go to the gluten free section. Most stores, even your just regular everyday store has a gluten free section. You're going to have to read the labels carefully. You want to make sure that gluten is not replaced with corn, but everything else is fair game. I love Mary's crackers, there's a lot of ones that are really good out there. I can see the box and I'm blanking on another premium, but realize that there are a lot of good options out there for people who choose to not eat gluten. The importance of not eating gluten has to do with the genetically modified, the glyphosphates, but also we know that gluten breaks down every body's digestive system. This has been shown in research. And so if you're having a lot of aches and pains, even if you're having imbalances, it causes inflammation in your body, which is stress of this and it attacks the thyroid preferentially. So the number one reason that people have thyroid problems is a food sensitivity to gluten, and or one of its parts. Because it's not just gluten when you eat something like wheat, there's all these different pieces and parts that are proteins that your body processes differently. And so this is when for three weeks, we want to see what your responses to eliminating gluten. Why we might find out that you're really sensitive to it. But when you, if you choose to say, you know what, I want phase two of this program, I want to go on, that would be the next phase of being able to heal your digestive system so you can eat all types of foods.

And so yes, there is a phase two. This is phase one where it's just learning how to eat, and the reason why I have this, I have my, when I help people, a deliberate in three phases. And the first thing is you've got to learn how to eat food and make the good choices and know about food because you're, that's going to be the baseline of what you do for the rest of your life. And so you're on this journey, you've only been on it for a couple of weeks, make sure that you're making little changes every week. This week is the week, no gluten and corn we're going to take out, you should be having all these other things in your plan. If you're eating six to nine servings of vegetables and fruit a day, you should be getting full because there's a lot of fiber in that. If you're drinking your cranberry drink and you're noticing you're not full, you can add extra fiber into your cranberry drink if you feel like you need to do that, talk to me though, because the fiber in the store with all the artificial colors, sweeteners, and all the flavors and everything in it is not what the type that you want to do. I will tell you what type of fiber to ordering get. All right, so I'm going to stop my share and look and see. No, rice is not considered gluten. Rice is a grain and so you can eat rice. At this point in time, keep on the path to being able to do this, one by one. You can. It's, you will be rewarded. Especially I've seen people make major, major changes in five weeks because they just follow the script and they just did it, like Nike says. Just do it, just do it. So, if you have any other questions that are going on in your mind right now, we're going to do another open office hours tomorrow afternoon, tomorrow six o'clock, so that you can ask more questions from a personal perspective. Those are good because people get to hear other people's questions and answers. And when you get to hear other people's questions and answers, you learn something that you didn't even know that you needed to learn. And so that's what's why I do with that way. So it's more informal and instead of me just counseling one person, counseling, you know, bunch of people. And guess what, I'm doing this all as a recording and there will be other people joining later. There'll be able to hear, have the benefit of your questions and answers. And as I go forward, I'll even add more recordings later in. If there's something you have a big question about, please send it, ask it. I will make a video about it and explain it more in detail. If there's something not clear, this is about you on your journey. All right. So if you miss office hours, that's great. So now one thing, when you go out to eat at a restaurant, realize there's certain restaurants that you're going to go to where there's likely nothing healthy on the menu. This is important because what that means is you need to eat before you go there. It's just this is the reality of it. There are certain places where there is nothing on the menu that's going to stay in your plan. Even when they serve things like Collard Greens, there's sugar in them, and this is where people fall down. People fall down during these times when they'd go out because they don't plan. So as you plan fail to plan, you plan to fail and that means you need to always be prepared, there's, there's not going to be something that you can eat. This was what last week was about with the mindset. If you don't plan for it and you say, well, they didn't have anything else. And so I hate had to eat anyway. What that is, is that was you make an excuse and defeating yourself. So you have the plan or certain places that you go, they're not going to have healthy food, and everybody around you is not going to be eating healthy. Even their vegetables are not healthy, pack with all kinds of salt and sugar. All right. And it's frustrating situation, but this is the point in time where you've already committed to a path and by going backward and not in keeping your yes, good, eating late, not keeping the, this is about you at this point, keeping your promise to yourself.

