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### – The Great ‘Mis’Perception: Food vs. Nutrition –

*“If you knew what I knew, you’d...”*

– by J’en El, Author & Global Leader in Human Development and Personal Success.

“The doctor of the future will give no medicine,  
but will interest his patients in the care of the human  
frame, diet, and the prevention of disease.”

– Thomas Edison

**FOOD**, it does a body good...or, does it? It’s a well-known fact that if you take in more calories than you burn, you gain weight. So...what most people assume from that, is...they have to eat less. This is nonsense! It’s not necessarily *how much* you eat; it’s *what* you eat that truly matters. Before we put another morsel of food in our mouths, we should *really understand* the complexity of how *each individual food* affects our body. If you’re eating lard/butter/ice cream or any other type of dairy, you’re gonna’ look like lard. It’s a solid mass of fat. It sticks to everything it comes in contact with. Of course it’s going to do the same thing *inside* of your body.

It’s common sense that when you wash a pan with butter, lard, or oil covering it the only thing that’s going to remove it, is soap or detergent. Unfortunately, we can’t drink *Joy* dishwashing liquid. So, we must know how to counteract and combat the fat once it’s already inside our system.

After many years of research, I learned that specific enzymes synergistically aid in *dissolving fats* that are stored in our bodies. Of course strenuous exercise burns fat, but if you keep putting in as much (or more) fat than you’re capable of burning you’ll get caught in the vicious frustrating cycle of “*trying*” to lose weight. There’s more to understand about this topic, but I’ll cover that more specifically in the conscious combining segment, later on.

Don’t ever throw yourself into a starvation mode or some fad diet. Learning to eat *consciously* takes time. I believe there are always specific foods to help counteract others. When I feel like my cells are permeated with saturated fat and bloated, it’s extremely uncomfortable. So, after consciously breathing (which aids in the digestion process), I wait a few hours and then eat a fruit that is high in natural enzymes, such as pineapple, papaya, mangoes, kiwis, or strawberries. (Be sure to eat each fruit *individually*...not mixed together.) This gives the enzymes contained in each fruit time to perform the way they were designed to. I then go on doing whatever I like to do. The next day I wake up feeling as if I’ve been naturally cleansed and the fat has been digested and washed out of my body.

The bottom line is this. The more you begin to understand about how food works in your body...the more responsibility you can take *for* your body. I don’t care how many books you’ve already read on this topic. Re-read this chapter many times over. If you pick up even one vital point that you missed along the way (in your past coveting fat life), it could turn your results around immediately. Personally, I wouldn’t be willing to risk missing out on *any* piece of *my* puzzle.

As a result of writing this chapter, I got to *re-live* the “maze of fat nightmare” that invaded and plagued my own body for too many years. I hope this information is the key that will assist you in opening the floodgates to *your* happiness and well-being, as it has for me.

Every excess fat cell that dissolves in your body puts you one step closer to owning your life. Every time we don’t like what we see in ourselves, we only need to remember we have choices in *everything* we do. Every choice alters our future. Every step in any given direction affects all of mankind. This makes “thinking things through *beforehand*...very important.” Which direction are *you* going?

**Losing Weight:** The real question is “to carry out *the plan?*” or “to sabotage *the plan?*” You get to *make it up* right now, which direction you plan to take. If ultimately, you had no one who really cared about you at the end of each day, the question becomes...”How much does your *final decision* actually matter to *you?*”

Ultimately...it *is* only you *who can* allow yourself to have specific results. No other human on the planet should determine anyone’s fate. Why would you ever give that kind of power away to anyone other than yourself? So it’s all really about taking *responsibility* for what we each want, as an individual. If you really believe that you are a *deserving* human being...then giving yourself *permission* to have it all would be the *key* to having it all. It all reverts back to worthiness.

Do you honestly believe you *are* worthy enough to reside in a lean, healthfully configured body? If you don’t believe you deserve it, then you’ll probably never manifest it for yourself. This is why it’s so important to replace our old beliefs and negative self-talk with new positive affirmations. They will be discussed in full detail in the next and final chapter of this book.

**THE FORMULA:** The science behind the body is just a formula. *Understanding* the formula is something that will help unlock the mystery of how the body actually works. So, I guess that would make *understanding*...the *key!*

After walking yourself through *all of the processes* mentioned in this book...taking care of yourself and making healthy choices will all become second nature.

Part of *my* formula is to throw away your scale. I haven’t weighed myself for at least a dozen years or more. I started to think *I was* my number. If a high number would show up on the scale, I would panic, and feel like I had to starve or deprive myself of food. If a low number showed up on the scale, it would give me permission to reward myself with food. How sick is that? The number that showed up on the scale actually ran my life.

My mind had absolutely no *peace* around the subject of food. Finally I understood that food is simply *flavored fuel*. Some flavors are just more appealing to us than others. It’s now time to *unlearn our old eating habits* and acquire new desired tastes, to *replace the old ones* we have about food. We need to experiment and do taste tests with a variety of wholesome foods, as if tasting them for the very first time. The best way to do this is to learn how to *savor every morsel* of food you put into your mouth. This means that we must begin chewing each mouthful, as if it’s our very last meal *ever*.

Most of us have never really tasted a carrot or a cucumber. You might have gone through the motions by taking a bite, chewing a few times and then gulping down chunks of food. But how often have you really taken a bite, chewed each mouthful, 40 or 50 times, and then gradually allowed it to actually liquefy and begin to be digested by the enzymatic saliva that makes itself available as we chew. Now, go taste a carrot. Begin right now to *enjoy* and chew your food. We all know that some foods make the body feel more energized than others. That stamina will make all the difference in feeling ideal *vs.* run down each and every day. Have you actually experimented with different foods? If not...begin now.

