

## The Diet - Slashing Inflammation Transcript

All right, step one is all about diet and slashing inflammation. We know that 3000 years ago Hippocrates, the father of natural medicine, he said, "All disease begins in the gut." And I think you probably believe that by now, since you're in this program, but he also said, "Let food be thy medicine." That's one of the governing principles of my work and it will always be, and I want it to be a governing principle for you. So this is where we really learn how to use food as our medicine in a way that lasts for the long term. I want you to create a lifestyle out of what you're learning here and how your diet's changing here.

Because a lot of the foods that we eat today are causing inflammation, and inflammation is a silent killer. The thing is, a little bit is good, because the body is responding to injury; it's responding to something that doesn't belong in there, but what's happened is we're inflamed all the time. So while your body is so intelligent, and it knows how to adapt and survive, it's inappropriately adapted and survived to this constant state of stress and inflammation. So what we need to do in this session is lower the inflammation set point, turn off that stress response. It's going to help the adrenals and the thyroid so much and then teach the body how to adapt and survive in a new way to make you stronger, so that you don't have food sensitivities at the end of this program, so that you can live in 80/20 balance and you can enjoy more foods than maybe you are used to enjoying.

We want to stop putting fuel on the fire. That is the point and purpose to this session, and so what we're going to be talking about in your materials, you're going to know exactly and everything that is in this session, what to eat, what to avoid, the specific meal plans every week for your particular plan that your assessment put you into, but all of you are going to be avoiding your main foods sensitives. All of you are going to be avoiding genetically modified foods, all of you are going to be avoiding common food additives and really finding that formula, that sweet spot that works for you. And then, of course, we're using our enzymes to back up the process and to do the house cleaning. So step one, we stop the inflammatory cascade and you should be feeling better by the end of step one and really ready to move into the pathogen purge. So read all of your material, download the meal plans, and let's get started slashing inflammation.