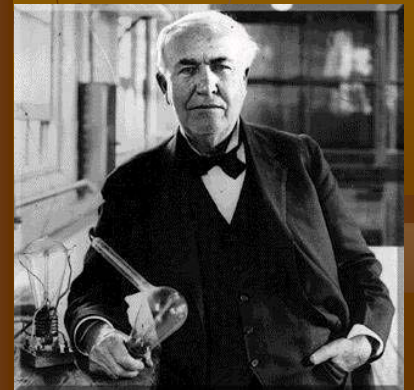
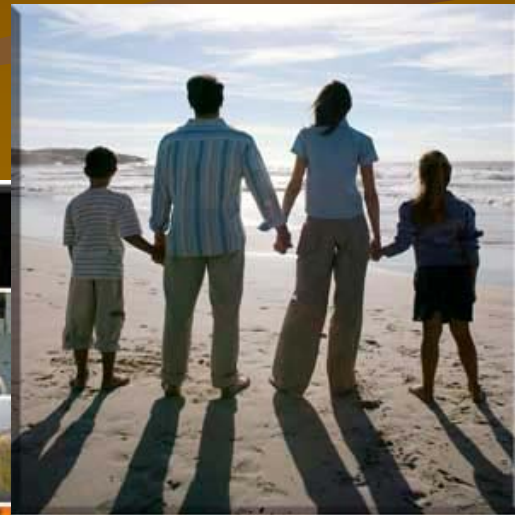


**"The doctor of the future
will give no medicine, but
will interest his patients in
the care of the human frame,
in diet and in the **cause and
prevention** of disease."**

- Thomas Edison



Are you living? In Balance On Purpose



Seminar Overview:

- 1. The 3 Basic Food Categories: Foods with Purpose, Foods without Purpose, and Foods that Kill!**
- 2. The Basic Food Guide, when to eat what and why.**
- 3. Improving Your Metabolism, a simple food strategy.**
- 4. Culinary Energetics**
- 5. Condiment Choices**
- 6. Scheduling and Planning for Success – intro only**

***** *Participant Resources***

The 3 Basic Food Categories



Basic Food Categories:

Foods by God

Whole Foods

Foods with Purpose!



Basic Food Categories:

Foods by Man

Processed Foods

Foods without Purpose!