We all know that diets don’t work. The only thing that works is to *create a new lifestyle* that supports our positive habits, which will as a whole ultimately turn our life, into one big ongoing pleasant experience!

**Breaking old Habits:** To break old habits, we must literally change our *thoughts*, as well as the *terminology* or words we choose to use on a daily basis. It took me years of trial and error to finally find the formula that made me feel fabulous. Because I never fully understood what each food did, I had to experiment. There was a time when I *needed* to have a desert after every meal. My body felt ineffective and low on energy by the food choices I made on a daily basis. It felt run down all of the time. Instead of saying “What am I going to eat today?” The new terminology is “What kind of fuel am I going to put in my body today?” What foods will serve me the best? These words will allow you to relate to food differently and in a more suitable way.

Most of us still see food as *comfort* and family related. I remember the best times growing up were always around the kitchen table. That's when my family felt united, congruent, and loving. We need to stop eating food out of *memory*, and begin to see it for what it really is...fuel! You always have the choice to indulge in old habits any time you wish. As long as you remember that you have a *choice*, you can never be upset or blame anyone else.

These days, when I see a gooey casserole dish filled with lots of cheese, butter, and noodles, I'm pretty repulsed, because I actually envision it sticking to my insides, looking like lumpy cottage cheese on my 5-foot frame. I've come to know that "what I see *is* what I get!"

You know that you finally understand *how food* works in your body when you give up the feeling of loss, pain, or deprivation. That's the day, you'll know you hit a home run! Without fully understanding *how* food works in your body, you just can't make conscious willing choices. Once you do fully understand the basics, you'll naturally choose clean, wholesome, nutritious foods, because you love and appreciate them. Be patient with yourself. It's all trial and success! If you stick with it, you *will* get past that point of no return. You'll never again *feel deprived* because your new choice *will* be so nourishing and make you feel so great!

To eat healthfully is simply to eat consciously. To be conscious of something is to be rational, wise, sensible, and discerning. Some people look at *eating healthy* as a "dirty word." You need to give up those *thoughts* or *beliefs* if you want to change your lifestyle, habits and body shape.

Many years ago, I remember going off sugar for a six-week period. I was like an addict kicking the habit...going "cold-turkey," *trying* to diminish the cravings, without instruction, direction, or guidance. After six weeks, I started to incorporate deserts again, and I hated the feeling. It was the first time in over 30 years that I had ever been without sugar. The sugar threw my body and mind into a deranged, unbalanced state. My thoughts were hazy, gloomy, and somber as I went into a state of depression. I didn't know whether I was coming or going. I was completely thrown off balance by the few bites of sugar that I consciously added back into my diet.

Over time, I began to experiment and added a glass of wine, as well as other alcoholic beverages back into my diet. The same thing happened! As soon as I understood that alcohol turns into sugar immediately upon entering the body, it all made perfect sense. I became so sensitive, which at the time seemed like a nightmare but was a blessing in disguise as it "told me" what *wasn't* working. Now, I consciously choose not to drink alcohol or eat many desserts. I just don't like the feeling of grogginess or confusion. The cost is too high. I now love the feeling of clarity, energy and quality. What choices will you make for yourself?

Some people tell me that cutting their portions in half has made all the difference in losing weight. I do believe that smaller portions are very intelligent, however, I see this as a quick fix. It's still a form of deprivation and lack of understanding that "*quality foods* provide fuel, energy and stamina."

If the half portions are filled with dairy, salt, fat, grease, or sugar, then you won't get the effects of feeling energized and nourished. Sure you'll have temporary weight lose, but how are you feeling? Even half portions of these food choices promote diabetes, strokes, heart attacks, and cancer. Once you give up foods for an extended period, and then begin to re-introduce them back into your diet, you'll immediately feel how each individual food effects you. This is why I will speak so forcefully about experimenting with specific foods, later in this chapter.

In the late 70s I was taught the terms "*Yin*" and "*Yang*." I'll explain only the basics of what these terms imply. Understanding Yin and Yang enabled me to make sense of why my body was thrown into such turbulence. I equate these polar opposites to a pendulum. The far right represents Yin foods and the far left represents Yang foods. One is extremely bitter. The other is extremely sweet. The whole idea is to stick as close to center as possible.

What happens when you eat too much salt is that you'll begin to crave sweets. Likewise, when you eat too much sugar, you'll begin to crave salty or sour foods. Eating close to "center" would be such foods as brown rice, whole grains, beans, fresh vegetables, salads, and fruit. These foods keep your body, mind, and spirit feeling more balanced and centered so that you can produce and perform with consistent high levels of energy throughout each and every day.

As soon as you eat something to either extreme, your body is thrown off balance again. It's a vicious cycle. The best we can do is understand, take responsibility, exercise, make conscious choices and experiment with foods until we find our own balance and feel comfort in our own skin.

When I was growing up, my mother had no clue that my blood sugar was low most of the time...scientifically called "hypoglycemia." She also didn't know that I had A.D.D. (*Attention Deficit Disorder*). All this really *is*, is a deficiency or shortage of attention on any *one* thing at a given time. This precious, unknowing, loving woman would actually feed me cookies, cake, muffins, cereal, or white toast for breakfast. All carbohydrates and no protein! Why didn't she just throw in a pot of coffee, a bottle of booze, and a cigarette to finish me off! So off to school I would go. I'd fall asleep during my first class. The world seemed intolerable and incomprehensible to me. The teacher's lips would move, but I had no clue *what* she was saying. Concentration in my brain was *nonexistent*. I just knew I was the dumbest person in the world. That really devastated my self-esteem!

It was sad, but now I can step out of that situation in my mind's eye and clearly see the alternate paths that could have been taken. But who knew? I felt so lost and alone. Why was this happening? How could anyone let this happen? It's simply ignorance. No one meant anything by it. It's no one's fault. It just seems that no one in "my world" was paying attention as we *transitioned* from harvesting and picking our food *to* bleaching, processing and destroying it. Today, I am quick to understand how this ignorance of *transition to plenty* has contributed to making us one of the dumbest nations in the world around the topic of food.

