

Group Session 8

Make it Fun

Make it Fun Health

What are the two rules of the program?

- ✧ ?

- ✧ ?

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 7, we talked about...

- ✦ Taking control your inner voice

We also learned how to control subconscious...

1. Notice thoughts - expect resistance - welcome it
2. Separate yourself from thought
3. Reframe thought - "I choose..."
4. Act - before you're ready - action creates motivation
5. Make the action small - so it's always easy
6. Celebrate - this is important
7. Repeat - it gets easier - or harder - with every action - or inaction

Today, we'll talk about...

- ✦ Drinks
- ✦ Support each other

Our 6 Food Groups

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

Your takeaways from Fat,
Sick, and Nearly Dead

Our takeaways from Fat, Sick, and Nearly Dead

- ✦ 60 days - juice fast - goals - for Joe to retrain taste buds - be motivated to eat healthy afterwards
- ✦ He brought juicer in car - attached to portable battery - stopped at grocery stores - made juice in car. You could do the same with blender.
- ✦ The closer food is to natural state - the healthier. Micronutrients - vitamins and minerals - mostly found in fruit and veggies - help with everything from building muscle to preventing disease.

More takeaways from Fat, Sick, and Nearly Dead

- ✦ Filling stomach with unprocessed plant foods - takes lot of volume - satiates - body gets full of nutrients - stops you craving excess calories.
- ✦ Couple in gun shop - ate out for dinner nearly every night - makes it much harder to be healthy - at a good body weight
- ✦ When Phil - truck driver started fast - went to lake - away from normal environment

If you want to juice...

- ✦ Consider smoothies instead - includes fiber
- ✦ Only make at home - most others not worth drinking
- ✦ Eating the whole fruit or vegetable - most ideal for health and weight loss

Drinks

The typical American...

- ✦ Spends \$750 on drinks per year - more than \$40,000 in lifetime
- ✦ Gets 10 - 15% of calories from drinks - can be difference between...
 - ✦ Obesity and normal weight
 - ✦ Good and bad health
- ✦ In theory - 26 extra pounds of body weight each year

Many drinks have...

- ✦ Hidden calories
- ✦ Added sugar
- ✦ Links to obesity and chronic disease

The general rule is...

- ✦ Eat your calories - don't drink them
- ✦ Drinks - absorbed faster - spike blood sugar more than intact / solid food
- ✦ Intact food takes keeps you full longer - you consume fewer calories
- ✦ If you drink calories - limit to smoothies at home - and maybe home-made juices
- ✦ Drink more water - take a water bottle with you

Drinks without calories include...

- ✦ Water
- ✦ Tea
- ✦ Coffee

The only natural sources of liquid calories in nature possibly designed for humans are...

- ✦ Mother's breast milk - for infants
- ✦ Coconut water

Today, we'll discuss...

- ✦ Water - plain vs. bottled
- ✦ Juice - store bought vs. your own juicer or blender
- ✦ Soda and diet soda
- ✦ Energy drinks, sports drinks, coconut water
- ✦ Protein powders, weight-gain shakes, diet drinks, and kombucha
- ✦ Coffee and tea - pure vs. Starbucks style coffee and sweet tea
- ✦ Alcohol
- ✦ Milk

Tonight's game - yay, nay, or maybe.

- ✦ If you think a drink is good for you - Yay
- ✦ If you think it's bad - Nay
- ✦ If you think it depends - Maybe

Water - yay, nay, or maybe?

- ✦ Plain water -
- ✦ Bottled water -
- ✦ Fancy water -

Water - our verdict

- ✦ Plain water - Yay - What nature intended for us to drink
- ✦ Bottled water - Maybe
 - ✦ Microplastics found in many bottled waters - even those never heated up
 - ✦ Heat can cause chemical leaching
- ✦ Fancy water - Nay
 - ✦ No proven health benefits - Mother nature knows what we need
 - ✦ High-priced marketing

Our bodies - and brains - about 75% water - more water can eliminate or improve...

- ✦ Brain fog - without enough water - brain literally shrinks temporarily
- ✦ Migraines
- ✦ Energy levels
- ✦ Constipation
- ✦ Digestion
- ✦ Kidney stones
- ✦ Exercise performance - endurance & cramps

Juice and smoothies - yay, nay, or maybe?

