



The Healing Secrets of Food Revealed EPISODE #18

TITLE: RECLAIM YOUR HEALTH DESTINY

Be empowered to make a real difference in your weight and well-being—without dieting. In this groundbreaking episode, host Deborah Kesten breaks down cutting-edge science into actions you can take TODAY to eat less, weigh less, and enhance your physical and mental well-being...for the long-term.

TRANSCRIPT

Hello! Welcome to The Healing Secrets of Food Revealed. TODAY'S TOPIC: Step Off the Dieting Treadmill! Here are 5 cutting-edge, 21st century, scientific breakthroughs that lead to weight loss and well-being. Without dieting. In other words, today's episode is your roadmap for replacing last century's "diet-think"--which doesn't work for most of us--with scientifically sound strategies that can lead to weight loss success.

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, step-by-step, 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!

There's an irony at the heart of the struggle to lose weight: For decades, we've known which foods *and* eating behaviors for weight loss—and physical and mental well-being. Yet most of us continue to buy into traditional "diet-think" we learned last century; a way of thinking about food and eating that clearly doesn't work for most of us. Today you'll discover the 21st century science you need to step off the dieting treadmill. So you can eat less and weigh less. Without dieting.

First...some perspective.

What's the first step most of us take when we decide to lose weight? Typically we turn to traditional dieting and deprivation. This means we typically try the latest diet-du-jour, which means counting calories (I call this 'eating by number'). Or we look for the magic mix of protein, carbs, and fat in food that'll let the pounds dissolve.

I'm sure most of you know that whatever it is we're doing to lose weight isn't working. Here's why.

Where we are now...

In the 1950s—70 years ago—about 10 percent of U.S. adults were obese. Since the 1960s, obesity among American adults has tripled. Today, close to 43% of us are obese and 31% are overweight. This means that, today, almost 75% of Americans are either overweight or obese.

At the same time, while obesity rates continue to soar over the decades, as I talk with you today, 17 percent of Americans--that's more than 58 million people--are on a traditional low-calorie deprivation diet. You've heard it before: Diets don't work.

I want to pause for a moment to say this: In my opinion, for those of you who feel shame and guilt when you can't lose weight, *it's not your fault*. It is *not* a personal failing. Rather, I believe the struggle millions of you have with losing weight and keeping it off has a lot to do with not only the food--well, food products--that have become normal for most of us, meaning, the standard American diet (S.A.D., SAD, for short)--you know, ultra-processed, fast food, super-sized burgers, pepperoni pizzas, chips and more--but we also continue to struggle with weight because of HOW we've learned to eat over the last few decades: alone; to self-medicate stress and anxiety with comfort food; while doing other things, such as working at your computer or driving.

We now know that these food choices and eating behaviors lead to overeating and to weight gain.

21st Century Science

Today, I'm giving you what I call 'the real thing': dependable, science-backed insights--based on 21st century breakthroughs--you can trust in order to step off the dieting treadmill, and instead, be empowered to make a real difference in your weight and well-being--without dieting. In other words, I'll give you a clear roadmap to eat less and weigh less by translating cutting-edge, 21st century weight-loss research into actions you can take to overcome overeating and overweight. Without dieting!

The bottom line: I'm telling you about a re-visioning of nutritional health--a new-nutrition model based on 21st century breakthrough discoveries that give you the insights you need to lose weight. *And* to enhance your physical and mental well-being...for the long-term.

5 Breakthroughs: The New Nutrition Model for the 21st century

In other words: Enough with last century's 'diet-think' and calorie counting. My intention is give you the 21st century science you need to radically reshape your perspective on food, eating, and weight. Why? Because I believe if you reset your relationship with food, it will allow you to embrace a life where you're mentally and emotionally freer, happier, and healthier.

In other words, as you'll see, today's five breakthroughs give you the scientifically sound insights you need to turn food and eating into one of life's greatest pleasures. Ultimately, we're talking about a *dietary lifestyle*--your most-of-the-time way of eating--that leads to enjoying food, losing weight as a 'side effect,' and to enhancing your physical and emotional well-being...for the long-term.

