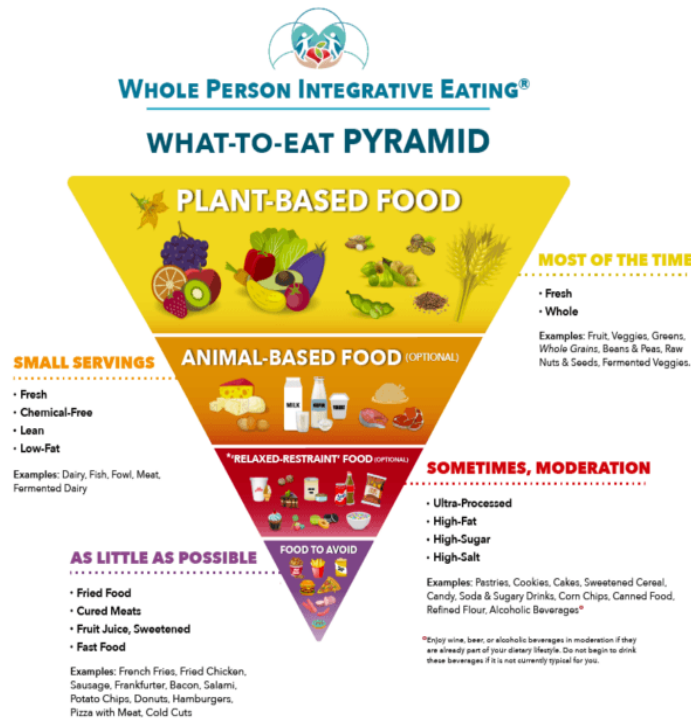




The Healing Secrets of Food Revealed
EPISODE #10

TITLE:
THE WHAT-TO-EAT WPIE FOOD PYRAMID:
Lose Weight. Feel Better. Restore Health.
Based on 21st Century Science

*In 1992, the USDA created its food pyramid, a visual guide of basic food groups about what to eat each day for nutritional health. **It's not working:** Obesity and other diet-related chronic conditions continue to soar. The **What-to-Eat WPIE Food Pyramid** offers scientifically sound, "real life" insights into optimal eating for weight loss and physical and mental well-being.*



* Whole Person Integrative Eating (WPIE) includes the concept of relaxed restraint, a behavioral-medicine idea that supports moderate flexibility about what you eat in order to up the odds of maintaining optimal eating for the long-term.

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TRANSCRIPT

Hello! Welcome to The Healing Secrets of Food Revealed. TODAY'S TOPIC: THE WHAT-TO-EAT WPIE FOOD PYRAMID, which I created to help you lose weight, feel better, and restore health.

I'm Deborah Kesten—nutrition researcher and host of *The Healing Secrets of Food Revealed*. And I'm on a mission: To give you the science-backed, weight-loss wisdom you need to eat less and weigh less. Without dieting.

In each episode, I'll translate cutting-edge weight-loss research into actions you can take that can make a real difference in your weight and well-being.

LET'S GET STARTED!

To begin...here's some perspective:

In 1992--more than 30 years ago--the United States Department of Agriculture (USDA) created its food pyramid, a visual guide of basic food groups about what to eat each day for nutritional health. It's not working. Over the last few decades--since the start of the USDA food pyramid--obesity and other diet-related chronic conditions have been soaring.

This is why I created the **What-to-Eat, Whole Person Integrative Eating (WPIE) Food Pyramid**. Based on 21st century science, the **What-to-Eat WPIE Food Pyramid** offers scientifically sound, dependable, "real life" insights into putting optimal eating--for weight loss and physical and mental well-being--into action each day.

Here's what I mean: As many of you know, for decades, millions of Americans have been struggling with overeating, being overweight or obese, disordered eating behaviors--such as Emotional Eating--and other chronic physical and mental health conditions due to diet--from heart disease and diabetes to depression, anxiety, and more. Plus, the social isolation we all experienced during the Covid lockdown lifestyle--and that continues today for many--has led to even more of us turning to health-harming comfort food to cope.

THE WHAT-TO-EAT WPIE FOOD PYRAMID I'm discussing today isn't just my personal opinion about optimal eating. Rather, it is based on my science-backed Whole Person Integrative Eating (WPIE) *dietary lifestyle*--meaning, a most-of-the-time way of eating--that behavioral scientist--and my husband--Larry Scherwitz, Ph.D, and I discovered when we merged ancient food wisdom with modern nutritional science.