More people are more obese today than ever before in the history of man. We got caught up in the "sexiness" of *fast food and fast living!* It's not hard to figure out. By "being on the clock" most of our choices have become the *unconscious choice* of "fast." Fast foods are *processed* and laden with fat. Even when you're eating a fast food restaurant's salad, the lettuce is permeated with pesticides and void of nutrients, and then we saturate this near worthless "stuff" with an over-abundance of fatty processed dressing.

We're in such a rushed, fast-paced, gotta' have it now world, that we can no longer see the forest through the trees. We've *lost our perspective* in the transition. Globally, things are changing at the speed of greed, hype, uncaring and ignorance. Unfortunately, other cultures have quickly picked up the error of our ways.

It's overwhelming if we *really* take a look at what's taken place over the past 50 years. The bottom line is that our *healthy choices* are now in the minority, and it takes *time* to eat, especially when you're eating "on the run." Out here in the "real world," as a collective consciousness, we've pretty much set ourselves up to lose. Most of you reading this book are going to have to make *a lot* of conscious choices if you truly want to change your current reality.

So far, I don't see a lot of *agreement* "out there" in the world about setting up more healthy environments for people to live and play in. My entire social life had to change, once I started to consciously choose healthy foods. It's always about choice. The real question shows up as..."What choices have you been making to date that actually make you feel great?" and "What changes do you need to put into action to *have* what you want?" My experience is that we all feel better when we have excellent health. "What are you *willing* to give up to have it all?" I promise you one thing. What *appears* to be "giving up" frequently turns out to have a silver lining. This is a true leap of responsible surrender due only *to faith*.

Would or could we ever go back to our ancestor's *old* ways of thinking? Or, is it now time to just start paying more attention, so that we can intelligently decide for ourselves, which path we really want to take from this point forward? Our thoughts and beliefs need to change *now* if we are ever again to feel invigoratingly in love with life *and* begin to find true comfort in our own skin, if maybe for the first time since birth. These last few years have been so joyous, since I began to take charge of *and* responsibility for, my body. To be able to enjoy each day of life is a wonderful gift. It's available to each and every one of us, just for the asking.

Once you understand this, it all becomes simple. You find out what you already knew. After all, you've heard *the words* at least a hundred times before..."Proper diet, clean air, drink lots of good water, exercise, and take scientifically designed nutritional supplements and *everything* will change in a positive way!" Unfortunately, *understanding it versus putting it into action* can be an entirely different ballgame!

I know in my heart, that if my mother had understood that all she needed to do was change my diet and feed me assorted proteins such as eggs, tofu, salmon, or chicken, she gladly would have done that. She also would have added whole grains, fresh veggies, salad, and fruit. It would have alleviated a lot of grief and pain for everyone. That entire negative childhood experience could have been avoided. Of course then, I couldn't or wouldn't have written this book, and my life would have taken an entirely different course. The cost of our lessons can be huge! I believe we pay with our lives! What's the cost been for you to date? How much more are *you* willing to pay?

I honestly believe that most of us are just missing *a tiny piece of the puzzle*, and that once *that piece* falls into place, our life changes for the better, because it alters the entire picture of our existence. Once you get "the piece," you've got to know the *actions to take*, which is still only *part* of the process...We need to *do the work!* This allows us to enjoy a happy, healthy, conscious existence. Just know the work never ends, because the questions *and* challenges constantly change!

**Food Symptoms:** Once you *begin* consuming particular foods, you'll quickly notice the *different effects* that each "specific" food has on you. I'm talking about physically *and* mentally. Recognizing and knowing in your mind's eye, *in advance* of putting even a morsel into your mouth, you'll be able to select a specific outcome by the choice you make on a moment by moment basis.

I'm not talking about predicting. I'm talking about actually determining how you want to feel and look *in advance* of chewing and swallowing your food. This "understanding" is freedom of choice at it's finest! It's a fabulous experience, and before long, you'll be doing it every day of your life, without having much thought about it. Knowing *what choices to make* will become second nature. Just remember that the circumstances change every day, so we must learn to look at situations in a new way, rather than come from reactive memory, assumption or belief.

Imagine knowing that every day, you actually have the power to create a more gorgeous, healthy, functional body. Who are you going to blame when you *receive* what you want out of life? You can take all the credit, because you've done your homework. The healthy you will just "show up," as you become responsible for "knowing what you know." This kind of autonomy leads to finding comfort in your own skin. I've been on both sides of the coin, and I can honestly tell you that feeling healthy wins every time.

**Facts about soda:** Doesn't matter if it's diet or regular. It contains phosphorous which throws off the balance of calcium. It actually leeches the calcium out of our bones, teeth, and even our muscles. Why drink something that will destroy the body, when you can stick with water as your drink of choice, which helps cleanse and hydrate the bodily cells.

**Regarding alcohol:** Bottom line...it immediately turns to sugar as soon as it enters your body. It also destroys your liver, which is a filter. We need a healthy liver, because it aids in the digestive process. Alcohol clouds our thinking and depletes essential vitamin Bs from our cells. Even one glass of wine can distort our thinking for many days after consumption. Why drink something that will destroy the body? It's much easier to stick with water as your drink of choice.

**Drink water...** plenty of clean, filtered unpolluted water. It helps flush out and release the toxins, excessive salt, sugar, pesticides, poisons, bacteria, viruses, and fat that's stored within the crevices of our body. Never leave home without a bottle of water! Allow your "body of organs" to be quenched throughout each and every day. Your body will love you for it!