Here are the five 21st century breakthroughs that lead not only to weight loss, but to 'whole person' health, meaning, physical, and also emotional, spiritual, and social well-being.

Breakthrough #1:

EPIGENETICS

Reclaim Your Health Destiny: Program Your Genes for Wellness

I describe breakthrough #1 this way: Reclaim Your Health Destiny: Program Your Genes for Wellness

Because of a key 21st century scientific breakthrough about food and your health, called **epigenetics**, we now know the food you eat is more, much more, than an amalgam of nutrients. Epigenetics tells us that food also sends signals to your genes that can reset them for wellness. Or illness. In other words, the emerging science of epigenetics is rewriting the rules of the genes you inherit, the food you eat, and in turn your health.

Here's how it works.

In 2003, two researchers named Robert Waterland, and Randy Jirtle, designed a landmark study on the emerging new field of *epigenetics*--which explores how lifestyle (diet, stress, physical activity, sleep quality, and so on) can reset your genes for wellness...or illness. Since then, many more studies

have linked the power of epigenetics to curtail cancer, slow aging, and more. But could epigenetics also help to overcome obesity, Waterland and Jirtle wanted to know?

To find out, the researchers focused their attention on a particular strain of mice that carry what's called the Agouti gene. Not only does this mutant gene make Agouti mice obese and ravenous, it also makes them prone to heart disease, cancer, and diabetes, and in turn, shortened lifespans.

Given the life-threatening conditions that Agouti mice inherit, the epigenetic question Waterland and Jirtle wanted to explore was this: Would a mild modification in the diet of Agouti mothers affect the genetic legacy and susceptibility to obesity and other diseases they passed on to their children? If so, it would mean that just a subtle nutritional change in the pregnant moms' diet could have an epigenetic influence on her offspring that was so dramatic it might lead to normal weight, a normal mousy brown coat, a disease-free life, and a normal lifespan.

To find out, Waterland and Jirtle designed their deceptively simple, but groundbreaking, study. Just prior to the mother mice becoming pregnant, the scientists supplemented the mothers' already-adequate diet with a group of four vitamins that are called *methyl donors*: folic acid, B12, choline, and betaine. They chose these methyl-rich supplements, because many prior studies had linked this particular methyl chemical group of four vitamins with the power to launch epigenetic changes that switch genes either on or off.

What does this mean? **Switch off** a particular problematic gene with, say, the four methyl vitamins, and the ailment isn't likely to express itself--or manifest. On the other hand, **without** the four methyl vitamins, the health-threatening gene is likely to **switch on** and the disease does, indeed, express, or manifest.

Would the chemical switch made possible by the methyl group consumed by the mother mice silence the harmful effects of the Agouti gene in their offspring?

Remarkably, the offspring in Jirtle and Waterland's study suggest this is exactly what happened. Unlike the obese, sickly parent mice that were given the methyl donors, most of their offspring were slender; they weren't prone to heart disease, cancer, and diabetes; and had a normal lifespan. Without changing the DNA of the mice, the methyl donors that had attached to the Agouti gene in pregnant Agouti mothers, suppressed its devastating health effects in the offspring. And the profound transformation was due to a simple change in the mother's diet just before conception.

This epigenetic news gets even better, because it reveals that it's never too late to reap the health rewards—regardless of the genes with which you were born! In other words, the diet most of us typically eat each day—NOW—enables your genes either to “express” or “suppress” illness or wellness.

This tells us that genes are not your destiny. Rather, the foods you choose each day can help you to fulfill your health potential and reclaim your health destiny.

Breakthrough #2:

NUTRITIONAL EPIGENETICS

Reset Your Genes with Food--NOW--for Weight Loss & Well-Being

I describe breakthrough #2 this way: Reset Your Genes with Food--NOW--for Weight Loss & Well-Being.