Ultimately, Whole Person Integrative Eating (WPIE) is a scientifically sound program that can lead us all back to a deeper, healthier relationship with food and eating, and in turn, weight loss, health, and healing.

The Research: WPIE as a Path to Eating Less, Weighing Less

I'm mentioning this today, because the WHAT-TO-EAT WPIE FOOD PYRAMID is based on two groundbreaking discoveries Larry and I made when we did research on our Whole Person Integrative Eating (WPIE) program with 5,256 participants. Here's what we discovered: (1) we identified 7 new-normal **overeating styles** that lead to overeating and weight gain; (2) and, our research also suggests the solution to overeating and to the 7 *statistically significant* overeating styles we identified that are dependable predictors of overeating.

What's this solution? The 7 **perennial**, Whole Person Integrative Eating (**WPIE**) **principles** are the antidotes to each of the overeating styles.

Why do I say this?

During my 6-week, 18-lesson, online e-course on Whole Person Integrative Eating, the more people followed the "new normal" overeating styles Larry and I identified—the more likely they were to overeat and be overweight or obese. On the other side, those who replaced the seven overeating styles (here they are: Emotional Eating, Fast Foodism, Food Fretting, Task Snacking, Sensory Disregard, Unappetizing Atmosphere, Solo Dining) with our Whole Person Integrative Eating guidelines, were the ones who ate less and lost the most weight.

In other words, our research revealed that Whole Person Integrative Eating is a scientifically sound new and varied path to eating less and weighing less. What's especially intriguing about these findings is that only one Whole Person Integrative Eating "ingredient" is about *what* to eat (food choices); the other six are about *how* to eat (eating behaviors) to overcome overeating and overweight.

A brief aside... If you want to know more about the overeating styles--and if you see yourself in any of them--please visit **Episode 3**, with the title, "**What's Your Overeating Style? Discover the Root Reasons You Overeat**" at HealingSecretsPodcast.com.

Back to today's topic: The Whole Person Integrative Eating (WPIE) What-to-Eat Food Pyramid gives you step-by-step guidelines--based on solid 21st century scientific discoveries--about eating for weight loss and well-being.

Fresh, Whole Food - Ultra-Processed Food

In other words, benefiting from the guidelines in the **Whole Person Integrative Eating What-to-Eat Food Pyramid** begins and ends not only with state-of-the art science, but also with behavioral medicine insights. I integrated all this so that what I'm suggesting in the **Whole Person Integrative Eating What-to-Eat Food Pyramid** is a realistic way of eating--for weight loss and well-being--for the long-term.

To begin.. So you'll have some insights into why I designed the **Whole Person Integrative Eating What-to-Eat Food Pyramid** the way it is, I want to mention some studies about the influence of ultra-processed, fast food on weight; followed by some studies about the health-enhancing influence of fresh, whole foods on weight and well-being.

But first, so we're all on the same page... I want to take a few moments to clarify fresh food vs. fast food:

Fresh, whole food. What exactly are "fresh, whole foods"? They're foods that are real, natural, nourishing, and healthful; their original integrity is intact. Not only does fresh, whole, plant-based food from fruits, veggies, *whole* grains, legumes, and nuts and seeds offer balanced nutrients in the ratio nature intended, they have what your microbiome and mind and body need for health and healing.

Ultra-processed, fast food. The opposite of fresh, whole, plant-based food is ultra-processed, denatured, fast-food products that wreak havoc in your microbiome and in turn lead to overeating, overweight, and obesity. They are refined food products that are high in fat, salt, and calories—and they're often filled with chemicals and additives that further increase odds of weight gain and illness.

Ultra-Processed Foods & Weight

Here's a study that gives us excellent insights into the influence of ultra-processed food on weight.

Study #1. Knowing that many obese people have what is called Western diet-induced obesity (DIO), researchers wanted to know if there was a relationship between gut microbiota (meaning, the 10-100 trillion microbial cells, mostly bacteria, harbored by each person in the gut) ...if there was a relationship between the gut microbiota from the ultra-processed, high-calorie, fast food, standard American diet (SAD is the acronym) and weight. To find out, they transplanted gut microbiota from a fast food diet into germ-free mice—meaning mice with organism-free guts. The results: microbiota from the standard fast-food diet promoted more fat gain than transplanted gut microbes from lean donors.

This study on mice is very illuminating, because both mice and humans are mammals with a similar biology, so what applies to mice can apply to humans. Because of this similarity, we now know that the quality of the food you eat—meaning fresh whole food vs a fast food, ultra-processed diet—and your weight are intimately interconnected. In other words, state-of-the-art science is revealing there's a lot more to the weight story than calories in (how much food you eat), and calories out (the amount of daily physical activity).

