

Group Session 5

Make it Fun

Make it Fun Health

Two Rules

- ✦ Eat more food
- ✦ Make it fun

“Inch by inch, anything’s a cinch.”

“Life is either a daring adventure or it is
nothing at all.”

- Helen Keller

In Session 4, we talked about legumes...

- ✦ The healthiest, longest-living people eat legumes daily
- ✦ Legumes - much healthier than animal protein
- ✦ Gas and stomach issues with legumes are temporary
- ✦ Linked to lower risk - breast cancer, colon cancer, depression, and stroke as well as lower cholesterol, improved blood sugar, better gut health, better weight management, and a longer life
- ✦ Legumes - incredible for keeping hunger away

Today, we'll talk about...

- ✦ Mental part of healthy eating - Your Why
- ✦ Planning - meals and to overcome challenges
- ✦ Nuts and seeds

Our 6 Food Groups

- ✦ Fruits
- ✦ Veggies
- ✦ Whole grains
- ✦ Legumes
- ✦ Nuts and seeds
- ✦ Herbs and spices

Celebrate failure / effort that wasn't successful
from last week ...

If you didn't eat perfectly last week but are still
here, give yourself 100 points.

Celebrate Success from last week...

If you ate more legumes last week than you would have before this program started, give yourself 100 points.

For another 100 points - From the Film Forks Over Knives - do countries that consume the most dairy products have...

- ✦ a) Lower rates of bone fractures than countries that consume less
- ✦ b) Higher rates
- ✦ c) The same rates

Answer

- ✦ a) Higher rates

After the Germans occupied Norway in WW2 and confiscated farm animals to feed soldiers, the Norwegians had to eat mostly plants. What happened to their health? For another 100 points.

- ✦ a) They had far more heart attacks and strokes than before
- ✦ b) There was no known change to their health
- ✦ c) They had far fewer heart attacks and strokes than before

Answer

- c) They had far fewer heart attacks and strokes than before

A researcher at Cornell repeated a study many ways with the same results. When he fed animal proteins to rats, they...

- ✦ a) Consistently got bigger and stronger
- ✦ b) Consistently developed cancer
- ✦ c) Could sometimes run faster on a spinning wheel

Answer

- ✦ b) Consistently developed cancer

When that same researcher switched the animal proteins for plant proteins, what happened? They...

- ✦ a) Consistently got smaller and weaker
- ✦ b) Consistently reversed the cancer
- ✦ c) Could never run as fast on the spinning wheel

Answer

- ✦ b) Consistently reversed the cancer

When a surgeon at the Cleveland Clinic explored how to keep patients from getting cancer, he found places where cancer rates, heart disease, and other illnesses were much lower than in the US or almost non-existent. What did all those places have in common? They...

- ✦ a) Ate chicken
- ✦ b) Ate fish
- ✦ c) Ate eggs
- ✦ d) Drank milk
- ✦ e) Didn't eat animal products

Answer

- ✦ e) Didn't eat animal products

From the video about calorie density - What is calorie density?

- ✦ a) The number of **nutrients** in a food compared to its weight
- ✦ b) The amount of **protein** in a food compared to its weight
- ✦ c) The amount of **calories** in a food compared to its weight

Answer

- ✱ c) The amount of calories in a food compared to its weight

What two things provide bulk and make food less calorie dense?

- ✦ a) Milk and olive oil
- ✦ b) Cutting it into small pieces and chewing it well
- ✦ c) Fiber and water
- ✦ d) chocolate and vanilla

Answer

- ✿ c) Fiber and water

If you started the film “Disease, Reversal Hope” - give yourself 100 points

If you finished it, give yourself another 100 points.

Your takeaways from the film
Disease Reversal Hope...

Our takeaways from Disease Reversal Hope...

- **Female medical doctor** - “Processed foods are stripped of their nutrients and filled with fat, salt, that sugar drive inflammation. Inflammation is the cornerstone of chronic diseases.”
- **3 people in the film** - Were into health and fitness - one was vegetarian - but still got chronic diseases - heart attack, arthritis, and MS. A WFPB lifestyle reversed them all.
- **Doctor with lupus** - Told she could never have kids, wouldn't grow old, and would soon need care. After going WFPB, tested negative. Her doctor didn't know what to do. They retested. Negative again. Then she had a child. And another. All things western medicine said wasn't possible. Now lupus free for 16 years.