Some call it a “new paradigm” and “the medicine of the future.” At the same time, it is so profoundly changing our understanding of health and healing, the National Institutes of Health (NIH) has poured multi-millions of dollars into research on it.

What's the brouhaha about? *Nutritional epigenetics*, the emerging new science about how the foods you eat switch genes on or off that can lead either to wellness or illness. In this way, *nutritional epigenetics* empowers you to increase odds of preventing—even reversing—an ailment with diet.

In other words, research on nutritional epigenetics tells us that the food choices we make each day have the power to “override” the health tendency coded in your genes.

This means that your daily diet may have a powerful impact on your genes and in turn your health. Clearly, the promise of nutritional epigenetics is pregnant with promise.

What I mean is this: The diet-gene science of nutritional epigenetics can help the millions of us who struggle not only with weight concerns, but also with other major diet-linked, body-mind conditions—from heart disease and diabetes to cancer, and depression; in other words, the many chronic conditions that have become common to so many Americans.

But you don't have to wait and see. You can start benefiting from the emerging science of nutritional epigenetics today.

To get started...It's pretty safe to say that it is nutrients (such as vitamins, minerals, fiber, phytochemicals) in plant-based foods (fruits, veggies, *whole* grains, legumes, raw nuts and seeds) that have been shown to "switch off" health-harming genes, and in this way, increase odds of preventing—even reversing—a chronic condition.

This is because, when health-harming genes are switched off, wellness can manifest instead of illness.

Breakthrough #3. Want Gut Health? Discover the Healing Power of Food on Your Microbiome!

I describe breakthrough #2 this way: Want Gut Health? Discover the Healing Power of Food on Your Microbiome!

For decades, excitement and interest in the gut microbiome has come from a growing understanding that its trillions of organisms in your gut have the power to transform both your physical and mental health. Let's take a closer look at the role that food plays in shaping the microbiome and transforming your health.

A life-changing, groundbreaking, national research project about your gut microbiome, done in the 21st century, has given us pioneering, quantum-leap, newly discovered insights into what may be the *underlying causes* of many chronic physical and mental conditions with which millions of us struggle. And, ultimately, it comes down to the balance of "good" and "bad" organisms in your gut.

Simply put, the *microbiome* is the genetic material of all the trillions of microbes—bacteria, fungi, protozoa, and viruses—that live on and inside the human body.

Our gut microbiome is made up of between ten to one hundred trillion bacteria, fungi, and viruses: it is a complex ecosystem of microorganisms that live in our digestive systems. And these trillions of organisms play a powerful role in up to 90 percent of your physical and mental health.

I'm going to repeat that: **The trillions of organisms in your gut play a powerful role in up to 90 percent of your physical and mental health.**

Here's how it works.

Poor gut health, meaning too much "bad" bacteria—or, put another way, a decrease in "good" gastrointestinal bacteria—increases odds of dozens of physical health problems and mental disorders. For instance, it can lead to a weakened immune system—did you know that 70% of your immune system, which fights disease, is in your gut? Too much bad bacteria is also linked with inflammation and increased odds of overweight and obesity, heart disease, diabetes, arthritis, some cancers, cognitive decline (think Alzheimer's), and to mood disorders. The gut microbiome also has a huge impact on our mental health and emotions.

What foods lead to lots of "bad" bacteria? You guessed it! Lots of denatured, nutrient-*deficient* foods (processed, fried, high sugar, etc.) are likely to create an over-abundance of "bad" bacteria that could allow both ill-health and negative emotions to bloom.

What to eat to up the odds of lots of "good" gut bacteria, and in turn, mental and physical well-being? The nutrient-dense, health-enhancing foods that lead to gut health include fresh, whole *plant-based foods* (such as fruit, veggies, *whole* grains (think quinoa, brown rice, and whole wheat), legumes (meaning beans and peas), and raw—not roasted—nuts and seeds with smaller servings of grass-fed, free-range animal-based foods.