**Contamination:** Every time we eat or drink processed foods, fast foods, fatty/greasy foods, or dairy, we are using our body as a dumping ground and container for destructive fillers and wastes. Since we've been blessed with only one body to last a lifetime, how could we knowingly destroy it? We *can't* "knowingly" destroy it. It all goes back to unawareness *or* missing a piece of the puzzle.

**Fast Foods:** I am going to use the general term “fast food” as a guideline of what you’re better off living without: They consist of...

- Deep fried foods
- Anything high in *saturated* fats (there *are* good fats!) I use **USANA’s OptOmega Oil**.
- Refined carbohydrates (which turn into sugar)
- Processed foods (especially white processed - void of nutrition)
- Foods with “low fat” labels (usually have a very high sugar content)
- Dairy (cheese, butter, ice cream)
- Soda (includes diet soda) and all other drinks laden with sugar.

There’s old rancid fat lurking in almost every area of your body, and it’s just screaming to escape. This contaminated fat shows up in many ways, such as diabetes, cancer, strokes, heart attacks, lethargy, arthritis, glaucoma, migraines, and depression, just to name a few. Making conscious choices pretty much could have prevented any of these diseases.

**What can we do differently?** We can graze! The truth is...I eat all day long, and I currently live in the reality of a size 6. We all have “stuff” to work through, so the key is to make your body feel full *and* satisfied all day long so you can avoid the pitfall of becoming ravenous around food. Never leave home without having water and healthy snacks in a temperature resistant container.

Listen to your body and *eat* when it says, “*I’m hungry.*” Graze all day long, *continuously* nibbling on very small quantities of satisfying foods that make you feel good. It’s a good thing! Give your body fuel that allows you to sail smoothly throughout the day.

Take it one day at a time. Of course you’ll occasionally test yourself by eating foods that don’t serve you, because you’ve *rigged up* some *fond memory* from your past to coincide with this type of eating. You’re only human and perfection can get boring, so give yourself a break with forgiveness and begin again. When you fall off a horse, you’ve gotta’ get right back on or *fear* sets in. Just get in touch with your truth and re-choose it.

Even before going to a party be sure your hunger is *already* satisfied *before* you arrive. Even a glass of water will help curb your appetite. If you don’t set yourself up to win, you’ll most likely become a human vacuum cleaner by eating platefuls of greasy, salty, overly processed food. Being already satisfied will allow you to nibble on your favorite foods from whatever selection is offered.

Let’s face the facts! We *feel* better when we don’t cram in large amounts of food at one sitting. It puts undue stress on the entire body. To breathe into a heavy, rich meal is painful because the digestive process is just plain exhausting. How good do you *really* feel after eating large portions? Personally, I don’t like to feel sluggish, heavy, or irritable!

I love how easily fresh fruits, salads, and vegetables are digested. Also, they make you feel light, balanced, and centered. Life feels more worth living when you feel that good.

Go ahead...graze all day long. Eat very small portions whenever you like. Just pay attention and *choose* what you put in. You won’t feel guilty if your original choice was a *conscious* choice.

Never starve yourself or skip meals. Occasionally it’s okay to go on a *supervised* fast, (which is not starving yourself). The foods and liquids you choose to consume will make a tremendous difference in your attitude and ultimate well-being. Set yourself up to win.

Aside from the foods mentioned above, every morning I blend non-fat soymilk with **USANA’s Almond Fibery Powder, Soyamax Protein Powder** and **OptOmega 3 Oil**, which provides “essential fatty acids.” Occasionally I’ll add ice and fruit. The meal/snack bars, also provided by **USANA Health Sciences**, are not to be missed. They’re satisfying, nutritious, delicious, and *are all* certified low-glycemic which means they are balanced and will not throw you into a sugar high/sugar blues situation. I also take the **USANA Essentials** (multiple daily vitamin/mineral/antioxidant formula) which is the #1 rated product worldwide. So, set yourself up to win every day of your life. (For detailed information about **USANA**, call (800) 567-3602. Be sure to mention J’en Et referred you and you’ll be able to purchase the unsurpassed **USANA** products at 10% below wholesale.)

Imagine never again having the need to feel uncomfortable around food because you've taken charge of your "diet." This will allow confidence instead of doubt. Over time your body will be *clear* about the messages it is receiving. The leaner you become, the easier it is to decipher the messages.

The truth is, sometimes you're just going to feel more ravenous than others. The most significant thing to know is...*what* you're eating. The other crucial piece of information is the *sequence* in which you are consuming food. Don't ever again *fear* food. The *functions* of a variety of foods will become obvious to you over time.

Some people choose to consciously combine their foods. The first time I ever heard of "conscious combining" was over 20 years ago. I read about it in "The Beverly Hills Diet" book. I don't ever recommend diets by the way. What I do recommend is acquiring knowledge and changing your lifestyle, by changing your thoughts, food choices, and exercise habits. I take my constantly accumulated knowledge and incorporate it into my current lifestyle by picking and choosing what does and does not work. Combining science, common sense, and experience is fun *and* satisfying.

To understand "conscious combining," we must first understand how different *types* of foods digest differently in the human body. Dairy products consist of protein and fat. Dairy takes longer to digest than any other food group. It takes anywhere from 12 to 24 hours for your body to process and digest cheese, cream, butter, and other rich sources of dairy. Quite simply, it creates mucus. Even once the dairy products are digested, you still have to deal with the process of *burning fat* that the dairy puts into your body. If it's not burned off (via deep breathing or exercise), it will store up and make you look large and lumpy like cottage cheese. No matter how you look at it, it's not a pretty sight, unless you live in Alaska, and use the fat as a protective coat or shield against extreme weather conditions. I *chose* to give up dairy. You can choose to do whatever you want. Remember...there are no "have to's," as long as you understand the *consequences* of your choices.