Keep your promise to yourself. If you think you can't trust other people, it's because you cannot trust yourself. So keep your promise to yourself and stay on the path. There are, I met a woman yesterday, I was in an office doing a demonstration of a piece of nutritional equipment that you use to test people. And this woman was talking about how she was fast and with her church, she keeps her commitment to herself. She wasn't eating because her and her church, we're doing a fast and so it didn't matter. Everybody else was eating lunch. She made it. But it wasn't just that our church was doing it. She made the commitment to her that she was doing this fast. I know other people who fast for religious reasons, , and every, you know, you're doing it with the community. This is a time where the biggest part of that is keeping your commitment to yourself, not to everybody else out there. And that's what your health

journey is going to be like. How committed are you to you? So yes, take food with you. Protein is always a good thing. Nuts and seeds. Epic bars are great. Jerky is great thing about epic. I believe all their products are grass fed. So if you look and say, oh my God, these things are yes, what you eat them and you feel full and satisfied. I'm trying to think of other things. Hard boil eggs are always good to carry and easy to carry. Let me tell you another one. I forgot about this one before. The fatty fish, a lot of that fatty fish, you can get cam. Now tuna is high in mercury, but things like salmon, sardines, mackerel, those are all fatty fish. They're very high in Omegas. You can get cans of take it with them.

It's so funny cause I never thought about this. I have a friend in Australia who, she's a nutritionist and she is so steadfast about stay on her health program. That she walks with her sardines in her bag and we'll go someplace and say, can I have a plate on the motor special eating plan and pull out her sardines and eat her sardines and bring it. I went to a wedding reception. I was doing a detox at this point in time and I didn't, I never even dreamed we were going to go someplace that wasn't going to have like festivals and things like that. Well we ended up at an Italian place. I stayed on my plan, but there was a woman there who was, you know a vegan, and she went around the corner to the whole foods, brought her brought her bag in the restaurant and while everybody else was having what they were going to have, she sat down and hit her food.

So you can good to have the mackerel from Trader Joe's, you can do this. It's so much more acceptable today to say I'm on a special eating plan. And so I bought my things with me just because I really need to make sure I know what's in the food. I've been known to have food reactions and I want to be able to enjoy the event with the people that's here, so can you bring me a plate? I'm going to, I'm going to bring food than I know it has in it what I want. And people are so accepting of that today because there are people on so many different eating plans. Think about, there are a lot of people who are not just vegetarian, but Vegan, which is, you know, most restaurants, you know you're a place like New York City. There's a lot of places you can get options.

You'd go outside of places like New York City where it's like, you know, 9 million people generally, it's hard to find some of these things, but you can go to the store and you can walk and bring it with you and, and people aren't necessarily so friendly about accommodating you all the time. You accommodate yourself. And so that's the best thing I could tell you about being prepared. I've been known to like go to barbecue and bring my food with me because I just know the style of the people who are having it and just probably not going to be the type of food that I choose to eat at that point. Now, yes. Will I eat the food sometimes? Yeah. If I'm not doing a particular program, if I'm doing a no sugar like right now, you know, listen, I got to tell you the, the, the sugar thing, I decided, hey, I'm doing it with the group of people in solidarity and support.

My husband was like, I'm talking about me for eating dried fruit. I was like, this is natural sugar. I have mangoes and I have freeze dried. If you've not tried this, something tasty, freeze dried fruit, tangerines and pares that are freeze dried, little things so that when I want to crunch or I want a little bit of sweet taste, I have it. And you know, you can get the mangoes at, Costco there's a big bag and it's pure mangoes that are dry. That's it. There's nothing added to them. You can get some of these dried fruits and things like that. Trader Joe's has some variety, but you've got to look because trader Joe's, a lot of this stuff has sugar in it. But you can get tasty things that will satisfy partially having a sweet tooth. So I mean, listen, my mother and father, a diabetic, you think I don't like sweet stuff. I like sweet stuff. Okay. , my husband has a, a big sweet tooth, but for him, he had the tested them and everything. He doesn't have the health issues, but he watches it, and he's like less and less. And he's a more watching it after being with me and married to me. I mean, we first were together, he would go out and we buy all this juice. He's completely stopped buying juice. I mean, he's drinking Kombucha. Who would think that, Kombucha being fermented tea. Right now? I wouldn't tell you to drink Kombucha. A lot of times it has sugar in it. If you can find one without the sugar in Kombucha is great for a drink. It's fermented