Ultimately, this is the well-known Mediterranean Diet we all hear so much about, voted the #1 best diet for health by *U.S. New & World Report* six years in a row.

Here's the bottom line: The foods you choose (fresh and plant-based versus mostly UPFs)—and that are your most-of-the-time way of eating—can give you a lot of control over the health and balance of your microbiome and in turn your weight, your emotions, and overall well-being. And we know this because state-of-the-art, 21st century science has discovered that the food you choose has a lot to do with the balance of good and bad bacteria in your microbiome, and in turn your weight and physical and mental well-being.

This means you really can reclaim your health destiny through the foods you choose each day. The choice is yours!

Breakthroughs #4 & #5:

WHOLE PERSON INTEGRATIVE EATING

A Dietary Lifestyle to Treat the Root Causes of Overeating, Overweight, and Obesity

OK. NEXT!

I describe breakthrough numbers 4 & 5 this way:

Discover **WHOLE PERSON INTEGRATIVE EATING:**

A Dietary Lifestyle to Treat the Root Causes of Overeating, Overweight, and Obesity

The next two breakthroughs, numbers 4 and 5, are based on a 21st century optimal eating program that is nothing less than a re-visioning of nutritional health.

Called Whole Person Integrative Eating® (WPIE for short), this pioneering program offers documented proof that it is possible to overcome overeating, overweight, and obesity by nourishing yourself multidimensionally each time you eat. Here's what I mean.

The paradigm-shifting, well-researched message in Whole Person Integrative Eating is this: food influences not only the **physical** dimensions of health and healing, but also your **emotional**, **spiritual**, and **social** well-being (ergo, *Whole Person Integrative Eating*).

I'm passionate about Whole Person Integrative Eating, because this science-backed program is based on a groundbreaking study I did with behavioral scientist--and my husband--Larry Scherwitz, PhD. Here's what happened.

To discover Whole Person Integrative Eating, I went on what I call a 'nutrition journey around the world' to research ancient food wisdom from world religions and Eastern healing systems--such as India's Ayurvedic Medicine--because these are the sources humankind turned to for thousands of years prior to the evolution of nutritional science--as we know it today--in the early 1900s. After Larry and I spent months reviewing this ancient food wisdom, we identified 7 perennial principles about optimal eating that are consistent through all ancient food wisdom. These are the principles that comprise Whole Person Integrative Eating.

In a study Larry and I did with more than five thousand people (5,256 people to be exact), those who completed my 6-week, 18-lesson, online e-course on Whole Person Integrative Eating, ate less and lost weight. Without dieting.

Our study is groundbreaking because it identifies a scientifically sound program for halting--even reversing--**overeating, overweight, and obesity** by replacing Larry's and my newly discovered, new-normal overeating styles, with their antidotes: the elements of our Whole Person Integrative Eating *dietary lifestyle*--meaning, your most of the time way of eating. In other words, WPIE is not a traditional deprivation diet, something you go on, then off. Rather, Whole Person Integrative Eating is a lifetime practice, kinda like yoga: something you get better and better at overtime.

The Whole Person Integrative Eating Dietary Lifestyle

What's especially helpful for you is this: Of the 7 pillars of Whole Person Integrative Eating, only one is about WHAT to eat (meaning your everyday food choices); the other 6 pillars are about HOW to eat (meaning your eating behaviors). And scores and scores of other state-of-the-art studies support the weight-loss power of each principle of Whole Person Integrative Eating.

Here are the 7 new-normal overeating styles Larry and I identified, and the elements of our Whole Person Integrative Eating dietary lifestyle that are the antidotes to each overeating styles. Each perennial principle leads to eating less and weighing less. Without dieting.

WHAT TO EAT (Food Choices)

#1. Get fresh.

To eat less and weigh less, *choose fresh, whole food in its natural state as often as possible*. This means a diet of mostly plant-based foods (fruit, veggies, *whole* grains, legumes, nuts, seeds), with small or few servings of fresh, unprocessed animal-based foods (dairy, fish, poultry, meat). This is the opposite of the Whole Person Integrative Eating Fast Foodism overeating style—which includes mostly fast, ultra-processed, and animal-based foods that lead to overweight and other diet-linked chronic conditions.