- ✦ Store-bought 100% juice -
- ✦ Store-bought juice drinks - not pure juice -
- ✦ Home-made juices -
- ✦ Home-made smoothies -

Juice and smoothies - our verdict

- ✦ Store-bought 100% juice - [Nay](#)
- ✦ Store-bought juice drinks - [Nay](#)
- ✦ Home-made juices - [Maybe](#)
- ✦ Home-made smoothies - [Yay](#)

Fruit juice and drinks - from the store...

- ✦ Not healthy for anyone
- ✦ Liquid sugar
- ✦ Spikes blood sugar

Meta-analysis - 300,000+ people - found

- ✦ 100% fruit juice - associated with increased body weight
- ✦ Kids and adults - similar results

1 Medium orange

- ✦ 12 ounces natural sugar
- ✦ Lots of fiber
- ✦ Takes a few minutes to eat - and longer for body to break down
- ✦ Absorbed slowly
- ✦ Does not spike blood sugar

12 ounces of 100% orange juice

- ✦ 36 ounces natural sugar
- ✦ Little or no fiber
- ✦ Already broken down
- ✦ Can be consumed in seconds
- ✦ Absorbed fast
- ✦ Spikes blood sugar

It's hard to eat more than 1 - 2 oranges at once...

...but easy to drink many glasses of orange juice.

Fruit Drinks - even worse

- ✦ Added sugar or fake sugar
- ✦ Typically just 5 - 50% juice
- ✦ Other junk ingredients - preservatives, flavorings, colors, thickeners, stabilizers, etc.
- ✦ Spike blood sugar very quickly

Juicing at home...

- ✦ Fiber removed - can initially be easier on gut for some people
- ✦ Allows body to take in more vitamins and minerals
- ✦ Expensive - About twice as much as smoothies - lots of waste

Juicing is often used for “detoxes”...

- ✦ Usually scams
- ✦ Liver breaks down toxic substances - kidneys remove them - a few other organs like lungs and skin help a little
- ✦ Some chemicals stay in body for decades - dioxins, mercury, PFAS, PCBs, etc - found in beef, milk, fish, chicken and pork

Smoothies at home - made in a blender

- ✦ Includes fiber - satisfies longer, good gut health, regulates blood sugar by slowing absorption, reduces risk of many chronic diseases
- ✦ Less expensive - to buy initially - produce less food waste
- ✦ More versatile - can do more than make drinks

Soda and diet soda - yay, nay, or maybe?

- ✦ Soda -
- ✦ Diet soda -

Soda and diet soda - our verdict

- ✦ Soda - **Nay**
 - ✦ Nothing body needs
 - ✦ Essentially liquid
- ✦ Diet soda - **Nay**
 - ✦ Likely worse than regular soda

Regular soda...

- ✦ Big blood sugar spikes - lots of junk ingredients
- ✦ Great example of why “all things in moderation” is often a deadly mistake
- ✦ Just one soda a day can lead to obesity and other health issues
- ✦ Ruins taste buds - real, whole plant foods won't taste they way should

Regular soda is also linked to...

- ✦ Type 2 diabetes
- ✦ Obesity
- ✦ High blood pressure
- ✦ Stroke
- ✦ Artery disease
- ✦ Kidney disease
- ✦ Non-alcoholic fatter liver disease
- ✦ Gout
- ✦ Some cancer
- ✦ Early death
- ✦ Dental decay

20 ounce Coke or Pepsi...

- ✦ 65 - 70 grams of sugar
- ✦ 260 - 280 calories

Diet soda - many large studies show artificial sweeteners ...

- ✦ Linked to weight gain and more stomach fat
- ✦ Harm gut health and metabolism
- ✦ Claim to reduce calorie intake and obesity - actually do the opposite.

Sweeteners in diet soda - compared to table sugar...

- ✦ Aspartame - 180 - 200x sweeter
- ✦ Saccharin - 350x
- ✦ Sucralose - sold as splenda - 600x
- ✦ Monk fruit - 200x
- ✦ Stevia - 250x

Energy drinks, sports drinks, and coconut water - yay, nay, or maybe?

