You Are What You Eat...

Kind Of

Presented by Tara Gesling

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Let’s get curious…

- Can food really affect your body?
- Does food have anything to do with an ER getting overrun with chronic illness patients?
- Food and inflammation, is there a relationship?
- How did a 78 year old reverse dementia symptoms with food?
- Does gut bacteria affect the immune system?
- Can I enjoy food and not feel deprived?

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Who would like to be healthier this year than they were last year?

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Ever wonder how a dog can drink dirty water and be fine…

Yet you go to Mexico and end up spending a week in bed because you took a sip of their water?

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FOOD IS OUR FUEL

What kind of fuel are you putting in your body?

Are you breaking it down and absorbing the nutrients?

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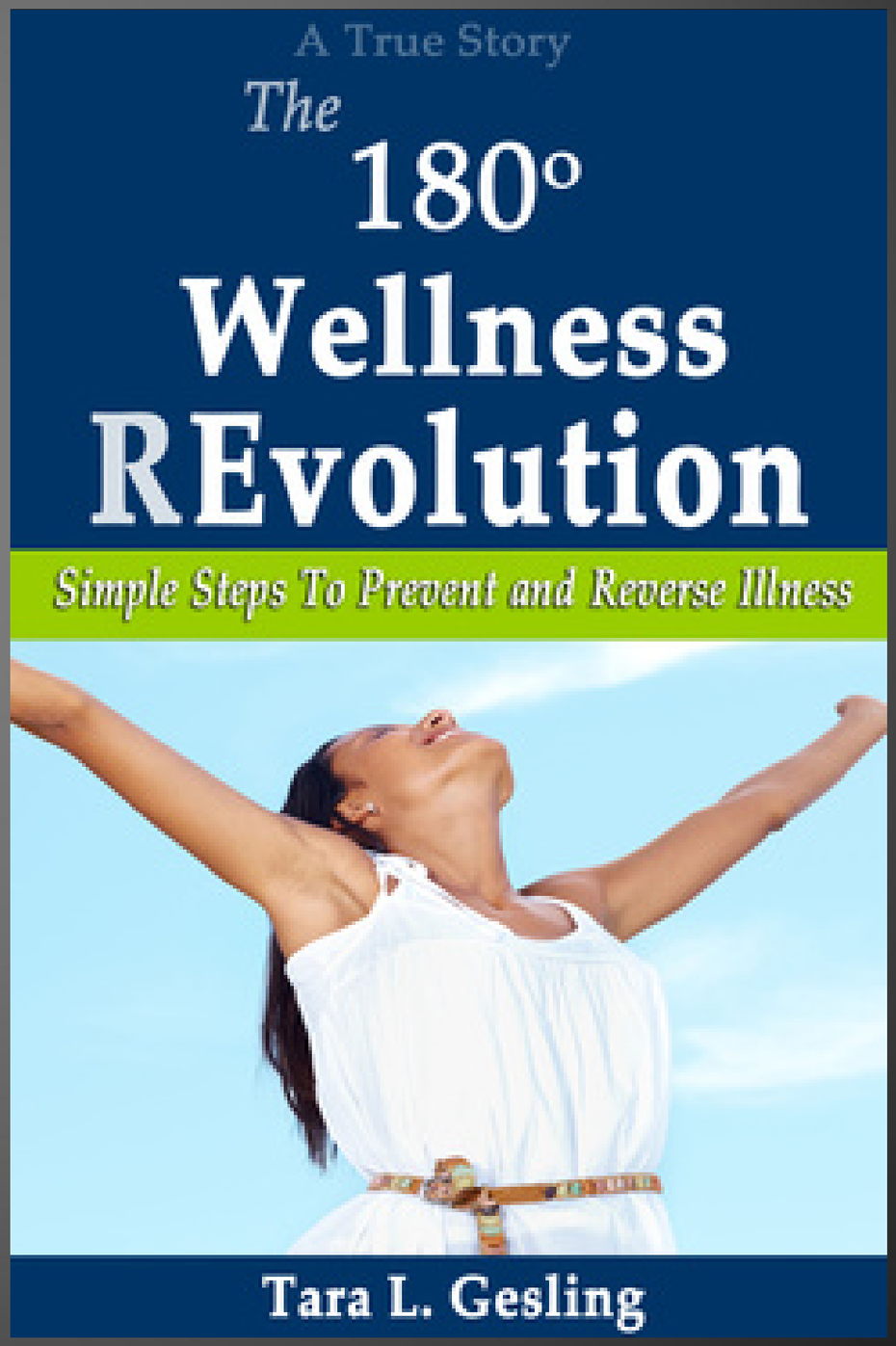
My Story