HOW TO EAT (Eating Behaviors)

The following 6 pillars, about HOW to eat (meaning your eating behaviors) for weight loss and well-being, have traveled through the centuries. Each is supported by many of today's scientific studies, as a path to eating less and weighing less. Most, if not all, of these eating behaviors should be familiar to you.

The first WPIE eating behavior is "positive emotions."

#2. Positive emotions.

If you turn to high-carb, high-fat, high-sugar food when you experience negative emotions, such as anxiety, depression, or anger, it's likely the Whole Person Integrative Eating overeating style of Emotional Eating is the key reason you overeat and gain weight. The antidotes: *Be aware of feelings and thoughts before, during, and after eating*. And *enjoy food while filled with positive emotions, such as gratitude, serenity, and joy*.

The next WPIE eating behavior is "positive emotions."

#3. Moment-to-moment mindfulness.

Eating while doing other things—working at your computer, watching TV, driving, etc.—is the Task Snacking Whole Person Integrative Eating overeating style. To eat less and weigh less, *bring moment-to-moment nonjudgmental awareness to every aspect of the meal*.

The next WPIE eating behavior is "heartfelt gratitude."

#4. Heartfelt gratitude.

The Food Fretting Whole Person Integrative Eating overeating style means you are often over-concerned about the 'best' way to eat; or you diet a lot, and typically count calories, carbs, or fat grams. To up the odds of weight loss and well-being, replace 'in your head' Food Fretting with the Whole Person Integrative Eating antidote: *Appreciate food and its origins—from the heart*.

The next WPIE eating behavior is "loving regard."

#5. Loving regard.

Larry and I were surprised to discover that the Sensory Disregard overeating style—not taking time to enjoy the colors, flavors, aroma, and sensory elements of the dining experience—is associated with eating more and weighing more. The Whole Person Integrative Eating remedy: *Savor and 'flavor' your food with loving regard*.

The next WPIE eating behavior is "appetizing atmosphere."

#6. Appetizing atmosphere.

Both an *emotional* and *aesthetic* Unappetizing Atmosphere was another unexpected, surprising overeating style. This means that eating while, say, someone nearby is arguing; or you're munching a muffin while pumping gas, the unpleasant emotional and aesthetic environment may contribute to overeating and weight gain. The Whole Person Integrative Eating solution: *Eat in pleasing emotional and aesthetic surroundings.*

The next WPIE eating behavior is "enjoy food-related experiences with others."

#7. Share fare.

More and more research links the Solo Dining WPIE overeating style with eating lots of fast, processed food and obesity. The Whole Person Integrative Eating antidote: *Eat with others as often as possible*—perhaps by taking online food breaks or sharing virtual or 'in person' meals with friends, coworkers, or family members.

The Takeaway

Here's the takeaway: To reap the rewards of the Whole Person Integrative Eating program, think of it as your scientifically sound, personal guide to eating less and weighing less *throughout 2024...and beyond.* And consider the seven 'ingredients' of Whole Person Integrative Eating as a *lifetime practice*—an all-star team of food choices and eating behaviors—you get better and better at with each meal. When you do, you may make a 'go-on-a-diet' New Year's resolution unnecessary and obsolete.

A Brief Review

Here's a brief recap to today's talk.

We've just discussed 5 cutting-edge, 21st century, scientific breakthroughs that lead to eating less and weighing less. Without dieting: (1) epigenetics, (2) nutritional epigenetics, (3) gut health, (4) food choices, (5) and eating behaviors.