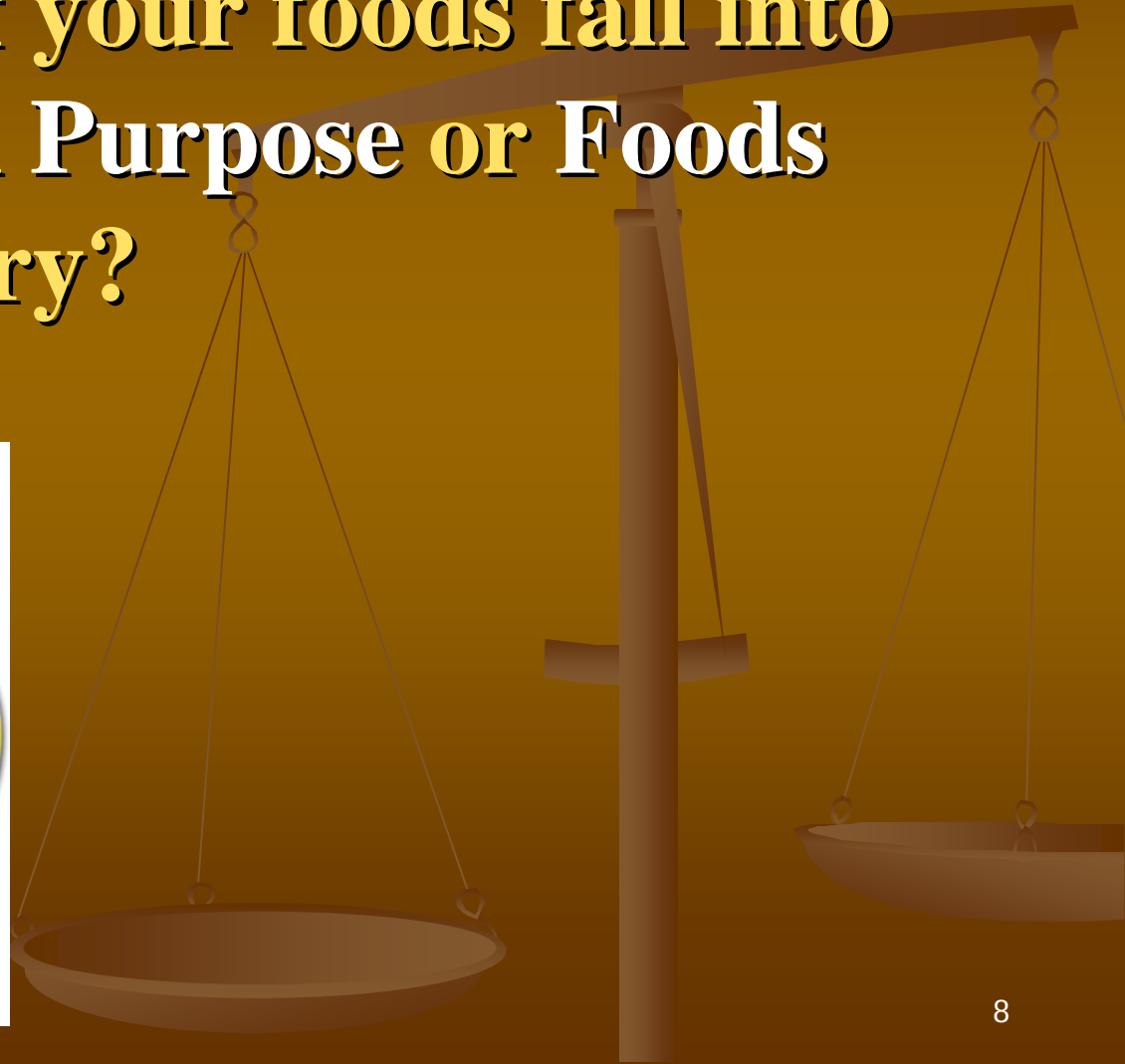
Foods that Kill!

Foods with Dangerous Chemical Additives:

- **Neurotoxins – aspartame, MSG, sucralose, etc**
 - **GMO foods**
 - **HFCS – high fructose corn syrup**
 - **Hydrogenated vegetable oil**
 - **Food colorings**
- 

Reality Check...

What ____ % of your foods fall into the Foods with Purpose or Foods by God category?



The Food Guide



The Food Guide

Carbohydrates = Energy Foods

- They are the fire in the normal fat burning process
- Help hold water in body tissues
- Muscle sparing

The Food Guide

Proteins = Build & Repair Foods

- Everything in your body is made up of proteins and amino acids. To heal, repair, rebuild, recover, etc you need to replenish daily with high quality proteins and amino acids.

The Food Guide

Fats = Health & Function Foods

- brain needs it for proper structure
- cells need it for proper function
- glands need it for proper hormone production
- they insulate and protect the glands
- store and transport vitamins
- mineral absorption
- fat mobilization i.e. weight loss

Following The Food Guide

A.M. to P.M. Modes of Eating:

Carbohydrates (energy)

Proteins (build & repair)