Amazon Best Seller



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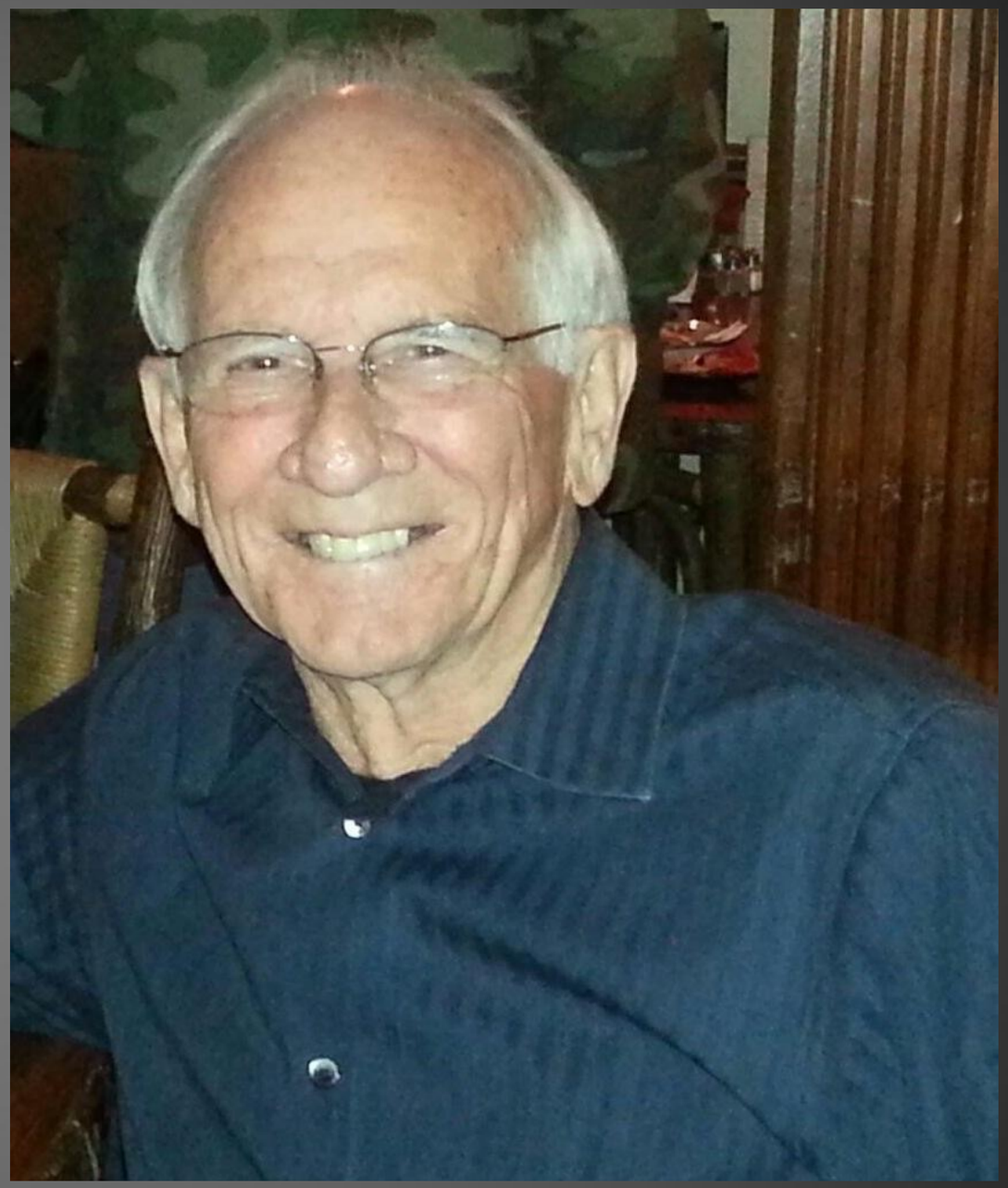
MEET BILL…



78 YEAR OLD MALE

Dementia/Alzheimers

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- What has been your experience up to this point in your life with diet and nutrition?
- What did you eat growing up?
- Have you evolved?
- What are you struggling with now? What's preventing you from changing it?