In my opinion, the five 21st century, scientific breakthroughs we just discussed, change the nutrition landscape—so much so that we now know that the food choices you make each day can empower you to:

- Lose weight and keep it off;
- Have a strong immune system, so you can effectively and confidently fight disease;
- Prevent health problems for which you're at high risk (for instance, both of my parents had heart disease, but I don't, in large part because of the *dietary lifestyle* I've been following for decades);
- Eat to manage and sometimes reverse—yes, reverse—chronic diet-related conditions with which you're currently struggling;
- Switch off genes you have, that put you at risk for certain health problems, so the condition does not manifest.
- Enjoy the experience of eating and perceive it as one of life's greatest pleasures.

5 Cutting-Edge Breakthroughs: Your Roadmap to Eat Less, Weigh Less. Without Dieting!

I created today's podcast about "5 Cutting-Edge Breakthroughs: Your Roadmap to Eat Less, Weigh Less. Without Dieting!" because I believe that one of the key reasons so many of us struggle with food and weight, is that 20th century nutritional science has taught us to replace our centuries-old relationship to food and eating that our ancestors enjoyed for thousands of years, with what I call today's 'eating by number.'

Here's what I mean: In the last century, since nutritional science as we know it today was born, we've learned to count calories and carbs and to figure fat—both in food and our bodies. And we've learned to weigh our worth based on a number on a scale. And to obsess about our weight. And what's in our food. And the 'best' way to eat.

Clearly, our eating-by-number mentality has taken the meaning out of meals, and it ignores the deep pleasure we derive when we dine on delicious food with others in a pleasant atmosphere. If you want to know what I mean, think of a wonderful, memorable dining experience. Were you alone? Counting

calories? Or eating 'comfort food,' mindlessly? Or did your delightful dining experience include others? What about the meal made it memorable? Where were you?

Albert Einstein said, "We cannot solve our problems with the same thinking we used when we created them." The "diet-think" most of us have learned over the last few decades is an ineffective strategy to help the many millions struggling with diet-related body-mind conditions—from obesity and heart disease to diabetes, depression, and more. Clearly, we need a new way of thinking about optimal eating, weight, and health.

The Takeaway

We just did a dive deep into the latest, most relevant, dependable nutritional science discoveries, so you can know—really know—what to eat, and how to eat, to up the odds of switching off health-harming genes, boost your immune system, and nourish 'all of you'—physically, emotionally, spiritually, and socially--each time you eat. Follow this roadmap that 21st century science has given us, and you up the odds of weight-loss success; and to reaching—and sustaining—your health destination.

IN-ACTION Ideas to Try

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 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.

Today's In-Action Exercise is a **Self-Insight Exercise** that may lead to overcoming the overeating styles.

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

Your In-Action Exercise

Here's today's In-Action, Self-Insight Exercise.

SELF-REFLECTION

Self-Reflection #1:

Review the 5 breakthroughs and become more familiar with them. You can review the breakthroughs by (1) **listening** again to today's podcast (2) reading the **transcript** of today's podcast (3) or reading an **article/blog** about the overeating styles. Visit HealingSecretsPodcast.com to listen to the podcast or to read the transcript or article. Or go to your favorite podcast platform.

After becoming more familiar with the breakthroughs:

REFLECT ON YOUR THOUGHTS ABOUT THE POWER OF FOOD--and EATING BEHAVIORS--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) replace the root reasons you overeat and gain weight (your overeating styles) with eating less and weighing less. Without dieting!

Self-Reflection #2:

Now, consider writing down your thoughts in your Healing Secrets of Food Revealed podcast journal, then decide:

- (1) if you're willing to make any changes in WHAT and HOW you eat
- (2) and if so, what exact changes in your food choices and eating behaviors feel right for you?

Thank you...

I want to thank you for joining me today on The Healing Secrets of Food Revealed. With each show, I'm looking forward to sharing step-by-step, science-backed insights you need to nourish 'all of you' – body, mind, soul, and social well-being – each time you eat. So you can thrive.

If you would like a summary of today's In-Action Exercise, 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, read the transcript, and consider joining The Healing Secrets Podcast Community—where I'm looking forward to meeting you.

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

Until next time, 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.