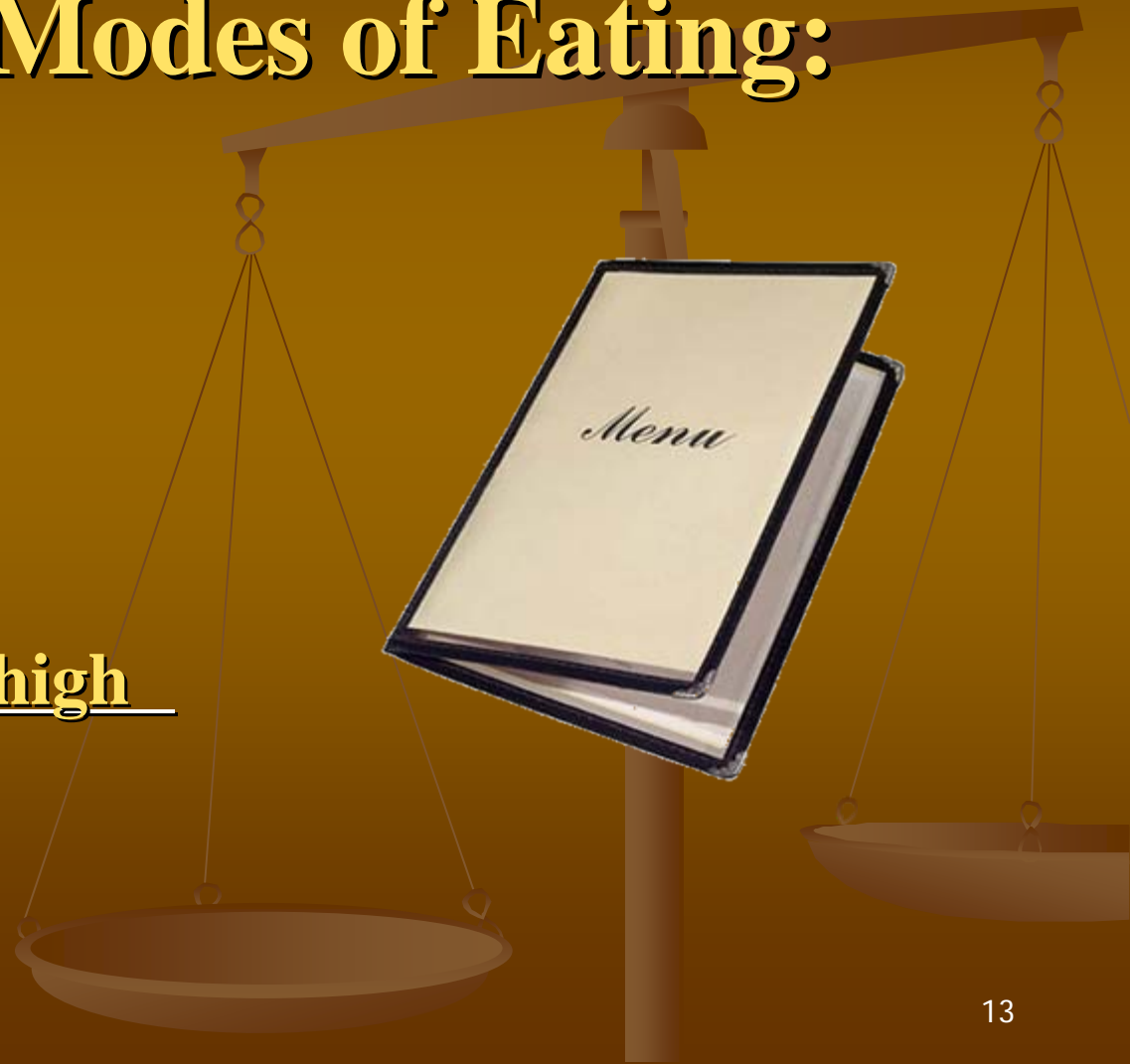
Fats (health & function)

Morning:

Carbohydrate intake high

Protein intake low

Fat intake low



Following The Food Guide

A.M. to P.M. Modes of Eating:

Carbohydrates (energy)

Proteins (build & repair)