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We all have to start somewhere!

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WHY SHOULD YOU CARE?

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Standard American diet

S.A.D.

Not all calories are created equally!

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Acne
Allergies
Angina
Constipation
Arthritis
Asthma
Atherosclerosis
Colonic polyps
Diverticulitis
Esophagitis
Fibromyalgia
Gall stones
Gastritis
Gout
GERD
Dementia

Headaches
Hemorrhoids
High blood pressure
Hypoglycemia
Indigestion
Irritable bowel
Kidney stones
Macular degeneration
Osteoporosis
Stroke
Sexual dysfunction
Chronic Fatigue
Diabetes (adult)
Appendicitis
Type 2 Diabetes
Insulin resistance

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Your Early Warning System

Are you listening?

A diagnosis or symptom may be a downstream result of an upstream problem.

You can put a lid on the pot or turn the flame off.

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What’s going on with food?

- EMULSIFIERS
- DYES
- FLAVOR ENHANCERS
- 10,000 + CHEMICALS

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Who can identify this “food”?

- ***Enriched Bleached Wheat Flour [Flour**, Reduced Iron, B Vitamins (Niacin, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid)], **Corn Syrup**, **Sugar**, **High Fructose Corn Syrup**, Water, Partially Hydrogenated Vegetable and/or Animal Shortening (**Soybean, Cottonseed and/or Canola Oil**, Beef Fat), Whole Eggs, **Dextrose**. Contains 2% or Less of: **Modified Corn Starch**, **Glucose**, Leavenings (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), **Sweet Dairy Whey**, **Soy Protein Isolate**, Calcium and Sodium Caseinate, Salt, Mono and Diglycerides (from petroleum), Polysorbate 60, **Soy Lecithin, Soy Flour**, **Cornstarch**, **Cellulose Gum**, Sodium Stearoyl Lactylate, Natural and Artificial Flavors, Sorbic Acid (to Retain Freshness), Yellow 5, Red 40*

- ***Red = likely GMO products***
  Green = sugar

Source: http://blog.fooducate.com

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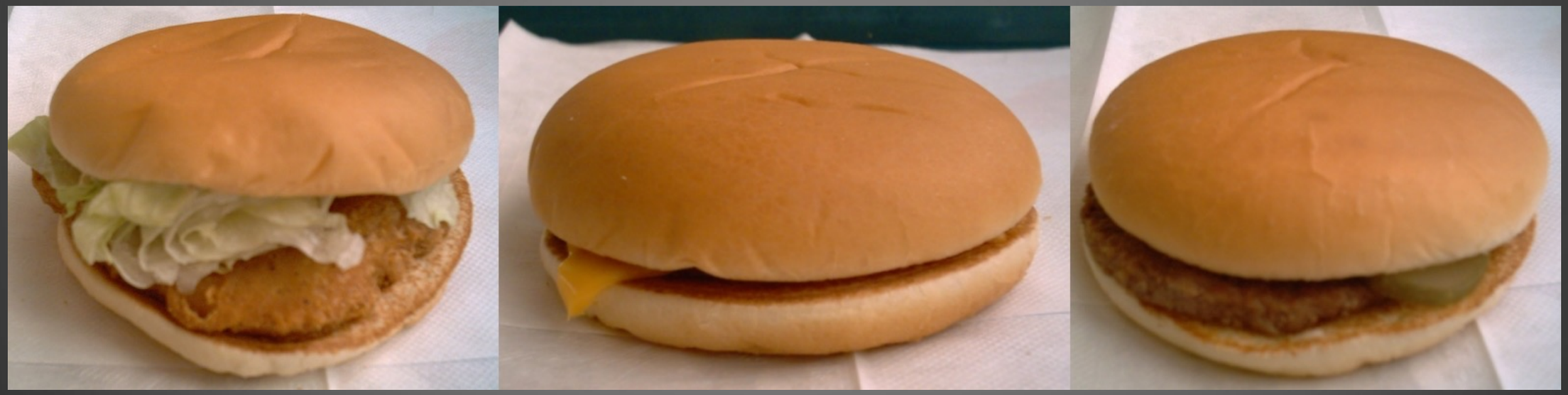
What about the bun?



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- Calcium sulfate (aka plaster of paris)
- Ammonium sulfate (according to MSDS "harmful if swallowed")
- Ammonium chloride (symptoms include nausea, vomiting, and diarrhea)
- High Fructose Corn Syrup

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Corn syrup
High fructose corn syrup

As use of high-fructose corn syrup has increased, so have levels of obesity and related health problems

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It’s everywhere!