- ✦ Energy drinks -
- ✦ Sports drinks -
- ✦ Coconut water -

Energy drinks, sports drinks, and coconut water - our verdict...

- ✦ Energy drinks - **Nay** - does not outperform fruit - expensive - sometimes fatal in large doses
- ✦ Sports drinks - **Maybe - but hardly ever** - does not outperform fruit - way overused - often like drinking soda - preservatives, food colors, etc.
- ✦ Coconut water - **Maybe** - not better than water - expensive

Protein powders, weight-gain shakes, diet drinks, and kombucha...

- ✦ Protein powders / drinks - **Nay** - even athletes get all they need from plants
- ✦ Weight-gain shakes - **Nay** - unless made at home with only whole foods
- ✦ Diet / weight loss drinks - **Nay** - mostly scams and junk ingredients
- ✦ Kombucha (fermented tea) - **Nay** - no scientific studies to support health claims - linked to series illness and death

Pure coffee, pure tea, Starbucks style coffee, and sweet tea - yay or nay

- ✦ Pure coffee -
- ✦ Pure tea -
- ✦ Starbucks style coffee -
- ✦ Sweet tea -

Pure coffee, pure tea, Starbucks style coffee, and sweet tea - yay or nay

- ✦ Pure coffee - **yay** - lots of antioxidants - beware of added junk - sugar, creamers, milk, etc.
- ✦ Pure tea - **yay** - lots of antioxidants - beware of added junk - sugar, honey
- ✦ Starbucks style coffee - **nay** - high in calories and junk
- ✦ Sweet tea - **nay** - added junk ruins it

For example - white chocolate mocha frappuccino - venti, whipped cream, whole milk...

- ✦ 77 grams of sugar - more than 20-ounce Coke or Pepsi
- ✦ 500+ calories - nearly twice 20-ounce Coke or Pepsi

Alcohol - yay or nay...

- ✦ Alcohol -

Alcohol - yay or nay...

- ✧ Alcohol - Nay
 - ✧ Body treats as toxic
 - ✧ Slows - or completely pauses - fat burning
 - ✧ Kills brain cells - creates holes in the brain
 - ✧ Linked to millions of deaths worldwide from alcoholism, drunk driving, etc.

Alcohol is also linked to ...

- ✦ Obesity
- ✦ Liver disease
- ✦ Increased risk of cancer
- ✦ Heart disease
- ✦ Stroke
- ✦ Depression and anxiety
- ✦ High blood pressure

Milk - for non infants - yay or nay?

- ✧ Milk -

Milk - our verdict...

- ✧ Milk - nay
 - ✧ We're the only species that drinks milk after infancy
 - ✧ Milk is designed to help a baby get bigger fast
 - ✧ We're also the only species that drinks another species milk
 - ✧ Cows grow fast - humans grow slowly and have more brain development - so milk from a cow is very different than human breast milk

Milk is also linked to...

- ✦ Acne and premature puberty in young people
- ✦ Higher rates of bone fractures
- ✦ Heart disease
- ✦ Higher rates of breast and prostate cancer
- ✦ Premature death

