

# Eat Right Now with Chef Wendell

The End of Mindless Eating

[Chefwendell.com](http://Chefwendell.com)

“People are fed by the Food Industry,  
which pays no attention to health,



and are treated by the Health Industry,  
which pays no attention to food.”

Wendell Berry

# Consequently

- **Operating on a damaged system: less than whole**
- **Hence, we're the sickest / fattest nation**
- **With the most expensive healthcare**
- **Unable to achieve their divine, inborn potential**
- **Why? DOA processed foods, environment, lack of food awareness, and low-grade Western diet**
- **Unable to nourish your trillions of helpless cells**

# The Reality:

## Ill health is not necessarily your fault

- Like breathing and sleeping, eating is a necessity for living
- We've diverted the road of nutritionally righteousness
- Your body intelligence only speaks the language of real, fresh, living foods
- Your body reacts negatively to food that doesn't exist in nature:
- We eat much more than any other country
- Yet, Americans are malnourished
- The Placebo Effect proves your body can heal and protect itself
- If you supply it with the correct building blocks
- Your body's ability to heal itself is infinitely greater than anyone has permitted you to believe.....
- But...no one talks about the connection between food and disease

# Example: Wheat and Your Health

## Things aren't what they seem

- It's not your great-grandpa's wheat
- Causes inflammation
- Why? It's alien to your cells
- Today's wheat is stripped of nutrients during processing
- 81% of the population has gluten intolerance
- Today's 'wheat' fertilizes Celiac disease
- Diabetics: rapidly spikes blood sugar (Especially white flour & white rice)
- Contains cancerous Afloxotin
- Linked to depression, anxiety, and ADHD
- Linked to auto-immune diseases
- Weakens digestion
- "Wheat Belly"
- Nature infinitely knows best

Source: Plant Research  
International

# What is Inflammation?

- The body's fundamental way of protecting itself from foreign invaders
- A major factor contributing to heart disease
- Inflammation inflames your arteries
- Uncontrolled: silently causes many chronic diseases
- Can harm the tissues it's meant to heal
- Can affect internal organs
- Want to prevent a recurrence & other disease?
- Strive to keep inflammation to a minimum

*WebMD*

# Inflammation has a purpose

- **When something harmful or irritating affects a part of our body, there is a biological response to remove it**
- **To remove harmful stimuli, including damaged cells, irritants, or pathogens**
- **Inflammation is your bodies self-protection**
- **Beginning the natural healing process**
- **Signs and symptoms (Red) of acute inflammation, indicate your miraculous body is trying to heal itself**



# ANTI-INFLAMMATORY

**NUTS**



**AVOCADO**



**SPINACH**



**TART  
CHERRIES**



**OLIVE OIL**



**ORANGE  
VEGETABLES  
& FRUITS**



**PINEAPPLE**



**TURMERIC,  
GINGER,  
ONIONS AND  
GARLIC**



RawForBeauty.com

# INFLAMMATORY

**GLUTEN**



**CASEIN**



**SAFFLOWER,  
SUNFLOWER,  
SOY, CORN**



**PROCESSED  
MEATS**



**FRIED FOOD**



**MEAT & DAIRY**



**SYRUP AND  
SOFTDRINK**



**FAST FOODS**





# RawForBeauty

## ELIMINATE INFLAMMATION

## CAUSE INFLAMMATION

### NUTS



### AVOCADO



### SPINACH



### TURMERIC AND GINGER



### OLIVE-OIL



### TART CHERRIES



### PINEAPPLE



### ORANGE VEGETABLES & FRUITS



### ONIONS AND GARLIC



### GLUTEN



### CASEIN



### SAFFLOWER, SUNFLOWER, SOY, CORN



### MEAT, DAIRY, EGG



### PROCESSED MEATS



### FRIED FOOD



### SYRUP AND SOFTDRINK



### FAST FOODS



# Uber Internal Inflammation: Consequences

**CVD Breaking News ! Your body's defender goes on attack\*  
(New science)**

- Heart-may cause chest pain or fluid retention
- May cause high blood pressure or kidney failure
- Contributes to cancer, fibromyalgia, osteoporosis, diabetes, & Alzheimer's
- May cause intestinal cramps and diarrhea
- May cause eye-pain or decreased vision
- Blood vessels-may cause rash, headaches, or internal organ damage
- May cause shortness of breath similar to an asthma attack