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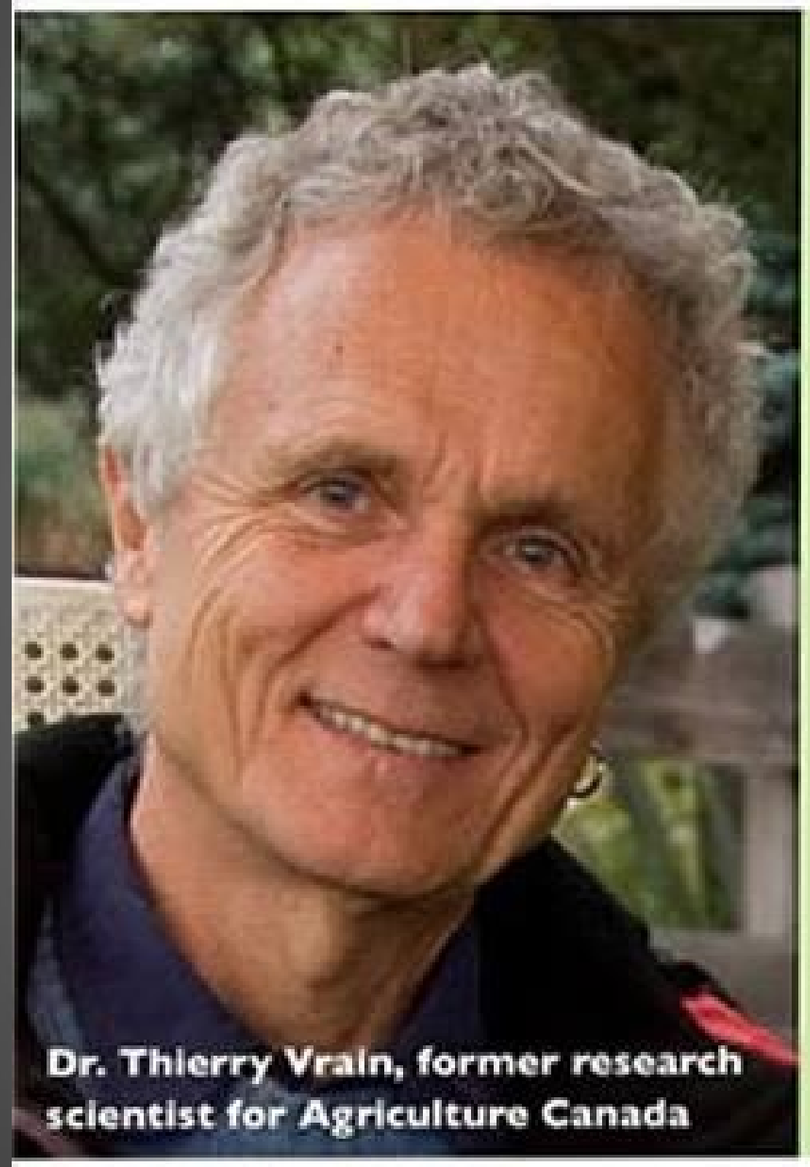
Former "Pro-GMO" Research Scientist tells it like it is:


Dr. Thierry Vrain, former research scientist for Agriculture Canada

"I refute the claims of the biotechnology companies that their engineered crops yield more, that they require less pesticide applications, that they have no impact on the environment, and that they are safe to eat. The scientific literature is full of studies showing that engineered corn and soya contain toxic or allergenic proteins."

Keep raising awareness, Thierry!

gmo-awareness.com

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Aspartame Side Effects

- decreased vision
- headaches, migraine
- epileptic seizures
- severe depression
- irritability
- phobias
- severe PMS
- hyperactivity in children
- Multiple Sclerosis (MS)
- Chronic Fatigue Syndrome
- Fibromyalgia
- birth defects, including mental retardation

RawForBeauty.com

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What Does The Front Label Mean?

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Let’s take a close look…

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Do Your Research

FOOD CAN HELP HEAL
and
FOOD CAN HARM

Understanding this truth can be one of the most empowering steps you can take to start turning your health around.

–Tara Gesling

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Solutions??

Whole Foods - Less Chemicals

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WHOLE FOODS HAVE ALL THE KEYS!