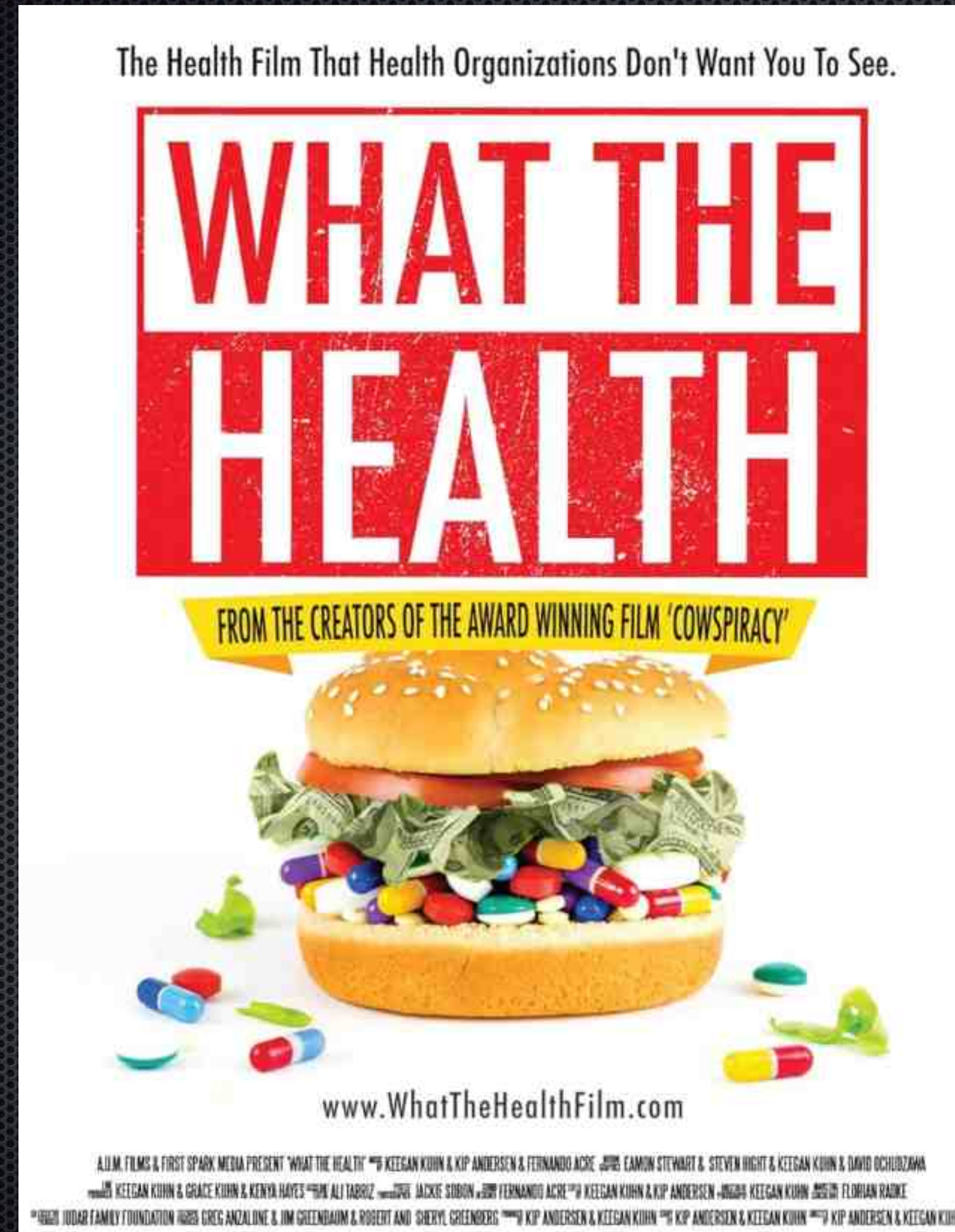
Are there any drinks...

...you have questions about?

Review...

- ✧ Our bodies are mostly water - and made to drink water
- ✧ Many drinks - help keep people sick and overweight
- ✧ So called healthy drinks - orange juice, energy drinks, diet soda - often worse than what they replace
- ✧ Milk is good for us as infants - but not as we get older - and not from animals

This week's Screen Jam...



What The Health exposes what the...

- ✦ US Government
- ✦ Food industry
- ✦ Pharmaceutical industry
- ✦ Health care industry
- ✦ Non-profit health organizations

...don't want you to know about food and health.

You'll understand why you can't trust any of them...

...about health or nutrition.

This Week's Challenge...

Replace unhealthy drinks with water.

Checklist for Week 8

Food and Drinks

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)
6. Herbs and Spices - as many as possible
7. Replace unhealthy drinks with water

Process

8. Continue to practice changing the voice in your head - use 7 steps
9. Screen Jam - What the Health
10. Make it fun

You can do it when you make it fun!

Next Week

- ✦ How to create good habits from scratch
- ✦ Calorie Density

Questions?

Let's hear about your successes and failure from last week...

...and concerns and question for this week.

Cooking Jams are officially finished...

...we'll look to do a bonus session to make bread and nice cream in the near future.

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