

For centuries, there has been a tremendous amount of diet and nutritional information available. However, it obviously has not worked. Despite all the new breakthroughs in technology and diet books, Americans are more obese than ever, and life-threatening diseases are higher than ever due to the poor eating habits of this country.

Eating enough of the right foods at the right times through the day!

Most diet plans fail because there is a start and a finish. You need to find a lifestyle plan that you can maintain for an indefinite point of time. I find that people are not eating enough, and not eating enough of the right foods. Eating to live means fueling your body on what you know is right, when it is right.

FOOD BY GOD (Foods God Intended You to Eat)

Your body is the most magnificent creation God has made. That also should tell you that God also created foods for you to eat that will fuel your body to its maximum potential. Not eating these foods means that it is impossible for you to reach that potential. In America today we have the highest amount of diet foods, fat-free, carb free foods than ever before, yet this country is fatter and unhealthier than ever before. Why? These foods are processed, synthetic, chemically altered, man-made food. Man-made food can not, and will not sustain health or life. Our new motto should be "If God did not Ok it, do not eat it!"

The foods that God intended us to eat have all the essential nutrients to sustain life. Let's take an apple for example. An apple contains many different vitamins and minerals and live enzymes needed to digest properly and allow your body to utilize all of the nutrients it contains. The apple also contains a good source of natural fiber so the waste can be passed through the body. When you're done with the apple you can plant the apple core and seeds into the ground and in return you can create an apple tree which will supply you with apples for decades. Next time try putting a Twinkie in the ground and see what will happen!

ACID = BAD — ALKALINE = GOOD

When your body is in an acidic state it promotes an environment for all types of diseases, bacteria, inflammation, viruses, fungus and even cancers to develop. Eating high amounts of processed foods, non-organic red meats, dairy products, caffeine and sugar will increase the acidity of the body. To reduce the acidity of the body, the body releases calcium carbonate, which comes from your bones, in order to buffer the blood and bring it to a more alkaline state. In doing so, over time joints will ache, and bone density will fall. On the flip side, all of the foods God created for us such as raw vegetables, water, healthy fats (almonds, avocados, olive oil, fish oil, flax seed, etc.), fish, and certain poultry will actually lower the acidity in the body and bring it to a more alkaline (basic) state where the problems above can not manifest. Again, another reason to see that God has it all under control; we just need to follow and obey.

FOODS BY MAN (Man-made food)

Man-made food is food that is created or altered by man. It is also food that God did not design to be consumed or processed by your body on a regular basis, if at all.

The farther away you get from eating the foods God specifically created for the body, or the farther these foods are from their natural form, the less efficiently the digestive system can break them down.

That which does not contain life, therefore can not sustain life.

Man-made food is almost all indigestible. Your body does not recognize the preservatives, chemicals, and processing methods used in these foods. Man-made foods cannot pass through the digestive system quickly and cannot be broken down well basically clogging your intestines and digestive organs. This will block the processing of other nutrients, rob you of power, contaminate your organs, create excess fat storage, affect your mood, and contribute to every type of symptom and disease known to humankind.

Man-made food lacks life or any truly usable vitamins, minerals, or other nutrients. Anything that is devoid of nutrition or life is unlikely to be able to sustain life.

When your body consumes these chemicals, preservatives, and toxins, it does not know what to do with them. When your body is functioning optimally, it may detoxify these problems by passing them out through feces or urine. Most of the time, your body will store these toxins in your fat cells, actually using the fat cell as a barrier or "cabinet" to wall off the toxins it can not recognize. These protective mechanisms the body has to deal with the harmful additives will help you get by and function for a short time, but not for the long term. The fact that the body has to deal with such foreign substances from man-made food causes a huge stress to the body robbing you of vital health and energy, causing decreased immunity and stress related illnesses. Unfortunately, man made food will not allow you to function well or long.