The Dairy Industry told us to drink and eat mucus, pus, bacteria and hormones from a cow and called it milk, cheese, butter, and ice cream. What could they have been thinking? I'm sure we've just accepted traditional customs and habits from our ancestors. We've been programmed for so long, that we actually eat and drink things without questioning. Volumes have been written to cover the topic of dairy foods. If you want more information on how dairy affects the human body, just go to [www.notmilk.com](http://www.notmilk.com). Warning: I'm sure you'll be repulsed if you look at this website, but I experimented with dairy in my own body way before I ever heard about this website and my experience is that milk and dairy products clog our system and undermines our health and well-being.

The opposite end of the digestive process is fruit. Fruit mostly consists of water, fiber and fructose or fruit sugar. Most fruits only take 1 to 2 hours to digest. You eat it, and before you know it, it's gone. Many fruits also contain natural enzymes that aid in digestion, as well as antioxidants. They can also assist in burning excess fat if combined in the proper sequence with other foods. This is where the "conscious combining" process really rocks!

Let's say you ate a heavy, fatty, greasy meal 4 to 6 hours earlier. At this point, it's *perfect* to eat an enzyme-laden fruit, such as strawberries, mangos, kiwis or pineapple. If you were to eat the fruit immediately following the heavy meal, it could not get past the previously consumed dish, because of the *amount of time* it takes to digest fats and proteins. The fruit then becomes stuck in a traffic jam behind the heavy dairy or protein, and it begins to ferment. This fermentation process will create pockets of gas, which would not only feel uncomfortable inside of your body, but might also prove to be embarrassing in a social situation.

One more thing to point out is that the fruit that is fermenting behind the protein is beginning to turn to sugar, which then turns to fat, so you end up gaining weight from the fruit. This entirely counteracts its purpose in nature. To knowingly put your body in this situation is a disservice.

Vegetables are next in line of the most easily digested foods. The body eliminates vegetables in approximately 3 hours. Vegetables are also high in fiber, so they aid in the elimination process, which ultimately assists in cleansing the colon. The colon needs to remain clean and healthy. Diseases can be initiated in the colon unless the toxins are flushed out and eliminated that have built up over time.

**Proteins**, other than dairy, consist of meat, chicken, fish, nuts, grains, and soy. Soy is the most easily digested protein that may take approximately 3 to 4 hours to digest. Seafood digests in 4 to 5 hours depending on its consistency. Chicken may take 5 hours and meat up to 7 hours.

**Grains** consist of protein and carbohydrates, so the average digestion time could be anywhere from 4 to 6 hours.

Anytime you make changes in your lifestyle, you can usually count on *withdrawal symptoms*. This is why choice is so very important. If you're changing for *someone else* and *not* yourself, then *blame* and *failure* due to lack of results will most likely occur. Take the necessary time when making any changes. And, don't make the change until you are ready!

When you want to make healthy choices, adding foods that quickly burn as fuel, make the most sense. My choices are usually foods that digest quickly, as well as organic foods grown locally. Cookies, spaghetti or rice cakes just don't get it! They're just fillers and they provide no nutritional value. Think things *all the way through* before making purchases. Don't fall into the trap of "purchasing foods for the household, that set you up to lose!" Always have available fresh assorted fruits, a fresh variety of leafy vegetables, whole grains, pure lean proteins, such as soy/tofu, cold water fish, skinless chicken breasts, raw unsalted nuts and complex carbohydrates prepared and ready to eat at all times! Eating uncooked, raw foods is best. Allow your self "time" to cultivate a taste for this kind of clean eating, especially if you're used to eating deep-fried or processed foods.

The more fiber and roughage you eat, the more naturally your colon will become cleansed. This flushing is vital, because if blocked, the colon can become a haven for toxins that ultimately give birth to disease.

**Learning how to shop:** Before I was aware of how important nutrition really is, I got caught up in the glamorous adventure of eating in restaurants on a daily basis. I was so lazy that I stopped shopping for food and fell into the rut of no longer cooking and preparing my own food. I completely lost touch with reality regarding wholesome, nutritious foods. It's amazing how subtle those inches and pounds start adding up and piling on. I was oblivious to the layers of fat that gradually adhered to my body *without discrimination*. I gained 2 clothe sizes before I woke up and realized that until I took control of *what* I put into my body, I was leaving myself to *chance* as well as unintelligent habits. After all, who *are* these people who are actually preparing meals in restaurants?

No matter how conscious the restaurant chefs are, do they really care how much butter, fat, salt, or sugar they throw into a frying pan, while preparing *anyone's* meal? Would they have a clue or even care what you already consumed on that day or any other day? Don't get me wrong...lots of restaurants are *great*, but we need to do *everything* in life within reason. We need to pay attention to possible consequences that will occur as a result of our actions. Usually this only takes a little knowledge mixed with a bit of common sense.

Knowing that I needed to change my lifestyle, I finally decided to take charge of my body. This meant visiting a place that had become foreign to me. After a dozen plus years of having *others* prepare my food, I went to a *grocery store*. Can you imagine that cavemen never experienced the conveniences of anything even remotely similar to a grocery store? How easy it is to take things for granted in this fast-paced world that we now live in.

At first, I was like a kid in a candy shop. What I saw was really fabulous. Of course there was an array of fresh *everything* from all parts of the world. The difference I experienced in this grocery store is that I saw it in a *new* way that I had never experienced before. I learned to shop the outer rim of the store, because that's where all of the fresh foods are located. It sounds so insignificant, but this was *new* for me. It broke my old habit of rushing to the canned, frozen, and shelved processed foods.

The *basics* of conscious eating are overall, a no-brainer. Of course, we all know we're supposed to eat fresh fruit, vegetables and proteins low in saturated fat, but do we really understand why? The *clogging* process that takes place is amazing. It's no wonder we're living in an age where a huge percentage of our society is obese and riddled with diseases such as diabetes, strokes, cancer, arthritis, migraines, glaucoma, and heart attacks.

