

## Prepping Your Body and Mind Transcript

Okay, it's prep time guys. It's time to talk about how do we prep your body and your mind for the greatest success once we actually jump into Step 1, The Diet and Slashing Inflammation. This is all preliminary work. The more you do now the easier it's going to be as we go through it.

Before we jump into the physical, I want to talk about the mindset, the mental, the emotional. That is just as important to healing as is the physical. Especially the longer you've been suffering or if you're struggling with anxiety and depression, it's really important to start to look at mindset in a different way and look at the things that feed you other than food. I call those things primary food, and included to help you start thinking about this mindset and those things is an audio file with Mary Shenouda. She's a dear, dear friend of mine, Mary Shenouda. She goes by the name, "The Paleo Chef."

Mary was very, very sick. Undiagnosed celiac until her mid-twenties. She knew every bathroom, every route, every exit on the freeways. Her digestive system ruled her life, and because it was undiagnosed, it kept getting worse and worse. The doctors told her that they thought she could have cancer in her mid-twenties. Found out she had celiac disease and really started to repair her health. So I had her come on to talk directly to you - our Gut Thrivers - about really how to have a mindset, how to believe in your own body again when you really haven't had that foundation, how to trust that your body can heal, and that you're headed towards a level of health and wellness that maybe you haven't experienced before. So much of it is about trusting the process, and Mary's a great person to really deliver that message to you.

I also want you to listen to a Ted Talk, to watch a Ted Talk, by a medical doctor named Lissa Rankin. It's called The Shocking Truth About Your Health, and I love that she brings these concept to Ted into the mainstream as a medical doctor, of looking at the other elements of your life besides the physical. What if there's not a lab test to diagnose it? What if there's not a surgery to cut it out? What if there's not a medication you can prescribe that will take away the symptom? Usually there's something underlying going on. We have to look at our underlying belief systems. We have to look at our primary food that the things that feed us other than food, and we have to look at our life for a bird's eye perspective. That's really what The Whole Journey is all about. It's blending the clinical aspects of health with the mental and the emotional and the spiritual to create a whole human being. We're going to create the mindset of a very healthy person.



Now to physically prep your body, I want you to start out drinking 16 ounces of room temperature water with a juice of half a lemon before your feet even hit the floor in the morning. So what we're doing here is your body's going to be collecting acid out of your joints while you're sleeping to be eliminated first thing in the morning. If we can add lemon to that, we're going to help get better bowel movements, we're going to help get more of that acid out, and we're going to help alkalize the system. We're going to check your pH. That's going to be a really important tool. When we talked about our goals, something you can measure now and you can measure again at the end of the program, your pH is going to really improve as you go through this program.

I also want you to be mindful of food combining. So I don't want you combining fruit with starch. So what that means, and since the beginning of time we've been putting bananas in our oatmeal and blueberries in our cereal. We want to keep those foods separate, because we don't want to create extra fermentation that we're already going to try to get rid of in gut thrive in the GI tract. So you want to not combine fruit and starch. No sweet potatoes and fruit, no starches, complex carb type of starches with fruit. We keep those separate for this week.

The next thing I want you to do is have two servings of leafy green vegetables every single day without fail. A serving of greens counts either as one cup cooked or two cups raw, and you're doing two of those a day. You want to start to increase your vegetables and your leafy greens, those are really nice cleansers. After that, evaluate where you currently are with caffeine. Are you having coffee every single day? If you are, try to go every other day. Are you having multiple cups of caffeine throughout the day? If you are, try to back it off just a little bit. Start to titrate down off of your caffeine. That's going to really help your hormonal balance.

Which leads me into the next step we're going to do to prep the body, and don't worry this is all on a PDF, all of your action items. You don't have to remember everything that I'm saying, but the next step there is I want you to eat protein with fat within one hour of waking. So breakfast has to happen within one hour of waking. That's a really crucial window to set up your metabolic profile for the day with the first thing that you put in your body. A lot of people coming to Gut Thrive - probably including you - experience adrenal fatigue, whether they are in phase one or phase two, and just by anchoring the metabolism with eating something upon waking, that can really start to help. It'll make the whole process easier.

I also want you to evaluate how much gluten and dairy you are consuming. Become mindful of it and when there is a choice this week to choose something else and to start eating less of them, go ahead and do it if you are



eating them. Many of you may not be eating gluten and dairy, and maybe you haven't for a really long time, but wherever you are with that, evaluate it and try to improve it. You're going 100% gluten and dairy free in Step 1.

We're also going to make something called CCF tea. It's cumin, coriander, and fennel tea, and I want you to consume it every single day. I'm a huge, huge advocate of letting food be our medicine, and by combining these three spices we're going to start to get a lot of traction with your digestive health. Many of you are going to notice it after the first cup. Cumin is a very powerful spice that will train your body to start producing more of its own pancreatic enzymes, very important to digest our protein. Fennel is going to calm and soothe the intestinal system. Coriander is a wonderful antipathogenic. When you combine these together, they work synergistically to have a really positive effect, a warming effect on the body. You have a PDF that explains the recipe and where I show you in one of my TV segments on how to actually make that.

Next we're going to do something interesting. We begin the self-care process with castor oil packs. If you haven't heard of castor oil before, it's going to be a wonderful addition to your life. It has been a natural remedy for years and years and years, and it's going to help prep the system, calm and soothe the system. It's going to help with constipation, if that's what you're experiencing. It's going to strengthen the liver. There's an element that happens when you use castor oil, that it helps the organs communicate better together. So there's a PDF. We're going to do a castor oil pack externally - you're not going to take it internally - and I explain how to do that. So, that's kind of a lot for you to get started. It should be enough for you to prep your body and your mind. Read all the materials, watch all the videos, and let's get amped to jump into Step 1.