The New York Times

# The End of Mindless Eating

- It's about loving yourself so much that you don't want to make yourself suffer anymore
- Where & how was it grown?
- The sun, water, & soil
- Was it made in a factory or originate in a garden?
- Did it mature on the vine?
- Observe it's color, texture, and aroma
- Is it covered in chemicals
- Is it feeding or depleting me?
- Acknowledge it's disease-preventing gifts
- Am I eating this to nurture my body or for instant pleasure?
- Was is genetically altered from its original form? (GMO)
- Do I want this to be a physical part of me?
- Am I really hungry, stressed, or bored?
- Choose well and feel well
- Be honest with yourself about the reality of what you eat

# You're a Worthy Miracle

- Your body / temple is designed to express perfect health
- Infinitely more powerful than you've been informed
- The best kept secret in mainstream medicine is that under the right conditions, your body can heal itself
- Eating intelligently & mindfully is an art
- Quality calories eternally trumps quantity
- Eat from the Celestial Apothecary
- You can make yourself sick or you can make yourself healthy
- It's all about daily choices, intentions, & self-love
- Be mindful: The less you do to a food, the more it can do for you



# The Good News

## You Can Control Inflammation

- **Turmeric Tea** w/, apple cider vinegar, honey, cayenne and fresh ginger
- Keeps your body pH (acidity) low-Alkaline
- *Eating fruit daily could reduce risk of CVD by 25-40%. University of Oxford at the European Society of Cardiology Congress 2014.*
- Maintaining a healthy body weight-(remember those fat cells)
- Eliminate refined white flours in bread and pasta
- Remove white rice and instant oatmeal
- Decrease sugary sodas, pastries, candy, rich desserts, and pre-sweetened cereals
- Become a “Vegaholic” and eat from nature, not a factory
- Stop smoking and excessing cocktailing
- Regular exercise