Given what we now know, perhaps a more helpful question to ask about weight and weight loss may be: Is your most-of-the-time way of eating fresh, whole food; or are highly processed, fast-food products your typical fare?

Benefits of Fresh Whole Food vs Chemical Cuisine

The next few studies are about the influence of fresh, whole food vs fast food on weight, but also on your appetite, emotions, and wellness.

Fresh, Whole Food & Weight

Study #1. Lose weight. Researchers recently discovered that city children in Ecuador's Amazon who ate far more meat, dairy products, processed starches (such as white rice), and candy, than rural children, not only ate more, they also gained a lot more weight—even though the city and rural children moved and burned similar amounts of calories throughout the day. This tells us that **what we eat may be more important than how much we move and exercise** when it comes to fighting obesity.

#2. Restore health. Here are two examples of the power of fresh, whole foods to restore health by halting and reversing a plethora of diet-related chronic conditions:

- Lifestyle research by Dean Ornish, MD, showed that heart disease and overweight can be reversed with (1) a plant-based diet, (2) stress management, (3) physical activity, (4) and social support.
- When Native American sculptress Roxanne Swentzell, and thirteen other members of the Santa Clara Pueblo in New Mexico, replaced years of fast-food fare with the original indigenous fresh foods their ancestors ate, they restored their health. Along with losing a lot of weight (some lost 50 lbs. or more), other diet-related mind-body ailments—from high blood pressure and heart disease to depression and more—healed.

Study #3. Feel better mentally. Consuming a mostly fast-food diet can lead to malnourishment and too much “bad bacteria” in the gut—both of which can contribute to negative emotions, such as depression and anxiety. An antidote? One of the key findings in Whole Person Integrative Eating research is that the combination of **reducing negative feelings** and **improving food choices** (meaning more fresh, whole, plant-based foods) were the strongest predictors of how much weight people lost.

In other words, a mostly fresh, whole food diet *and* positive feelings are key factors in controlling weight.

ABOUT The WPIE What-to-Eat Pyramid:

I'm going to tell you about the 4 categories of **The WPIE What-to-Eat Pyramid**, but first I want you to know about the health benefits behind the categories; why I designed it the way I did. In other words...

HEALTH BENEFITS 'WPIE FOOD GUIDE PYRAMID'

A predominantly fresh, whole, plant-based diet:

- (1)** creates **lots of “good” bacteria in the gut microbiome**, which in turn boosts immunity and may prevent and reverses many physical and mental health conditions;
- (2)** has the power to **“switch” off the “expression” of illness** for which some genes are coded (this is *epigenetics*);
- (3)** **along with other lifestyle practices**, can **lengthen telomeres** in chromosomes, which is linked with longevity; short telomeres are linked with shorter life span.

FOR MORE ABOUT the health benefits of diet and lifestyle...

Please listen to "The DIET and LIFESTYLE that PREVENT and REVERSE Chronic Conditions," Episode 9 AND "The Special Series," Episodes 5, 6 & 7, at www.HealingSecretsPodcast.com.

The WPIE What-to-Eat Pyramid: THE 4 CATEGORIES

Now that you know why I'm recommending what I'm recommending in the **Whole Person Integrative Eating What-to-Eat Food Pyramid**, here are the four major categories. If you want to actually see, or perhaps study, the infographic--or image--of the **Whole Person Integrative Eating What-to-Eat Food Pyramid**, please visit HealthSecretsPodcast.com, and open the 'TRANSCRIPT' CTA under EPISODE 10, "**THE WHAT-TO-EAT WPIE FOOD PYRAMID.**"

Here are the four categories in The WPIE What-to-Eat Food Pyramid:

Category #1: Plant-Based Food (most of the time)

Category #2: small (or no) servings of unprocessed **Animal-Based Food (Optional category);**

Category #3: the category of **Relaxed-Restraint Food** choices, which are also **Optional** (not to worry, I'll explained "Relaxed Restraint" food in more detail in a moment;

Category #4: and category #4 is **Food to Avoid** because the food products in this category wreak havoc in the microbiome, and on weight and mind-body well-being.

Here's a little more about each category.

CATEGORY #1

PLANT-BASED FOOD: MOST OF THE TIME

- Fresh
- Whole

Examples: Fruit, Veggies, Dark Leafy Greens, *Whole* Grains, Beans & Peas, Raw Nuts & Seeds, Fermented Veggies

Comment. Fresh, whole, plant-based food has an abundance of nutrients (such as fiber, phytochemicals, antioxidants, vitamins, minerals, and so on) that enhance health and healing. They feed "good" bacteria in your gut, which in turn helps you to attain and maintain a healthy weight and mind-body health.