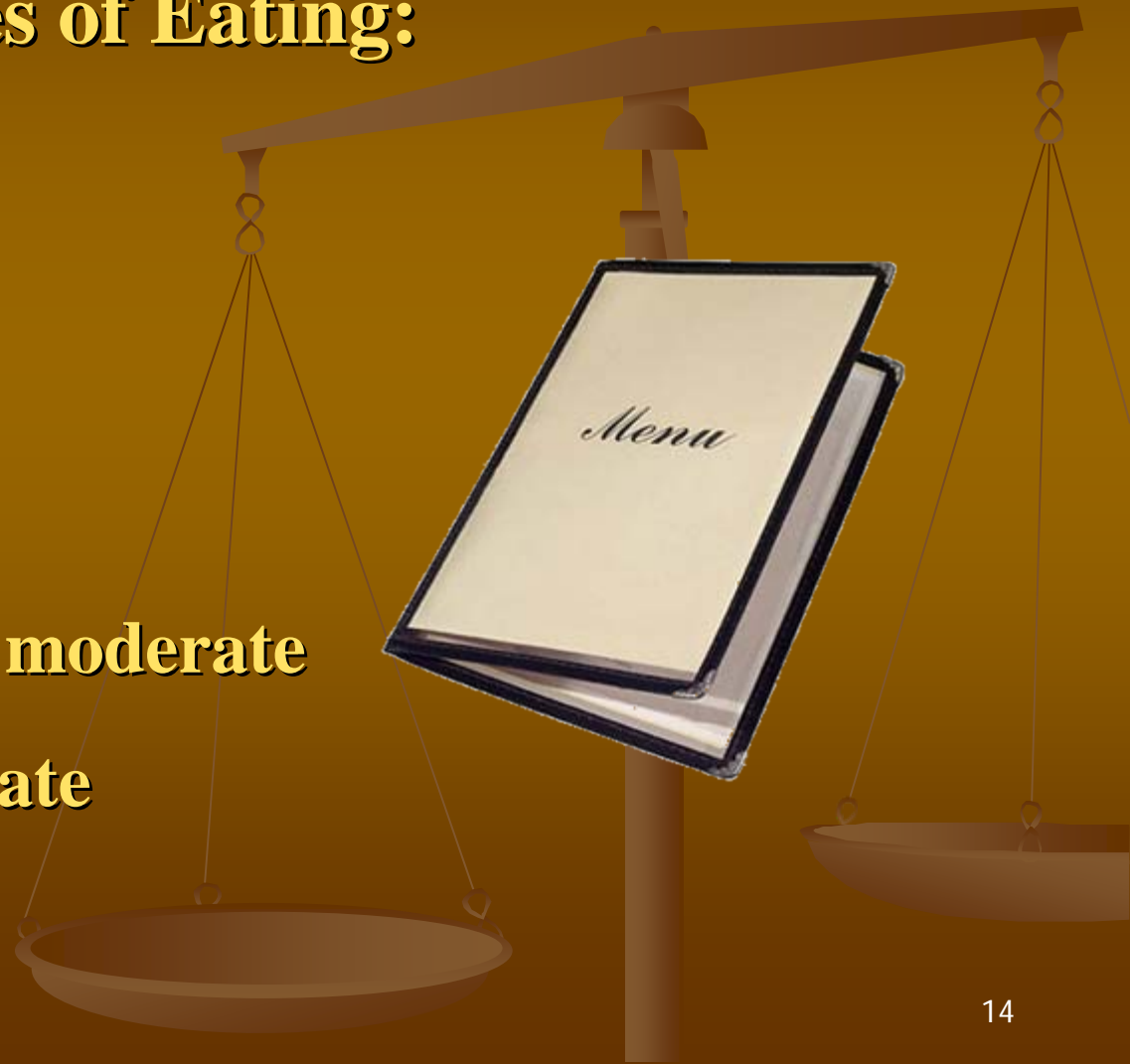
Fats (health & function)

Mid day:

Carbohydrate intake **moderate**

Protein intake **moderate**

Fat intake **moderate**



Following The Food Guide

A.M. to P.M. Modes of Eating:

Carbohydrates (energy)

Proteins (build & repair)