If you analyze all of these diseases, it's common sense to see that the same factors contribute to every one of them. Call it what you will, but no matter how you look at it, obstruction, impediments, blockage, constriction, congestion, and clogging are all caused by foods and toxins we've chosen to eat, which in turn create barriers to having our bodies function the way nature designed them to. We need to grow up and take responsibility for what we choose to put in.

If you feed an all-vegetable diet to a carnivore, they're most likely going to die sooner than later. If you eat enough bottom feeders, (shrimp, crab, and lobster), you're gonna' get sick sooner than later. If you put sugar in the gas tank of your car, it's gonna' conk out sooner than later. It doesn't show up much differently in the body. Why not use fructose (fruit sugar) instead of white processed sugar? If you smoke cigarettes I can tell you right now that the human body was not designed to digest tar. It's just gonna' stick to your lungs until the oxygen can't get through. Lets face it...if you continue to abuse your body...those impurities will build up. If you're not lucky enough to die, you'll most likely suffer a long drawn out, very expensive, slow motion, uncomfortable death, from one of the man-made diseases, listed above.

It's *not* fun to be *or* feel sick. It restricts you from living the life you want. Begin shopping deliberately and intelligently. Search for wholesome foods with very little fat, sugar, salt, or processing. Buy *fresh* foods rather than canned. I began looking at the color white as the enemy. I'm talking about white, processed, non-nourishing fillers. Think about it...white flour, white sugar, ice cream, butter, lard, and fat. These foods bring a *new meaning* to the word "clogging!"

The bottom line is that we must allow food to be our fuel and nourishment as it was originally designed to be. Only buy snacks that keep you and the entire family satisfied and healthy. Ultimately that's one of the major things that will set you up to win. If you buy a pound of candy you already know whose going to eat it. Choose *fuel foods* that will energize and sustain you and your family, rather than thick rich foods that overburden and under nourish you to the point of exhaustion and disease.

No one needs to go "cold turkey"; that would *really* be deprivation and setting yourself up to fail. We simply need to remember that it took us years to learn all our old habits and we don't need to give up everything at once. Gradually *replace* old habits with new ones to minimize symptoms of withdrawal. REMEMBER...it's always a matter of choice!

I often compare the human body to a trash compactor. We fill it with a random assortment of so-called foods, and then expect our body to process this huge amount of food and disappear it into thin air. After swallowing the food, it has only one place to go...and that's the stomach. Even though we can actually *see* the stomach protruding on most people, it was originally designed to be the size of a fist. My point is...we've stretched the stomach so much, that we have now become a society where we have "agreement" to be immense and diseased, as if it's expected and "normal." It all seems we've accepted overeating and illness as a way of life.

Heavy meals are just too difficult to digest. They clog the system and create discomfort inside our "mini-me." We are destroying our child within. My final word on this topic is that eating any heavy foods late at night can disturb sleep patterns by creating extremely annoying, disruptive dreams throughout the night. The digestive process makes the body work too hard!

How you start your day makes all the difference in the world. Be sure you begin with the proper amount of protein, the right kind of carbohydrates, no processed white sugars or honey, and the right kind of fats. The right foods and vitamins minimize and eliminate cravings.

**Nourishment, are you worth the price of conscious foods? YES... you bet you are!** Forget what you ever learned about eating. It's time to start over with scientific information that produces desired results. Most parents only had basic information, and the majority of that was inaccurate. Today we're living in an information age, which makes intelligent choices much easier.

Being coherent and able to concentrate has become a priority in my life. I invite you to *begin experimenting* with foods, as I did, so that you will be able to specifically know what foods make you feel clear, fresh and happy, versus foods that take you under. Since we know that proteins and fats take longer to digest than other foods, we can be assured that we will have a feeling of being full and satisfied for much longer. Eliminating saturated fats is a wise idea. I personally use extra virgin olive oil, roasted sesame oil, and **USANA's OptOmega Oil** which contains Omega 3 & 6 Essential Fatty Acids (never cook with this oil).

**Experiment:** Actually find out for yourself if what the dairy industry says is true about dairy products. For one week, go out and eat cheese, milk, butter, ice cream, white bread, white rice, white sugar, cereal and spaghetti. Pay attention for the next few days and see how you feel. Hopefully you'll live through the experiment, as these are foods that help promote heart disease, strokes, cancer, diabetes, arthritis, glaucoma, etc.

Does your saliva have a thick consistency? How's your energy level? Is your nasal passage blocked? How's your breathing? Do you feel like you could run a marathon? Keep listening to your body. It never lies! Our body was not designed to digest the bodily fluids of a cow or any animal for that matter.

Drinking water is wonderful, but even it can't wash mucus out of your body. This is where conscious combining plays a major role. Because if you do choose to continue eating fast foods rich in dairy, the enzymes contained in pineapple, strawberries, papaya, or kiwi's can at least assist in burning and cutting through the possible damage that's already been done. Remember that fruit ferments and it can't get through, so wait a while before adding fruit to your over stuffed and compacted digestive system, as it will already be blocked by the heavy fat and sugar-laden foods mentioned above.

**Keep experimenting:** If you managed to live through the fat phase of the experiment, it's time to go to the next level. For the next week, introduce the foods that make you feel wonderful. Eat fresh salads for a week with a variety of organic greens and your favorite fresh vegetables (without all of those fancy, thick, processed dressings). Remember to chew each morsel so that it dissolves and digests in your mouth. This will allow you to detect the delicious flavor of *each* vegetable.