Primary CREATED Man-made foods to avoid:

- Pork- scavengers, eat feces, their own dead, poor digestive capabilities, very toxic
- Shellfish- scavengers, live off other marine animal's waste products
- Sugar Substitutes- Hydrogenated Oils, Shortening Additives, Colorings, Flavorings,
- Preservatives- Fast, Refined, and Fried Foods Other Animal Products
- Dairy- Pasteurized, Homogenized Milk
- Caffeine
- Refined Sugar- white sugar
- Table Salt
- White Foods

- White Flour
- Soft Drinks
- Corn Syrup- High Fructose Corn Syrup
- Soy Protein
- Excessive Alcohol

The above products are all removed from their natural God-given state. These cause havoc to your body, and will never allow you to reach your full potential of health.

Eat God-given, fresh, natural foods as much as possible!

The farther away any product is from its natural state, the way God made it, the more potentially harmful it is to the body.

Carbs are not the enemy! The time you eat them is!

Carbohydrates seem to be the most hated food group in today's society. Fats used to be. Reality is, carbohydrates, fats, and proteins are needed by the body. IN fact, each macronutrient group plays a vita role in the health and functioning of your body. Below is a summary of each:

- **Protein:** The principle role of protein in the body is to build and repair body tissues, including muscles, ligaments, and tendons. Protein also is important for the synthesis of hormones, enzymes and antibodies, as well as fluid transport and energy. Against what many people think, protein is NOT a primary source of energy, except when you do not consume enough calories or carbohydrates. For those people out there looking for a quick fix and going on restricted diets, that is when protein is broken down and used for an energy source. This process takes away protein's intended job of being used for building tissues, enzymes, hormones, etc.
- **Carbohydrates:** Primary source of energy used in the body. Also correct sources supply the body with high amounts of fiber. When eating carbohydrates, they are first stored in the muscle as glycogen, then the liver. After the muscles and liver are saturated then the left over carbohydrates are stored as fat. Carbohydrates are one of the most important nutrients for exercising muscles. Carbohydrates are needed in right amounts not only for muscular performance, but also for the brain and central nervous system.
- **Fats:** Essential for hormones, energy, nervous system, healthy skin, hair, and nails, and many other processes of the body. Fat is the major fuel for long duration and low-to-moderate-intensity. It is the most concentrated source of food energy, and supplies more than double the calories per gram (9 calories) than that of both carbohydrates and protein (4 calories). Fat provides your body with the essential fatty acids it needs that is necessary for proper functioning of the cell membranes, transporting fat-soluble vitamins, and most important for healthy skin and hormone production.

There are good fats, and there are bad fats. You should never rid your diet totally of fat. Remember your body needs fat to burn fat. However you must watch the sources of fat in which you consume. There are saturated fats and there are non-saturated fats. Saturated fats are the fats you want to stay away from. These contain a high amount of cholesterol that will raise your LDL (Low-Density Lipoprotein) count. LDL's are the bad cholesterol that can lead to deposits in your arteries causing heart disease and atherosclerosis.

On the other end of the spectrum are non-saturated fats. These actually raise HDL (High-density Lipoprotein) levels, which actually remove cholesterol from the cells of the arteries. HDL's are considered the "Good" cholesterol. An easy way to determine if a fat is saturated or not is to look at its viscosity. At room temperature all saturated fats are in solid form.

Such examples include animal fat on chicken, beef, and lard. Non-saturated fats are a liquid at room temperature. Examples include olive oil, flaxseed oil and fish oils. The only saturated fat that I would recommend for cooking and added health benefits is Extra Virgin Coconut Oil. So the fat in your diet should come from mainly non-saturated fat sources. Not only will this put you at less risk of heart disease, but it will also help your body release some of your unwanted fat stores.

- **Water:** Water is one of your 4 essentials to physical life. Many of us walk around dehydrated and not even know it. Your body is made up of 70-75% water. Your spinal discs are also 75-80% water. Even the slightest hint of dehydration will stifle your performance, increase the acidity in your blood, cause fatigue, increase fat storage, dry the waste in your bowel, increase sensitivity to pain, and produce an unhealthy environment to your spinal discs and joints of your spine and entire body.