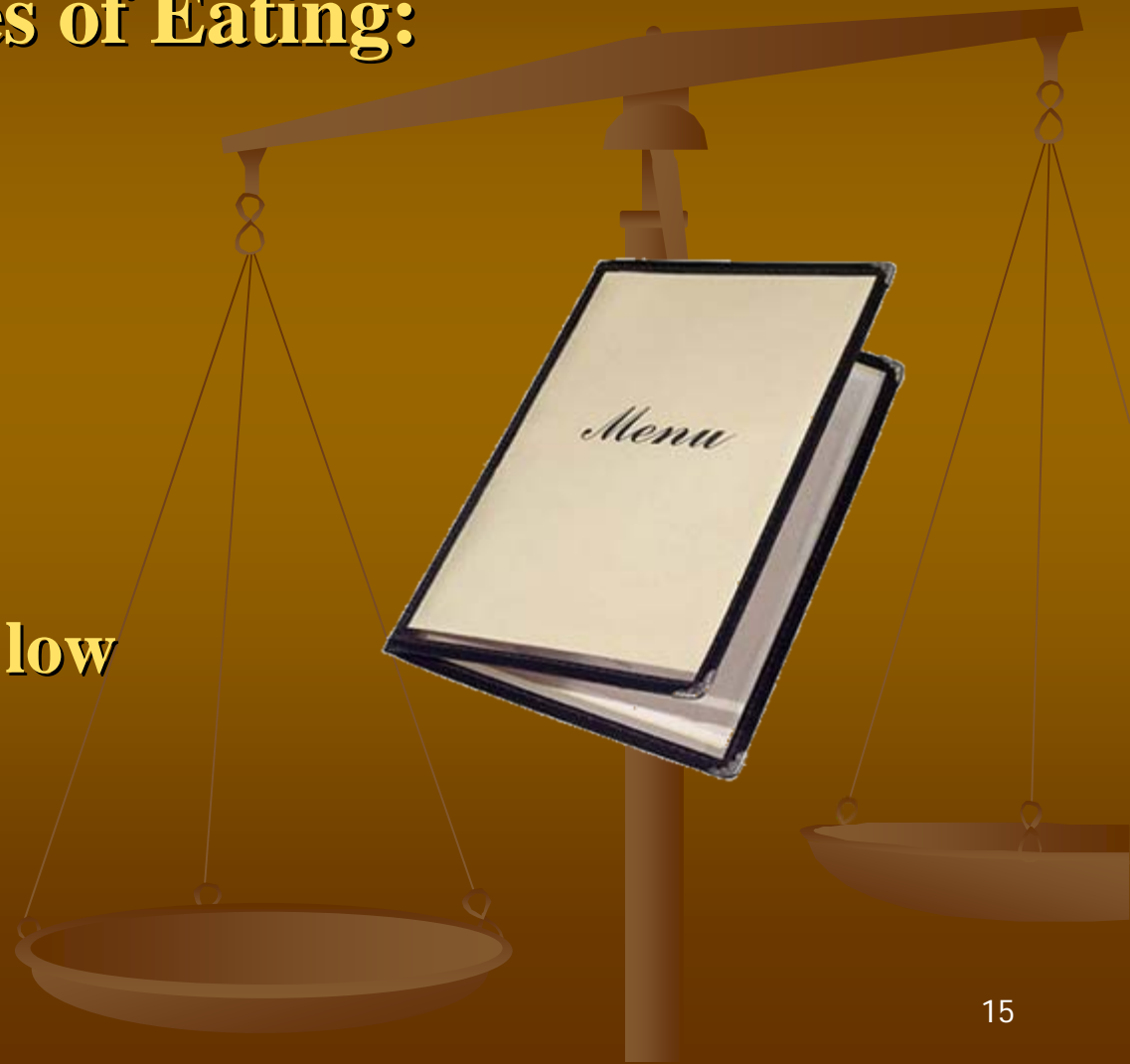
Fats (health & function)

Evening:

Carbohydrate intake **low**

Protein intake **high**

Fat intake **high**



Improving Your Metabolism

- **Multiple Feedings Rule:**
At least 5-6 fueling sessions per day (thermic effect)
- **Portion Size Rule:**
Increase # meals, decrease portion size
- **More Protein Rule:**
20-30g. High quality, clean protein
- **Follow the Food Guide Rule:**
Meet the bodies needs (reduce p.m. carbs!)
- **The Water Rule:**
 $\frac{1}{2}$ your body weight in ounces (blood and oil analogy)