Mix your own dressing. I use unsaturated oil, Balsamic vinegar, lemon pepper, and any other herbs and spices that tickle my fancy. Don't forget the proteins that are essential in building muscles, such as nuts, baked tofu, baked salmon, or skinless chicken breast. Pay attention...how do you feel now? How's your energy level and stamina? You may very well begin to experience withdrawal symptoms. Remember Yin and Yang...eating at extremely opposite ends of the food chain will throw your body out of sync. That causes cravings, so be prepared by replacing the old food habits with new ones immediately. I began drinking **USANA** meal replacement drinks and eating their delicious Lean Nutrition bars to balance and alleviate my cravings back in 1994. This has set me up to win, by always having the right foods available *before* I'm suffering hunger pangs. Remember...*never* shop when you're hungry.

It's important to know that turkey contains tryptophan, an essential amino acid. Tryptophan affects people in different ways. For me, it's like a drug. It puts me to sleep within minutes of touching my pallet. Having hypoglycemia has allowed me to become very sensitive to and aware of the effects of imbalances in my blood sugar. The symptoms are...grogginess and passing out. This isn't brain surgery. Learning these easily obvious pieces of information about how foods affect you personally can turn your life around. It allows you to make conscious choices, so that if there are any side affects, you already know what's coming. And, you can't blame anyone else. You get to take full responsibility, which is truly a gift. This *knowing* and *understanding* will keep you from being on automatic pilot or functioning like a robot.

**Visualization:** Once you truly understand how foods make you feel, and exactly which "symptoms" *occur* by consuming each mouthful of food...you can begin to use the process of "visualization" to your benefit. Every time I see fried or fatty fast foods, I immediately envision exactly how each food will make me look and feel, *in advance* of buying it. I actually see a photograph in my mind's eye of how I will look if I eat that particular food, versus making a more intelligent choice.

For example, if I walk into a market and smell the aroma of freshly fried chicken, I immediately go to the counter and *look* at the fried chicken. I imagine eating that greasy, unhealthy food that used to be associated with a fond memory. I then *envision* my fat cells swelling up throughout my entire body, wherein every cell of my body is drenched with fat, because it absorbed every ounce of lard contained in that piece of chicken.

Also, I envision myself feeling uncomfortable and lethargic, because I have just outgrown the pants that used to fit comfortably. At the end of this quick visualization process, if I still wish to eat the piece of chicken, I will. And, I won't even feel guilty or want to blame anyone, because it was truly my conscious choice. Even *unwise* choices should be *conscious* choices. It's hard to ever go back, once you understand something clearly.

Now, let's continue the visualization process. Every time you see a luscious, green, organic salad with assorted raw leafy green fresh vegetables, and lean protein...see your mind and body becoming excited about the possibilities of feeling and looking extraordinary. See your body releasing and dissolving excess fat and replacing it with lean, muscle mass, as you enjoy each memorable healthy bite of this meal designed for a king. You now feel more energy and stamina than you've ever conceived possible. Knowing that you have found and chosen to use the key to unlock true, vibrant health.

Lovingly shop for, wash and prepare your foods. Show appreciation and respect for every delectable morsel you consume. Never again take for granted how easy it is to have access to grocery stores where we can purchase fresh organic foods of our choice, rather than having to hunt and farm, as our ancestors did. Understand how pure, organic food is brimming with essential nutrients. Smelling and digesting a freshly chopped salad is truly an experience of eating from God's Garden. It's an adventure not to be missed.

Once you begin savoring your food in this way you will never be able to return to abruptly inhaling your meals. You will never again allow yourself to be caught up in the busy-ness of the daily routine or rut. Rushing into fast food restaurants is no longer an option. We just don't go there. We now take the necessary time to shop and prepare our meals in advance. This will set you and your family up to win

I thought it would be best to paint an old paradigm (or pattern) of the way I used to live my life...vs. the life / *choose* to live today, since a lot of us are visual and see things in pictures.

### **A typical day in my life before conscious choices:**

An alarm would blast away at 7:00 a.m. I'd jump out of bed and quickly down a pot of coffee, accompanied by cake or cookies as I rushed around the house preparing myself to drive in rush-hour traffic to a job I despised. On the weekend, if I was lucky...I'd go out for a big man-sized breakfast with my friends. It would consist of fried eggs and potatoes with bacon and white toast with gobs of butter. I was so frazzled by the time I arrived at work...I needed "soothing." Anyone who has ever been overweight will know that I was about to eat something to make myself feel better. It could have been a hamburger or a milkshake. I know for sure that whatever it was...it *wasn't* in my best interest!

All day long, I'd eat on the run, gobbling, nibbling and chewing away, trying to pass the time until I could leave the job that I hated. Again, I'd be in rush hour traffic, of course stopping along the way to drive through a fast-food restaurant. It was very easy for me to consume a few big burgers, fries, and a milkshake.

Once in a while, I would replace the shake for hot apple pie, cookies, or chocolate candy. I was so clueless! By the time I arrived home, I was thoroughly exhausted. So, of course, rather than choose to exercise, I'd take a nap. When I woke up from the nap, I'd usually be hungry again, so the vicious cycle would continue. I was feeling weaker and sicker as day turned to night.. I knew I was in trouble by the time I hit 30 years of age. Life was just no longer worth living in the state I was in. Finally, after many years, I became so tired of being sick and tired, that I was ready to make any and all changes that were necessary to feel true health.

### **Here' a typical day in my new designer lifestyle:**

I wake up naturally and peacefully to the sound of birds chirping. I gently roll out of bed and slip on my walking or workout shoes. I make my morning drink, which consists of the following ingredients mixed in a blender...warmed low-fat soy milk; a half-cup of decaffeinated coffee; **USANA Almond Fibergy** powder; their **Soyamax** protein powder; and two big squirts of **USANA's** refrigerated **OptOmega Oil** which contains Essential Fatty Acids (which are crucial to cardiovascular health and optimal brain functioning) along with **USANA Essentials** daily vitamin/mineral/antioxidant product.