CATEGORY #2

ANIMAL-BASED FOOD (OPTIONAL): SMALL SERVINGS

- Fresh
- Chemical-Free
- Lean

Examples: Dairy, Fish, Fowl, Meat, Fermented Dairy (such as yogurt, kefir)

Comment. Animal food in The WPIE Pyramid is optional. If you include animal food in your diet, make the servings small, fresh, lean, and chemical-free. Lots of plant-based food with small amounts of animal food is the way to eat for weight loss, a balanced microbiome, and mind-body wellness.

CATEGORY #3

'RELAXED-RESTRAINT' FOOD (Optional): SOMETIMES, IN MODERATION

- Ultra-Processed
- High-Fat
- High-Sugar
- High-Salt

Examples: Pastries, Cookies, Cakes, Sweetened Cereal, Candy, Soda & Sugary Drinks, Corn Chips, Canned Food, Refined Flour, Alcoholic Beverages °

° Enjoy wine, beer, or alcoholic beverages in moderation if they are already part of your dietary lifestyle. Do not begin to drink these beverages if it is not currently typical for you.

Here's what RELAXED RESTRAINT means:

Comment. Whole Person Integrative Eating (WPIE) includes the concept of **relaxed restraint**, a behavioral-medicine idea that supports moderate flexibility about what you eat in order to up the odds of maintaining optimal eating for the long-term. This means, if you choose to eat sweets and ultra-processed foods, do so sometimes and in moderation. And continue to make fresh, whole, plant-based foods your most-of-the-time *dietary lifestyle*.

CATEGORY #4

FOOD TO AVOID: AS LITTLE AS POSSIBLE

- Fried Food
- Cured Meat
- Fruit Juice, Sweetened
- Fast Food

Examples: French Fries, Fried Chicken, Sausage, Baloney/Cold Cuts, Frankfurter, Bacon, Salami, Potato Chips, Hamburgers, Pepperoni Pizza, Donuts

Comment. Fried, sweetened, processed food replete with health-harming fats, sugars, and a motley crew of synthetic chemicals that feed “bad” bacteria, increase odds not only of overeating and weight gain, but they are also more likely to trigger anxiety,¹⁴ depression, emotional-eating episodes, inflammation, autoimmune conditions . . . and more.

Here's a brief recap of the 4 key categories of **"THE WHAT-TO-EAT WPIE FOOD PYRAMID"**:

Plant-Based Food (most of the time)

Animal-Based Food (optional)

Relaxed Restraint Food Products (optional, and if you choose UPFs, do so sometimes and in moderation)

Food to Avoid (as little as possible)...because these foods play havoc with your health.

Eat Fresh, Weigh Less. Feel Better. Restore Health.

Here's the bottom line about **"THE WHAT-TO-EAT WPIE FOOD PYRAMID"**:

The What-to-Eat WPIE Food Pyramid is a guide designed to ‘reset’ and rethink what you eat; to replace traditional, restrictive dieting with a scientifically sound *and flexible* way of eating that lessens overeating, leads naturally to weight loss, enhances mind-body health, regulates hunger levels and eating behaviors such as food cravings, balances the microbiome, strengthens the immune system...and more.

The What-to-Eat WPIE Pyramid also reflects the antidote to the WPIE Fast Foodism overeating style: *Choose fresh, whole food in its natural state as often as possible.*

The bottom line: If you follow the WPIE Food Pyramid as a guide--and make it your most-of-the-time way of eating--in other words, your *dietary lifestyle*--NOT A DIET that you go on, then off--it serves as a scientifically sound roadmap for what to eat for weight loss, health, and healing. For a lifetime.

YOUR IN-ACTION EXERCISE

A tip, step, or reflection that can contribute to your success.

So you can reap the rewards of what you discover on each episode of The Healing Secrets of Food Revealed, I close each episode with an **'In-Action' Idea** for you to try. This may be a **Quick-Tip** about how to implement the healing secret of food we just discussed; or a **Practical Step** you can take, such as ordering a size-down of your favorite coffee concoction. Or perhaps I'll suggest a **Self-Insight Exercise**, an internal-reflection that can lead you closer to achieving your food-related health goals.