Culinary Energetics

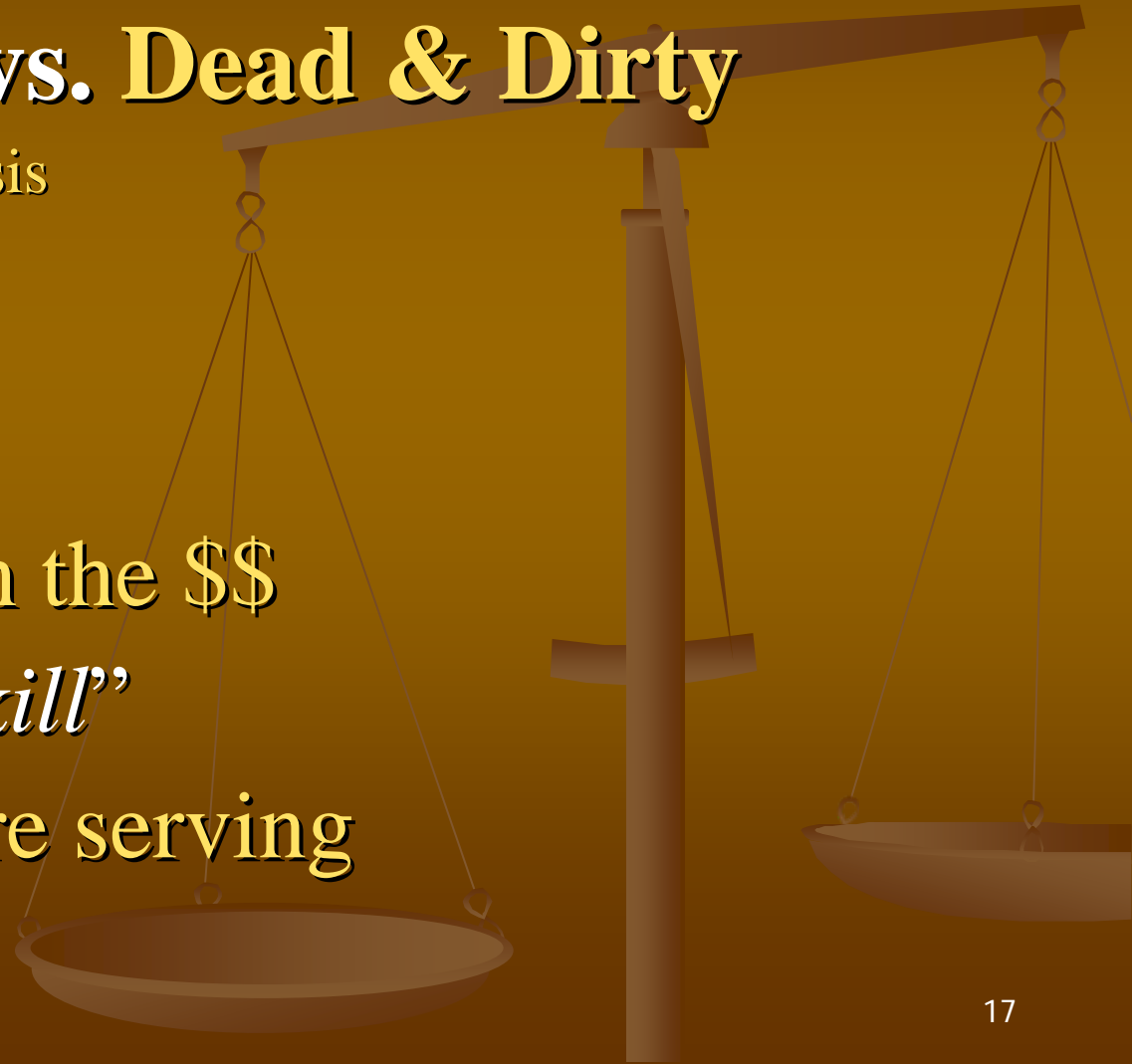
You are what you eat, really!

Alive & Clean vs. Dead & Dirty

- Pathological Leukocytosis
- Maillard Reactions

Remember:

- Organic is worth the \$\$
- Don't "*cook to kill*"
- Wash well before serving



Condiment Choices – choose wisely!

Substitute Now!