Vitamins

Minerals (micronutrients)

Enzymes (the pac-mans)

Antioxidants

Essential fatty acids

Phytonutrients

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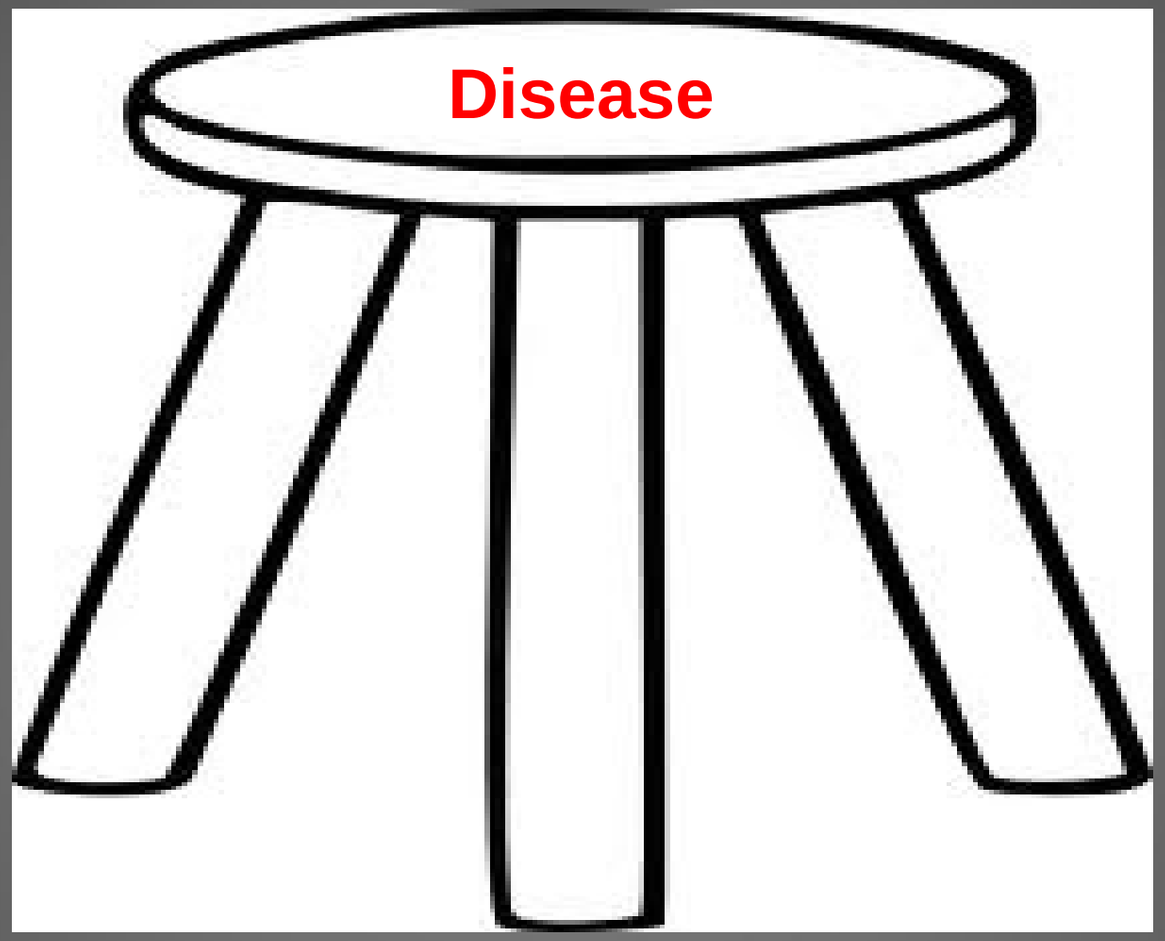