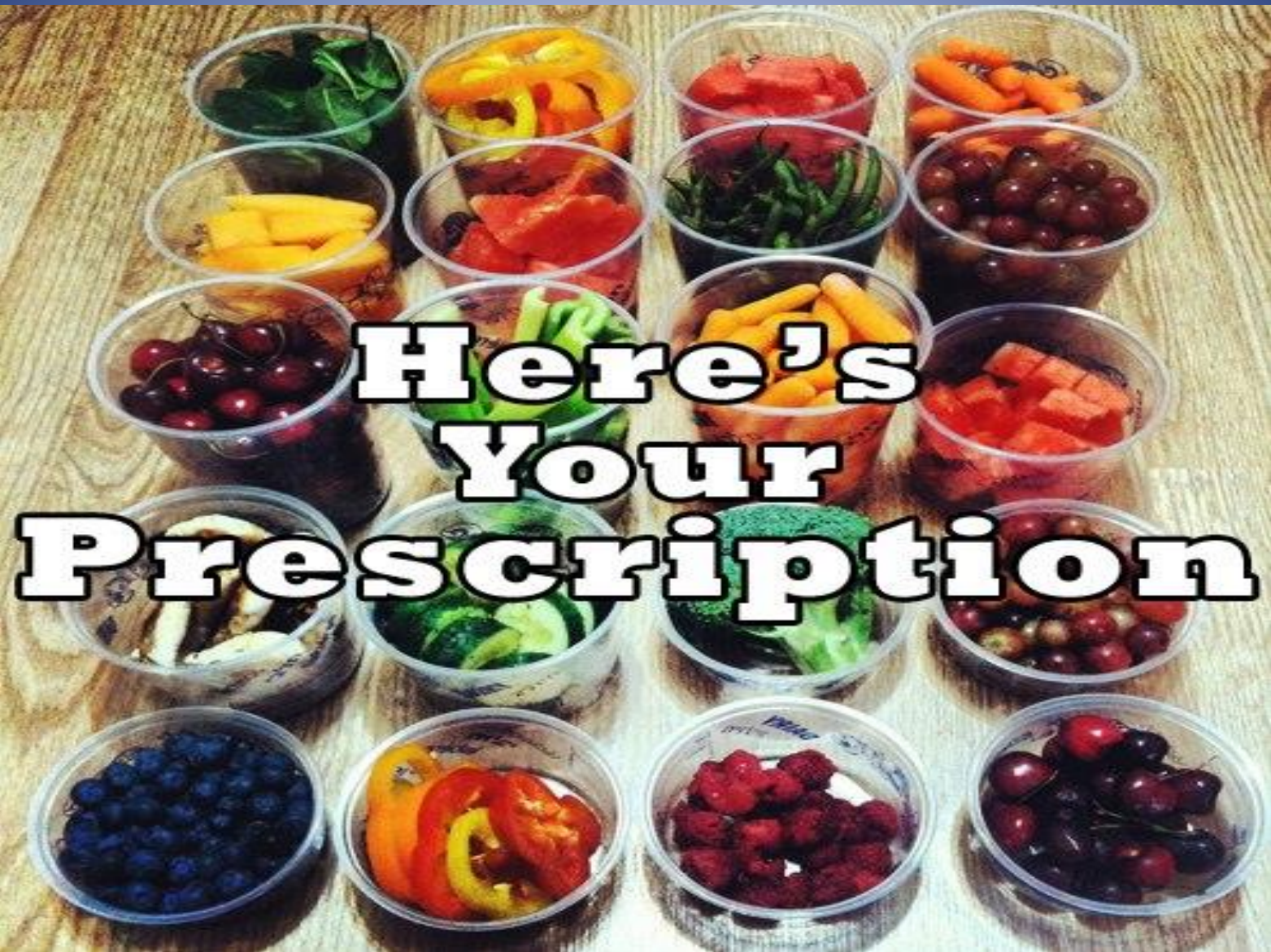
# Fruits, Vegetables & Proteins with Anti-inflammatory potential

- Avocado
- Broccoli
- Apples
- Sweet Potatoes
- Chard
- Strawberries
- Blueberries
- Spinach
- Carrots
- Oranges
- Olives
- Kale
- Tuna (not canned)
- Salmon-**omega 3**
- Sardines-**omega 3**
- Trout-**omega 3**
- Non-fat Yogurt
- Dry beans
- Walnuts-**omega 3**
- Almonds
- Pecans
- Brazil Nuts
- Fermented soy foods

# Food is Medicine

Hippocrates 400 BC

- **The Father of Medicine was correct**
- **Nutrition FAR exceeds medicine when it comes to preventing and treating inflammation**
- **Do not take eating for granted**
- **Instead, be grateful to be alive**
- **Be present in your 'dinner table life'**
- **Eat with mindfulness, wonder and self-love**
- **Eat real food**
- **Flourish and bloom where you grow**



**Here's  
Your  
Prescription**



# Turmeric and Ginger Tea

2 cups boiling water  
1 inch fresh ginger, smashed  
(No need to peel)  
½ lemon  
½ tsp. powdered turmeric  
1/8<sup>th</sup> tsp. cayenne  
¼ cup Bragg's Cider Vinegar  
1 tbs. raw local honey or local  
maple syrup (Stevia is okay  
too)  
Strainer  
2 Large coffee mugs

- Bring enough water for two mugs 'almost' to a boil. Shut off heat. Add turmeric and cayenne. Whisk.
- Meanwhile, puree ginger and lemon, with rind, in a food processor.
- Add lemon and ginger puree to the hot, NOT boiling turmeric water.
- Let everything steep for 10 minutes.
- Grab your 2 mugs and add 5 1/4 cup of Braggs to each cup. Keep the Braggs at room temperature. It's alive.
- Strain tea into each mug; add honey, stir to combine.
- Gravity takes the turmeric to the cup bottom quickly.
- Drink warm and stir frequently between sips because the turmeric gravitates to the bottom-- so keep stirring it up.
- [Chefwendell.com](http://Chefwendell.com)

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