



YOUR IN-ACTION EXERCISE

The Healing Secrets of Food Revealed

EPISODE #9

TITLE: WHAT TO EAT for Weight Loss, Health & Healing

TODAY'S IN-ACTION IDEA

PRACTICAL STEPS

Today's In-Action idea is two Practice Steps.

#1. PRACTICAL STEP

Read--and consider--the Whole Person Integrative Eating (WPIE) antidote to the Fast Foodism overeating style. It is the Whole Person Integrative Eating optimal eating guideline for weight loss and well-being: **Eat fresh, whole food in its natural state as often as possible.**



**Fast Foodism Rx:
FRESH, WHOLE FOOD**

**Eat fresh, whole food
--mostly plant-based food with small (or no) servings of animal-based food--
in its natural state as often as possible.**

#2. PRACTICAL STEP

Familiarize yourself with the free Whole Person Integrative Eating Fresh, Whole Food PRIMER I created for you. To access the free Primer, visit HealingSecretsPodcast.com and click on the 'IN-ACTION' CTA next to the yellow light bulb.

The Whole Person Integrative Eating (WPIE) Fresh, Whole Food PRIMER

Scores of studies support the Whole Person Integrative Eating guideline to *consume fresh, whole foods in their natural state as often as possible*--to be slimmer and healthier. For the long-term.

As a start, familiarize yourself with The WPIE Fresh, Whole Food PRIMER, below, I created for you.

PLEASE NOTE.

THE WPIE FRESH, WHOLE FOOD PRIMER IS THE **GOLD STANDARD** OF OPTIMAL EATING. IT IS *NOT* A DIET. THE GOAL IS TO MAKE IT YOUR MOST-OF-THE-TIME WAY OF EATING.

IF FRESH WHOLE, CHEMICAL-FREE FOODS ARE NOT EASILY AVAILABLE FOR YOU, OR THEY DON'T FIT YOUR BUDGET, OR YOU SIMPLY CHOOSE NOT TO EAT THIS WAY, NO PROBLEM.

REMEMBER
THE GUIDELINE IS TO EAT FRESH & WHOLE "AS OFTEN AS POSSIBLE."

IN-ACTION GUIDE

WPIE Fresh, Whole Food PRIMER

Your Fresh-Whole-Food Guide

What exactly are “fresh, whole foods”? They’re foods that are real, natural, nourishing, and healthful; their original integrity is intact, and they offer balanced nutrients in the ratio nature intended.

What follows is an easy-to-access primer on fresh, whole, plant- and animal-based foods.

A CAVEAT

For Your Consideration . . .

The following foods and food groups are meant as a general guideline only. Avoid any food or food group for which you have a health condition, sensitivity, full-blown allergy, or philosophy that doesn’t support consumption.

CHOOSE PLANT-BASED FOODS

Here, a medley of plant-based foods to get you started. Suggestion: go organic as much as possible in order to avoid toxic pesticides and herbicides.

The 5 Plant-Based Food Groups

Vegetables. Dark leafy greens, salad greens, carrots, beets, and cruciferous veggies such as broccoli, cabbage, cauliflower, brussels sprouts, radishes.

Include fermented, cultured veggies in your diet, such as sauerkraut, kimchi, pickles, miso, tempeh.

Whole pieces of fruit (instead of fruit juice). Apples, berries (such as blackberries, blueberries, and red berries), cherries, plums, pomegranates, oranges, pears, grapefruit.

Ancient whole grains. Modern wheat is a hybrid descendant of three wheat species considered to be ancient: spelt, einkorn, and emmer. The operative word is *hybrid*, meaning the constituents and nutrient balance of the original kernel have been changed due to technology. Ancient non-wheat grains include bulgur, millet, barley, teff, and oats; pseudo-cereals are quinoa, amaranth, buckwheat, and chia. If whole grains are part of your diet, consider consuming these ancient options.

Ancient legumes. Anasazi beans, adzuki beans, black beans, black-eyed peas, chickpeas, but also pinto beans, kidney beans, red beans.

Nuts and seeds. Raw walnuts, almonds, pumpkin seeds, flax seeds (ground to increase absorption).

AVOID:

Refined, processed grain products. White flour, white rice, white corn, packaged snacks, packaged, refined bread, and refined-grain cereals.

Refined vegetable oils. There are dozens of variations of refined vegetable oils (soy, canola, sunflower, etc.) that have been heated to high temperature so they can sit on supermarket shelves for years, literally. Choose *cold-pressed* oils, and when cooking do not heat oil so that it smokes.

Trans fats and hydrogenated fats. Packaged and processed food products, all fried food.

IN-ACTION GUIDE

WPIE Fresh, Whole Food PRIMER

Your Fresh-Whole-Food Guide

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ANIMAL-BASED FOODS

Where do fish, poultry, meat, and dairy fit into the whole-food picture? Technically, because they're not plant-based, fish, poultry, meat, and dairy products aren't whole foods. Still—if you do eat animal-based food, which many of us do—it's useful to also think of these foods in terms of *fresh* and *whole*.

This is because, in general, conventional animal foods contain many environmental pollutants, such as herbicides and insecticides, plus hormones and antibiotics. And because these pollutants are hard for both animals and humans to get rid of, they tend to settle in the liver and in body fat. For damage control, as with plant-based foods, go organic as often as possible, and avoid animal foods with antibiotics, hormones, and herbicides and pesticides in the feed.

Here are some suggestions to get you started:

Find out if grass-fed beef, free-range poultry, cage-free eggs, or dairy foods that are hormone- and antibiotic-free are available in your grocery store or community.

Choose fresh animal-based food (such as beef, poultry, and wild fish).

Integrate probiotics into your diet for a healthy microbiome. A sampling: unpasteurized yogurt, kefir, raw milk cheeses.

Select fresh-water or wild-caught fish because fresh, wild fish contains fewer chemicals. Avoid farm-raised fish, if possible.

Choose dairy that is free of bovine growth hormone, antibiotics, and other hormones. Consider raw or fermented goat and sheep milk, because these dairy sources are less inflammatory.⁴⁰

AVOID:

Highly processed “products” such as salami, bacon, chicken “nuggets,” fried fish, etc.

Animal foods with added hormones, antibiotics, etc., plus feed that includes herbicides, pesticides, GMOs, etc.

In other words, the key to optimal nourishment and attaining and maintaining weight loss is to trust that nature is the best nutritionist possible. To reap the rewards—both weight- and health-wise—decide to make fresh, whole food your most-of-the-time way of eating. It's *the* secret to ensuring your mind, body, *and* microbiome will obtain nutrients in the ratio nature intended.

Disclaimer: This In-Action Exercise is for informational purposes only. This In-Action Exercise 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.