



YOUR IN-ACTION EXERCISE

The Healing Secrets of Food Revealed EPISODE #18 TITLE: Reclaim Your Health Destiny!

Your In-Action Exercise

Here's today's In-Action Exercise.

SELF-REFLECTION

Step #1

Review the 5 21st century breakthroughs and become more familiar with them. You can review the breakthroughs by (1) **listening** again to today's podcast (2) OR reading the **transcript** of today's podcast.

After becoming more familiar with the breakthroughs:

REFLECT ON YOUR THOUGHTS ABOUT THE POWER OF FOOD to:

#1. Switch off the expression of health-harming genes;

#2. Increase "good" bacteria in your gut, and in turn:

- (a) Boost immunity;
- (b) Decrease odds of health problems;
- (c) Enhance emotions and mood.

#3. Identify the root reasons you overeat and gain weight (your overeating styles). Then decide which one to start making changes.

Step #2

Now, consider:

- (1) Are you willing to make any changes in WHAT and HOW you eat?
- (2) If "yes," identify the root reasons you overeat and gain weight (your overeating styles). Then decide where to begin. With which overeating style do you want to start making changes?