More takeaways

- ✦ Young man diagnosed with 10 chronic diseases including numerous mental health issues - In four months - completely reversed type-2 diabetes. In 10 months - lost more than 100 pounds. In one year - off all medication. Lost 180 pounds total - that was 9 years ago.
- ✦ Man told he need heart surgery - Decided not to - that horrified his doctor. Tried WFPB instead. Lost 30 pounds the first month. Had a normal stress test and normal numbers in six months, "If I can make the change being the carnivore I was, anybody can."
- ✦ Male cardiologist - "You're eating more food, not less. You're never hungry. You get more energy. Where's the downside? It just was the best decision I ever made in my life, and I'll never regret it. You can do it."

Your Why

Why are you doing this program?

- ✦ Lose 100 pounds
- ✦ Get rid of diabetes, high-blood pressure, or heart disease
- ✦ Fit into your old clothes
- ✦ Get off medication
- ✦ Live a long, healthy life

Go deeper and ask...

Why is my why my why?

Why is losing weight, reversing disease, getting off meds, living longer, etc. important?

- ✦ More energy
- ✦ Feel good again
- ✦ Be a great example to children
- ✦ Be around to see your grandkids grow up
- ✦ Save money - doctor's visits, medication, hospital stays, bypass procedures, kidney dialysis, etc.

Our Why - at Make It Fun Health - Help people...

- ✦ Lose weight

↳ To help a million people... - Lose weight and keep it off forever - Get rid of chronic diseases - Live longer, healthier, and happier lives - Have fun doing it

- ✦ Reverse chronic disease

- ✦ Have fun doing it

Our why is our why because...

- ✦ It's personal - we got tired of watching people we love get sick and die
1. To help a million people; - Lose weight and keep it off forever; - Get rid of chronic diseases; - Live longer, healthier, and happier lives; - Have fun doing it.
- ✦ We have a heart for others
- ✦ Most people in our world struggle with weight issues and chronic disease - and don't know they can likely get better without drugs or surgery.

Your Why / Purpose

- ✦ Keeps you going when you face challenges
- ✦ We all face challenges
- ✦ Challenges are simply the price we pay for success

1. - To help a million people - - Lose weight and keep it off forever - - Get rid of chronic diseases - - Live longer, healthier, and happier lives - - Have fun doing it

When you care enough about your why...

...you will get past any challenge.

This Week

- ✦ Write down your why
- ✦ Go deeper - ask - why you care about your why.

Write your why where you'll see it daily

- ✦ Bathroom mirror
- ✦ Index card or piece of paper - in pocket or purse
- ✦ Car dash
- ✦ Nightstand
- ✦ Refrigerator

Whenever you're discouraged - or overwhelmed....

- ✦ Review your Why
- ✦ Keep going
- ✦ Remind yourself - Inch by inch, anything's a cinch
- ✦ Make it Fun - a daring adventure!

Let's make it a game - right now

Say someone offered you \$1...

- ✦ To eat only whole plant foods - for 1 month - starting now
- ✦ Could you do it?

How about for \$1 million?

- ✦ Could you do it now?
- ✦ What changed? - your Why got bigger
- ✦ You're now more creative - you'll find a way

When your Why is big enough...

...the obstacles don't matter...

You don't say, "I can't."

Instead, you ask, "How can I?"

So that's the question to ask
whenever you face an obstacle...

“How can I?”

When your Why is big enough...

...success is virtually guaranteed.

“Show me the incentive and I will show you the outcome.”

- Charlie Munger

“Fall in love with the process and the outcome is inevitable.”

- David Prosper

Nuts and Seeds

What are nuts and seeds?

- ✧ Seed - Baby plant
- ✧ Nut - Seed with hard shell

Nuts and seeds are...

- ✦ Plant foods packed with nutrients - fiber, vitamins, and minerals - so new plant can grow
- ✦ Primary sources of healthy fats
- ✦ Moderate in protein

Kinds of Nuts and Seeds

- ✦ **Nuts** - Peanuts, almonds, cashews, walnuts, pecans, pistachios, hazelnuts, Brazil nuts, macadamia nuts, pine nuts
- ✦ **Seeds** - Sunflower, flax, chia, hemp, pumpkin, squash, sesame

Why should we eat nuts and seeds?

Remember the massive study funded by the Gates foundation about deaths caused by diet?