Genetic predisposition

Leaky (permeable) gut

Environmental triggers

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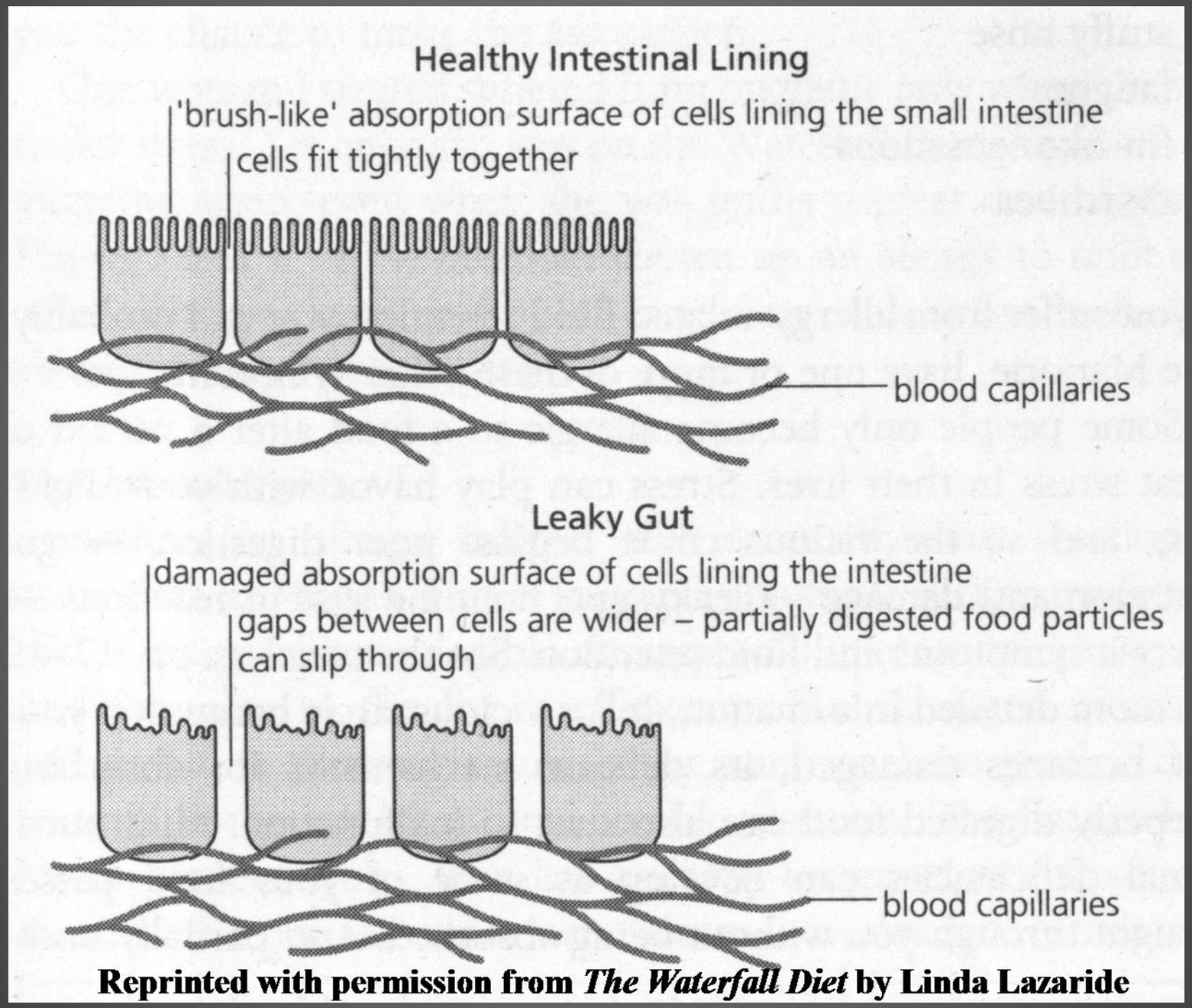
Leaky Gut



