Choose Real Food



A big part of this eating plan is to eat real food and get healthy! When you are healthy the weight drops almost effortlessly, hormones balance, sleep improves, cognitive ability improves, life looks and feel brighter. "Your Genes Load The Gun & Lifestyle Pulls The Trigger." Your genes are expressed by your lifestyle which include the quality of food you eat; how you manage stress, quality of sleep, type and frequency of movement and exercise. Please note the importance of the definitions below.

Organic- simply stated organic produce and other ingredients are grown without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms, or ionizing radiation. Animals that produce meat, poultry, eggs, and dairy products do not take antibiotics or growth hormones.

Non-GMO means non-genetically modified organisms. GMOs (genetically modified organisms), are novel organisms created in a laboratory using genetic modification/engineering techniques. Scientists and consumer and environmental groups have cited many health and environmental risks with foods containing GMOs.

Grass Fed & Pasture Raised Animal Products

"Grass fed" (grass composes the majority of the animal's diet) and "pasture raised" (the animals graze in a pasture for at least part of the day, though they may also be fed grain by the farmer) were not nearly as well understood. **Pasture-raised animals** receive a significant portion of their nutrition from organically managed pasture and stored dried forages. Unlike 100% grass-fed cows, pasture-raised cows may receive supplemental organic grains, both during the grazing season and into winter months.

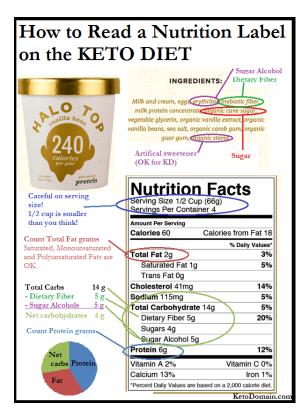
Wild Caught Fish

Wild-caught fish are often healthier, with less contamination from man-made toxins because they feed on a natural diet of smaller fish and algae and come into contact with less bacteria and parasites. The downside is that many larger wild fish are high in mercury, and poor fishing methods can harm the ocean habitat and result in overfishing.

Farmed Raised Fish

Farm-raised fish can have more contamination from toxic industrial chemicals, such as PBCs (polychlorinated biphenyls) and dioxins. They're often raised in crowded conditions and contain higher rates of bacteria, pesticides, artificial coloring, antibiotics and parasites.

Reading labels



Clean Fifteen & Dirty Dozen



Read labels and look at:

Ingredients: if you can't recognize the name

don't buy it

The macros: Total Fat, Total Carbohydrate,

Protein

Servings Per Container

Dirty Dozen – buy organic because they are the most commonly sprayed; these have the most pesticide residue

Clean Fifteen – okay if not organic because they have the least likelihood to contain pesticide residue