- ✦ A diet low in veggies - #5
- ✦ A diet low in fruits - #3
- ✦ A diet low in whole grains - #2
- ✦ A diet low in nuts and seeds - #4

A study of 7,500 people with heart disease divided people into three groups...

- ✦ The first added a serving of olive oil each day
- ✦ The second added a serving of nuts each day
- ✦ The third changed nothing

Four years later...

- ✦ The arteries of the group that changed nothing got worse
- ✦ The arteries of the olive-oil group stayed about the same
- ✦ The arteries of the nut group got better

Regardless of what group they were in, those who ate the most nuts...

...had the lowest risk of dying early.

Another study showed people who
eat nuts...

...cut their risk of dying in half.

When researchers gave people a snack of almonds in between breakfast and lunch...

- ✦ They ate less at lunch
- ✦ They also ate less at dinner

This is similar to studies that show people also eat less at meals after having...

- ✦ Whole grains
- ✦ Legumes

Which shouldn't be a surprise. Whole grains, legumes, nuts, and seeds are all various forms of seeds.

- ✦ Lots of nutrition
- ✦ In a very small package

Studies consistently show that people who eat nuts are...

- ✦ Less likely to get alzheimer's or dementia
- ✦ Sharper mentally / do better on memory tests - as they age
- ✦ Men who eat nuts - less likely have have erectile dysfunction

Many large studies showed that people who eat nuts are less likely to die from...

- ✦ Heart Disease
- ✦ Respiratory Diseases such as asthma, flu, and pneumonia
- ✦ Cancer

Researchers in about two dozen studies had people add nuts to everything else they ate...

- ✦ In some, they lost weight
- ✦ In others, their weight stayed the same
- ✦ In the rest, they gained weight - but never as much as researchers expected

The reasons?

- ✦ Eating nuts increases your metabolism - the rate you burn calories
- ✦ The fiber escorted some of the calories through the digestive tract without being digested
- ✦ Nuts are very satisfying - people who eat them now eat fewer calories later

Brain scans of those who eat nuts...

...show increased activation of the part of the brain believed to control cravings.

Yet only 5% of Americans...

...average one serving of nuts and
seeds per day.

Challenges with Nuts

- ✦ Allergies
- ✦ Cost

Most people - but not all - with allergies to nuts -
such as peanuts, almonds, and walnuts...

...can still eat seeds such as flax, chia,
pumpkin, sesame, sunflower, etc.

Pine nuts, Brazil nuts, and macadamia nuts -
among the most expensive plant foods.

Peanuts, almonds, sunflower seeds, flax seeds,
and chia seeds - usually quite affordable.

When buying nuts and seeds, check the label to make sure there's no added...

- ✦ Salt
- ✦ Oil
- ✦ Sugar
- ✦ Other additives or preservatives

Make it easy to eat nuts...

- ✦ Toss in breakfast cereal
- ✦ Add to grain bowls, pasta, etc.
- ✦ Sprinkle on salads
- ✦ Include in smoothies
- ✦ Eat a few for a snack

A serving of nuts and seeds is...

- ✦ 1 tablespoon ground - flax, chia, or hemp (no, hemp seeds will not get you stoned)
- ✦ 2 tablespoons nut butter
- ✦ 1 ounce - 1/4 cup - 1 handful - whole nuts or seeds (about the same)

Review

- ✦ Knowing your Why and reminding yourself of it greatly increases your chance of success
- ✦ Most people don't plan to fail - they fail to plan.
- ✦ Anticipate what could go wrong - plan for that too
- ✦ Nuts and seeds are associated with better health and longer lives

This week's Screen Jam...

Label Reading - How to
Choose the Healthiest Foods

This Week's Triple Challenge...

1. Add nuts and seeds daily - continue eating more fruits, veggies, whole grains, and legumes
2. Write down your Why - Review daily
3. Make a Plan - as if you accepted the \$1 million challenge
 1. Write down 1 week of WFPB meals, snacks, and drinks
 2. Anticipate what could go wrong - plan for those things too
 3. You don't have to put your plan into action this week - but you can

Example - Make Menu

Monday

- ✦ Breakfast - BGs - breakfast greens, 1/2 grapefruit, and steel-cut oats with mashed bananas, raisins, almonds, flaxseed, and apples
- ✦ Lunch - Grain bowl with brown rice, black beans, mirepoix, sprouts, and grapes
- ✦ Dinner - Tomato basil soup on baked potato and beans, sliced jicama, peach
- ✦ Snack - Veggie stash (carrots, celery, cucumber, peppers, green beans, tiny tomatoes, etc) with hummus, cherries

Example - Menu Continued

Tuesday

- Breakfast - raw veggies (green beans, tiny tomatoes, carrots, and peppers) grapes, leftover steel-cut oats with mashed bananas, dates, walnuts, chia seeds, and blueberries
- Lunch - Sweet potato with raisins and cashews, frozen peas and corn, pear
- Dinner - Leftover tomato basil soup over brown rice and beans, with hemp seeds and sprouts on top, cantaloupe
- Snack - Green Smoothie / tiny potatoes

Check - Are 6 Food Groups well represented?