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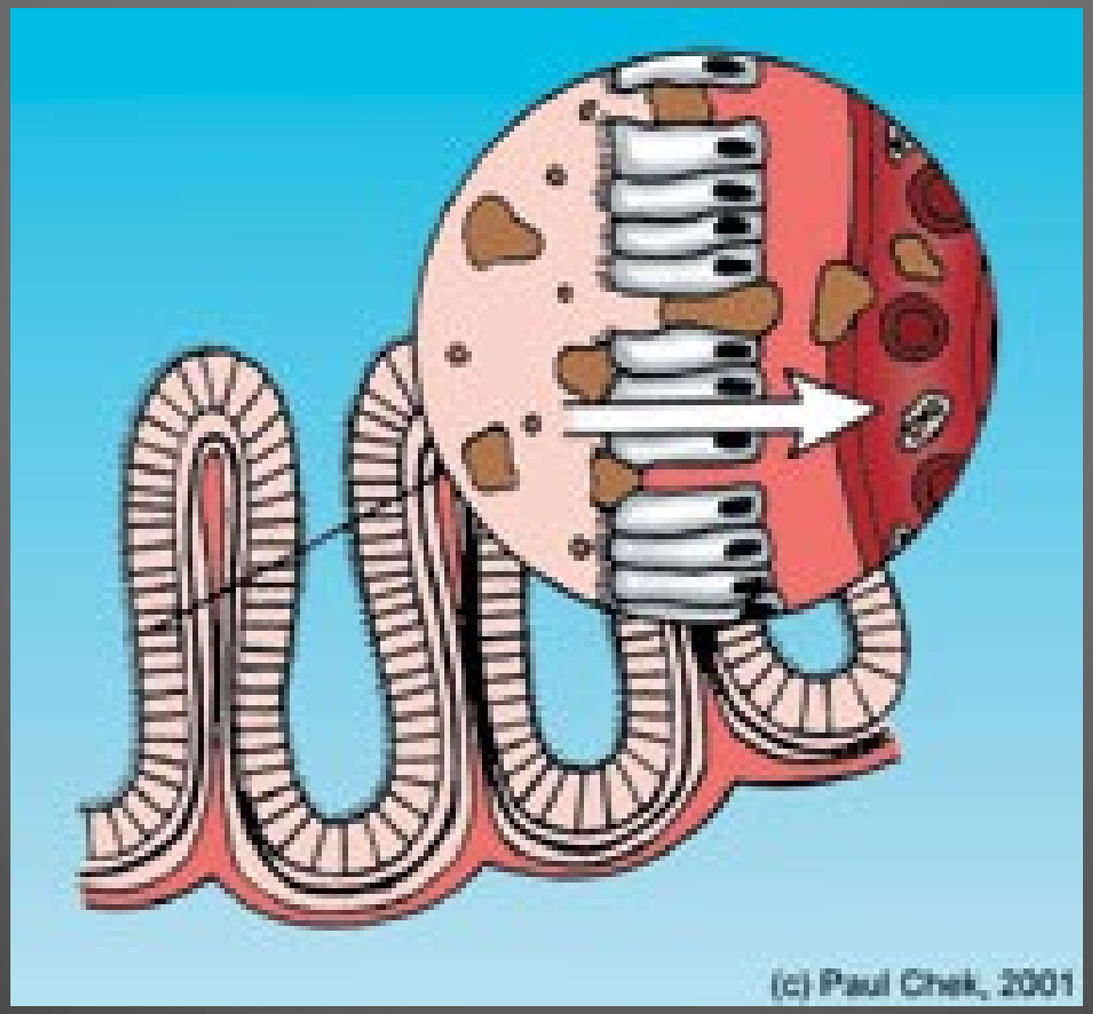
You are not what you eat,
you are what you can absorb!



Is the ER overrun with chronic illness patients?

In the ER you have the ability to steer the patient in a direction of healing.
You can’t have that impact if you aren’t aware of the POWER of food.

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We discussed…

- How food can affect your body
- Why the ER may be getting overrun with chronic illness patients
- How a 78 year old reversed dementia symptoms with food.
- Food and inflammation?
- Gut bacteria and the immune system
- Enjoy your food, it’s not about deprivation!

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"So many people spend their HEALTH gaining wealth, and then have to spend their WEALTH to regain their health."

- A.J. Materi

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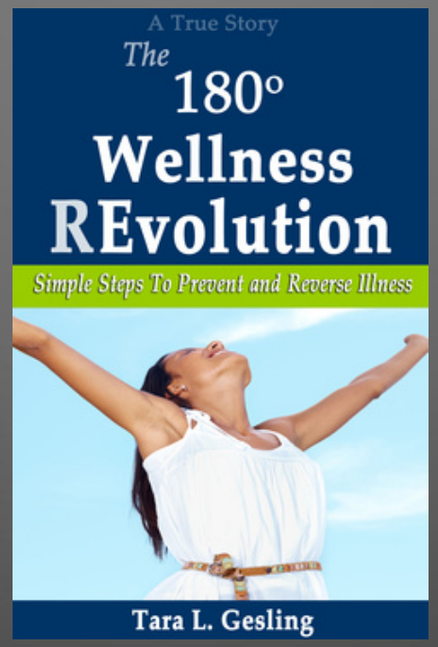
WHEN WE FEEL GOOD… LIFE CAN BE MORE

JOYFUL & FUN!

For more information and a deeper look into the material presented here today…

Available on amazon.com



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