I'll offer an In-Action Exercise at the end each episode that can contribute to your transformation from today's, 'new-normal' way of eating—which leads to overeating and overweight—to Whole Person Integrative Eating—which I describe as your scientifically sound, personal guide to eating less and weighing less. Without dieting.

Consider keeping a Healing Secrets of Food Revealed journal to write about your experience with each In-Action Exercise.

TODAY'S IN-ACTION IDEA SELF-INSIGHT REFLECTION

Here is today's In-Action Self-Insight Reflection.

SELF-INSIGHT REFLECTION

STEP #1: CONSIDER THE PYRAMID

OPEN the 'TRANSCRIPT' CTA or the 'IN-ACTION' CTA next to the yellow light bulb, under EPISODE 11 at HealingSecretsPodcast.com.

Now, carefully LOOK OVER the graphic illustration of 'The Whole Person Integrative Eating 'What-to-Eat Food Pyramid,' which reflects state-of-the-art, 21st century studies on what to eat for a more balanced microbiome and in turn weight loss, enhanced emotions, and perhaps, restored health.

STEP #2: WHERE ARE YOU?

As you look it over, keep in mind The WPIE 'What-to-Eat Food Pyramid' is *not* a diet as we think of "diet" today: a rigid way of eating you go on for a while, then off; rather, to reap the mind-body health rewards, the pyramid suggests a **most-of-the-time way of eating** that includes four categories.

Q1. In which category is most of the food you eat today?

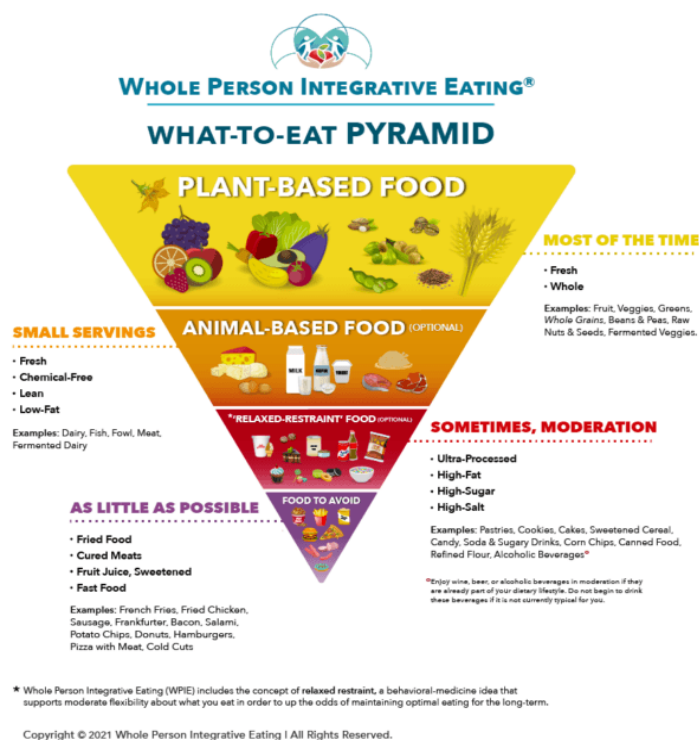
Q2. Do you think you could benefit by including more plant-based foods in your everyday diet?

Q3. If "yes" to #2, what kind of modification(s) can you make to meals and snacks that would make them more plant-based?

Instructions:

1. Write down 1 change.

2. Right now, envision making the change, then enjoying the dish, meal, or snack that includes your plant-based change.



Thank you...

If you would like a summary of today's In-Action Exercise--which includes a visual of **The WPIE WHAT-TO-EAT FOOD GUIDE PYRAMID**, please visit HealingSecretsPodcast.com. Then look for the yellow light bulb next to the 'IN-ACTION' CTA. At HealingSecretsPodcast.com, you can also listen to this episode again, and read the transcript and my **ARTICLE** about **The WPIE WHAT-TO-EAT FOOD GUIDE PYRAMID**. And, please consider joining The Healing Secrets Podcast Community—where I'm looking forward to meeting you.

I want to thank you for joining me today on The Healing Secrets of Food Revealed. With each show, I'll share step-by-step, science-backed weight-loss wisdom to nourish 'all of you' – body, mind, soul, and social well-being – each time you eat. So you can thrive.

I'm Deborah Kesten, host of The Healing Secrets of Food Revealed.

Until next week, BE NOURISHED.

Disclaimer: This transcript is for informational purposes only. This transcript is not intended to be a substitute for professional health or weight loss advice, diagnosis, or treatment. Always seek the advice of your health professional or another qualified health provider with any questions you may have regarding your condition or well-being.