- ✦ Fruits
- ✦ Veggies
- ✦ Whole grains
- ✦ Legumes
- ✦ Nuts and seeds
- ✦ Herbs and spices

Make a Plan

Most people don't plan to fail - they fail to plan.

Our Plan - Saturday after hike...

- ✦ Make grocery list
- ✦ Get groceries
- ✦ Soak beans for tomorrow - but empty bowl on counter as reminder
- ✦ Finish watching - this week's Screen Jam / film

Anticipate what could go wrong - plan for those things

- ✦ Work late
- ✦ Unexpected family issues - elderly parents, children, etc.
- ✦ Your dog might eat a rock
- ✦ Nothing may sound good to you or pregnant wife - have lots of options
- ✦ Forget to take food to work / in car
- ✦ Someone could have a b-day / offer junk food - have your own food - avoid hunger
- have an answer ready - "Thanks, it looks great, but I have special dietary needs."

Backup Plan - Fast and easy options

- ✦ Microwave rolled oats - with frozen bananas and blueberries - for breakfast
- ✦ Fresh fruit and veggies
- ✦ Frozen soup and veggies
- ✦ Roasted potatoes, grain bowls, beets, mirepoix, etc.
- ✦ Leafside freeze-dried meals - lunch or dinner
- ✦ Put water bottle and cooler by car keys - reminders to take smoothies, Leafside meals, fresh fruit and veggies in car
- ✦ Stop at grocery store - if traveling / bananas or apples from gas station

Plan Continued - Sunday at 2 p.m. - make food for the week.

- ✦ RVs - Roasted veggies - potatoes, carrots, onions, garlic, and beets
- ✦ Mirepoix - Sauté celery to finish - big batch
- ✦ Soup - Tomato basil - big batch
- ✦ Brown rice and black beans - in pressure cooker - Saturday
- ✦ Steel cut oats for breakfast - big batch
- ✦ Cut up / slice - Watermelon, raw veggie stash, grapefruit for breakfast
- ✦ Put together - BGs / breakfast greens and grain bowls for lunch

Bonus Points Next Week for anyone who...

- ✧ Makes a plan - 300 points
- ✧ Plans one week of meals - 300 points
- ✧ Anticipates for what could go wrong - plans for those things too - 300 points
- ✧ Shares their plan or one day of meals with the group - 300 points

1,200 Total Bonus Points Available...

Where to find WFPB meals?

1. Our Cooking Jams / recipes
2. Plant Based Cooking Made Easy - Cookbook
3. Links to WFPB websites - listed on Make It Fun Health - Daring Adventure Resources page...

<https://makeitfunhealth.com/daring-adventure-1-group-resources>

Checklist for Week 5

Food

1. Fruit - 3 servings per day
2. Vegetables - 3 servings per day
3. Whole grains - 3 servings per day
4. Legumes - 1 serving per day / or just some every day
5. Nuts and Seeds - one serving (total)

Process - “Fall in love with the process, and the outcome is inevitable.”

6. Know your Why - write down - review daily
7. Make a plan - backup plan
8. Screen Jam - How to Read Nutrition Labels
9. Grocery list
10. Make it fun!

Remember \$1 million - Ask, “How can I...

1. Eat 3 servings of fruit, veggies, and whole grains per day
2. Eat a serving of legumes plus nuts or seeds each day
3. Write down my Why - and review it daily
4. Watch this week's screen Jam - How to Read Nutrition Labels
5. Make a plan, backup plan, and grocery list
6. Put them into action
7. Make it fun!

You can do it when you make it fun!

Next Week

- ✦ Herbs and spices
- ✦ Winning the mental game - thoughts

Who won our game?

Questions?

Let's hear about your...

Successes and failures from last week.

Shared with participants of Make It Fun Health's
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