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tea basically. So, these are other options for you. Green, if you're making a green smoothie and you want to make it easily, Moringa, Moringa powder, Moringa tea that also get put Moringa powder has more calcium, more protein, more nutrients, antioxidants, than Kale. Everybody's on the Kale kick but, Moringa is higher in all of those things. You can get Moringa powder and that's all that's it, and it's organic. So this is how you can make a green smoothie by getting several. How do you get several, several servings of fruits and vegetables when you're busy and run around, you take the shortcuts, the hacks. Moringa is one of those matcha, m-a-t-c-h-a, matcha has a lot of ECGC in it that's another antioxidant. That's another way to get antioxidants, greens, chlorophyll. And so use some of these hacks because there's so many more healthy people around. So when I make my smoothie in the morning, I use a protein and I add into it matcha and also, Moringa and then I'll add sometimes in some berries cause I just don't want all green all the time. But you get used to it. I also have Costco has, is to soulja green juice, where the green juice a lot of times that you get in the supermarket has a lot of more fruit in it, and so it's, it's very sweet. So if you tasted it, it tastes really sweet. And I'm not saying everything bad is sweet, but right now what you want to don't want to do as if you're cutting down or cut down on your sugar, you don't want to trigger your brain into wanting more sweet. When you get that sweet trigger, it's going to make you feel hungry if the calories don't go in there. And so that's why some of the green juice has more like bananas and things like that that are sweet in it. Pineapples, and pineapples actually lower in sugar. So having pineapple plain fresh as good. But the suture green juice has Swiss chard and Kale, and lots of Greens and I don't even know if it has any food in it. So one thing that's really good for your system for cleansing is to have a green juice first thing in the morning.

And so the soulja, s-o-u-l-j-a, they have it at Costco. You can get like six packs to have like a green juice first thing in the morning. Start with like a green juice cleanse. You're already starting to get vitamins, minerals, and nutrients and you've got some servings of vegetables. So I will drink sometime a green juice and then do it a green smoothie. Now remember that, you know, as we go forward, and even if you're going to start doing protein shakes and things like that, those are meant to go alongside of food. It's not meant to be a meal replacement. So it's a go along side of food. And because you, I want you to eat food and eat real food and enjoy life too while you're doing this. But when you start adding in the protein, you'll start, you're going to start to notice that when you have higher protein, your hunger and cravings go down.

So that's just a little bit. So the mackerel and the canned fish, very, very good, (inaudible) tuna, tuna, tuna, keep to a minimum just because it's high in mercury. And it's protein snacks, Trader Joe's great for the little packets right now as you're going through, wanting only to have more than natural sugars, make sure you stay on top of the fruit list. But you know, you know, one serving a day, if you're going to hell, if you do a mango and you do one serving a day of a mango and look on the fruitless as to what's a serving size, that's not going to be a big deal. What I would say though is those high sugar fruits by one of them. So if you look down there and you say, well, I want to apple, I want to have a pear of what happened by one of them a week by a bunch of everything.

One and have one a week so you still have the variety and you're like, okay, today's my pear day, okay, now that remember, those are the high pesticides, fruits and you want to go buy organic. But the idea is to do what is called eat the rainbow. Eat all different colors and think about as you go over what you're eating, what did you eat the day before? Did you have a variety of colors? Okay, yesterday. Guess did you have purple? Purple is the hardest in the, in the American Diet. In fact. What, what colors didn't you have yesterday? And I'm not talking about the package, talking about the outside of it. Have as much green as you can, but think about the color spectrum, ROYGBIV. Did you have something of every color? That's how you get the most nutrients. And so if you didn't get it all yesterday, this is why I get a variety and think about it today. And things like fruit, don't peel it, eat the outside of it if at all possible. I mean, you're not going eat the outside of the cantaloupe or an avocado. I understand that, but if it all, or you know a pomegranate, but eat the or watermelon, you're not going to eat the

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outside of it. But if it's something that he thinks like orange peel and that white part of the orange called the pectin are very, very high in nutrients. And so if you make something with orange peel, you might want to grate some of it and actually put that in your smoothie because you're getting more nutrients. So I'm going to see you for office hours, and this will be up as soon as we can get it up and talk to you guys soon.