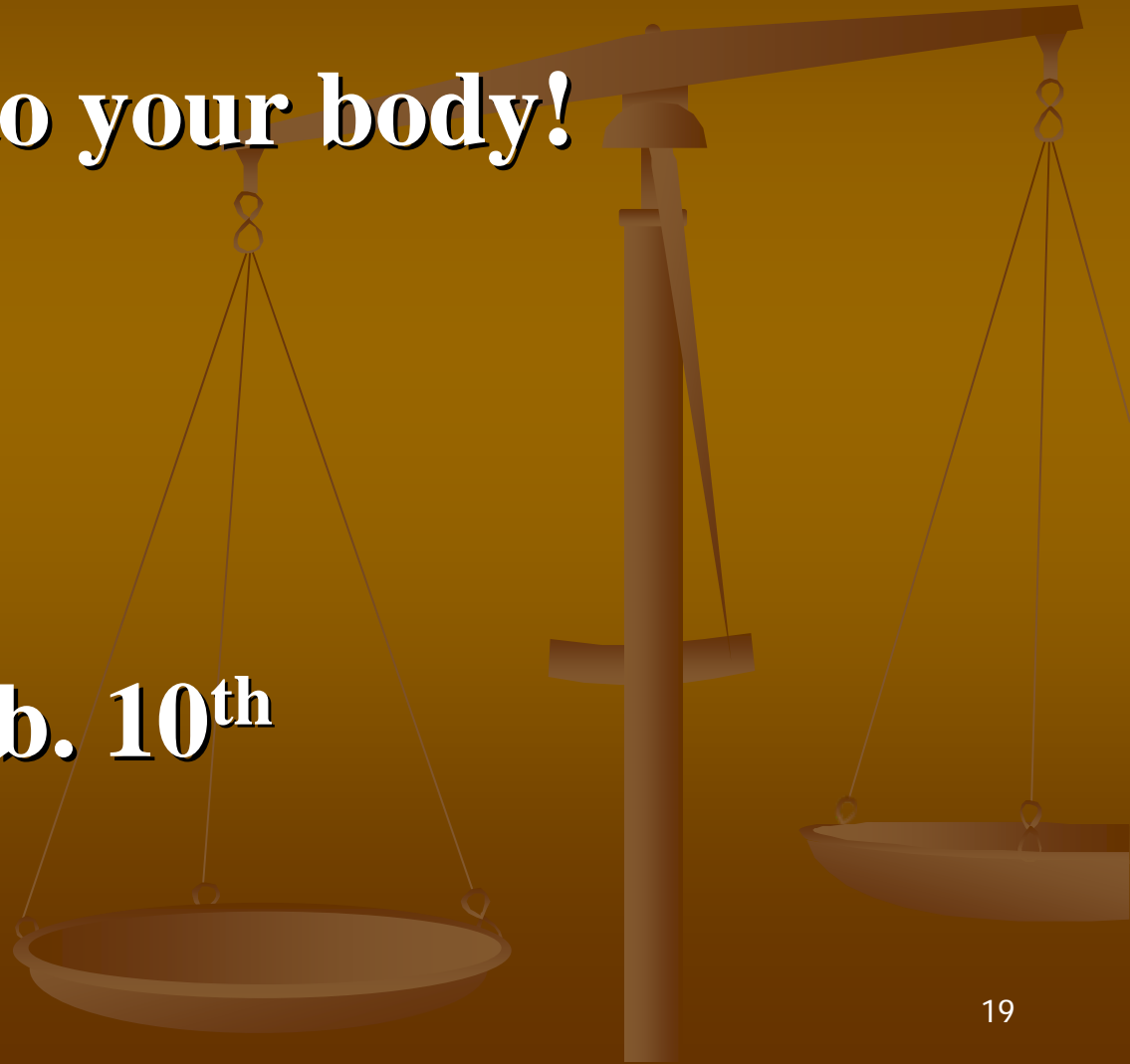
- **Salt** Himalayan Crystal Salt
- **Milk** rice or almond milk
- **Butter** Earth Balance or Smart Balance
- **Oils** coconut oil, olive oil, or go to www.spectrumorganics.com
- **Seasonings** Ms. Dash, 365 Organic (*read the ingredient list*)
- **Dressings** organic labels, neurotoxin free (*read the ingredient list*)

Nutritional Cleansing & Replenishing

Bring balance to your body!

Seminar Date:

Wednesday, Feb. 10th



Review how to start living 'On Purpose'

- **Increase % of Foods with Purpose**
- **Reduce Foods by Man**
- **Eat more raw foods**
- **Increase # of meals per day**
- **Reduce portion size**
- **Increase protein intake**
- **Follow the Food Guide**
- **Improve condiment choices**

Scheduling and Planning – introduction

How to be successful:

- **Shopping & Preparation Day**
- **Create a Schedule to track success**
- **Set goals and reward yourself**
- **Constantly improve your plan**