I then walk to my office, which is a very large sunroom overlooking my tropical garden in the back of my home. Life becomes really beautiful as I sit down to compose my book, or conduct miscellaneous business.

Watching the tiny animals frolicking in the yard inspires me. After writing for a few hours, my stomach growls for food. I've set myself up to win, so I walk to the kitchen where I'm able to make easy choices. Fresh salmon, free-range organically fed chicken breasts and hard-boiled eggs that I prepared earlier in the week await me. There's also brown rice already prepared in the steamer and fresh greens and raw vegetables in the frig...just waiting to be consumed by me later in the day, or whenever I'm in the mood to eat.

My salads are assorted with organic veggies such as arugula, baby spinach, baby romaine, tomatoes, cucumbers, sprouts, beans, broccoli, and whatever else is available. I sprinkle lemon pepper, balsamic vinegar and oil sparingly onto the salad and indulge. It is amazingly delicious. I chew each morsel until it has dissolved, and then, I go back to my computer and write some more. A few hours later I may feel I'm ready for a break. So, I walk into the bedroom where I have created a peaceful, private space for myself. I put on music and consciously breathe deeply for as long as it seems necessary. While I'm breathing, I pick up my weights and either do isometrics, aerobics, or whatever my body wants. After all, I'm already wearing the perfect shoes, which set me up to win each and every day. Whether I choose to exercise or not is entirely up to me. I've come to learn however, that choosing to exercise will make me feel much more energized and invigorated.

When I'm finished exercising, I listen to a meditation CD by **Michele Blood**. I prefer her affirmations and meditations to others I've heard, because she inspires me to be the best I can be. I'm reminded of my magnificence when I listen to her words. She reminds me of *who* I am and *where* I'm going. I also love listening to her **Laughing Meditation CD**. This brings me into such a playful, grateful state. Hearing the contagious laughter reminds me of how innocence is always at our fingertips and that we're only just a laugh or smile away from feeling peace, love, and joy. It also reminds me never to take anything or anyone *too* seriously.

When I'm finished exercising and meditating, I like to soak in the hot tub with my delicious aromatic oils and scented candles burning throughout the rooms. I also give myself a facial at least once a week. After this quality time I like to watch the *Dr. Phil* and *Oprah* shows whenever possible. By this time, I've taken care of myself. I've allowed myself to be creative. I've put in a full day, and I'm ready to visit with my mate whose office is at the other end of our home. We usually go out for a light healthy meal.

My favorite restaurants are where Mediterranean and oriental foods are served. A few times a week, we treat ourselves to a *Starbucks'* decaf, soy, latte'. That's pretty harmless compared to a lot of their specialty drinks that are dosed with sugary syrups, milk, and cream. During the day and or as a nighttime snack, I nibble on fresh fruit or **USANA's** certified low-glycemic nutrition bars, drinks and supplements. They provide lasting energy, taste delicious, and are easy to digest.

It all boils down to what you're willing to "give up" as well as "incorporate into your life." Are you willing to have it all? Are you willing to break away from the beliefs that were instilled in you for so very long? What changes are you *willing* to make? Are you willing to take the road less traveled? The choice is always yours. If you choose a certain path because you felt pressured by someone else, then...you didn't choose! If you're blaming others for the hand you were dealt, then you certainly didn't choose. You'll have what you want, as soon as you take full responsibility. Remember...you are *not* a victim, unless you choose to be! Do the necessary work to have what you want!

Nothing comes from nothing! You are so worth having the best of everything in life...especially the healthy, lean, energetic body of your dreams. If you have children, you must still make and take special time for yourself, even if it's only a few minutes each day. This will not only preserve your sanity, but also help maintain the joy and balance of your family.

I've personally had to learn not to schedule too many things on my calendar. It tends to interrupt the quality of my day. It also breaks the flow of my creativity. Sometimes I won't answer the phone for an entire week. Of course I'll check messages in case a matter needs immediate attention. I'll return calls, as deemed appropriate.

You can see why I purposefully left this chapter until almost last...because if you don't address your *issues* first, then you are simply placing a *Band-Aid* over a wound that cries out for attention, which might otherwise never heal properly. We are not fragmented or divided up into parts. We are whole and complete as body, mind, and spirit and must deal with the whole *before* going outside of ourselves. How can we deeply touch others without first finding comfort in our own skin?

In today's modern world of technology, every form of information is now easily and quickly available to us on every topic imaginable. To find out *who* you truly are and *what* you really love, begin now to make the essential time for yourself and do the work while there *is* still time. I never believed that life provided the time to do all of the things that we love. The truth is, the more I take care of myself...the more fun life becomes. There's no shortage of time. We all have the same 24-hour period, 7 days each week, all year 'round. What are you doing with yours? Take responsibility for the choices you make.

Begin living each moment, rather than putting it off for a "tomorrow" that never comes. Put a whole new twist on *your* today. **Give yourself permission to re-claim your life and have fun now!**

I've had to learn that we don't always get everything *exactly* when we want it! But we will get *what we want* through the lessons of faith, belief, positive thoughts, and never giving up! Speak the affirmations in the next and final chapter of this book as often as possible. Make the time...for this will allow you to speak your new "designer life" into existence.

What are you telling yourself?

**"When you have a disease, do not identify with it or try to fix it.  
Find your center of wholeness and you will be healed."**

– Chinese Proverb

For more information about the author of the following article, her book ***"Finding Comfort In Your Own Skin: Reclaiming Your Authentic Self"***, her CD ***"Finding Comfort In ALL Relationships – Instructions Included"***, and her Self-Improvement, Health Enhancement, and Financial Freedom Business Opportunities, go to: **[www.FindingComfort.com](http://www.FindingComfort.com)**. Or, call (800) 567-3602.