We need to consume at least a 1/2 gallon to 1 gallon of water per day. Keep a bottle of water with you at all times, so you can sip all day. If you consume beverages with caffeine in them, you will need to increase your water consumption even more. Caffeine and sugar beverages act as a diuretic making your body lose more water. A good indicator is your urine. If your urine is yellow, you need more water. If it is clear, then you are taking in adequate amounts.

Timing and eating foods at the right time will make a tremendous difference in your health, your energy levels, and your waistline. As stated above, if carbohydrates are consumed later in your day, a greater chance of those carbohydrates can be stored as fat. This is why we must eat them mainly in the morning and first half of the day.

When, How, and How many! :

Eating the right foods at the right times:

To make it very simple, you should eat 5-6 small meals per day. Wow, you may think, but we need to consume a meal roughly every 3 hours to keep blood sugar and metabolism stable. Breakfast is the most important meal of the day, so if you are not eating one, it must be added. Each time you eat something, even a snack, of the right foods, it will kick your metabolism into overdrive. A higher metabolism means you will burn more calories at rest, and many more through out the day. So actually eating more of the right foods will allow you to burn more calories through out the day, increase your thyroid output, and bring your body to a healthy weight.

In addition to increasing your meals, you must incorporate the right food groups at the right time. Make sure a lean protein source is consumed with each and every meal. Along with that protein source try to also eat some type of green fibrous vegetable with each and every meal.

If you are up to eating 6 meals per day or eating 4 meals per day, divide your meals in half. You will consume a good source of carbohydrates with the first half of your meals. The last half of the meals for the day will just be made up of a protein source and fibrous vegetable.

5 ways to boost your metabolism without ever stepping foot in the gym! (Plus 2 more in the gym)

1. Eating Breakfast
2. Eating 6 small meals per day
3. Consuming a protein source each meal
4. Consuming a Green Vegetable source each meal
5. Drinking at least a 1/2 gallon of water per day
6. Resistance Weight Training
7. Cardiovascular exercise

Here is a guide to help you structure your daily eating plan:

1. Eat smaller more frequent meals. Preferably **5-6**. If you are only eating 1, 2, or 3 times per day then work on raising it to 4 x's one week and 5x's 2 weeks later. Your goal will be 6 meals per day spread every 3 hours. (Remember that the portions should be enough to satisfy you until your next meal 3 hours later.)
2. Make sure all of your meals are built around a good quality lean protein source (lean

meats, poultry, fish, and protein powders) and combine them with some type of vegetable. For at least your first three meals, you want to divide your plate into three sections: 1. **Protein Source** 2. **Complex Carbohydrate** 3. **Fibrous Green Vegetables**. Each time you ingest a solid protein, you will raise your metabolic rate 30% to burn more calories and fat! (Not a bad deal)

3. Eat your biggest meal in the morning and slowly taper off the calories as the day moves on.
4. Avoid simple sugars; substitute foods high in sugars for low glycemic, complex carbohydrates and fibrous green vegetables. You can use artificial sweeteners like Stevia and organic raw honey.
5. **For the last half of your meals**, try eating just protein and all the green vegetables you want. Examples are broccoli, green beans, asparagus, zucchini, Brussels sprouts, etc. These vegetables will give you the recommended fiber you need daily, and also help speed up your metabolism.
6. DRINKPLENTYOFWATER! Try to get a 1/2 gallon to 1 gallon per day.
7. Don't eat within 2-3 hours before going to bed.
8. If you cannot eat a real meal when it is time to, then you can supplement with a protein powder or raw nuts with fibrous vegetables.

**Summary: Make sure the first half of your meals, depending on how many meals you are getting in a day, consist of a protein, a green vegetable, and a complex high fiber carbohydrate. Then make sure your last 2-3 meals consist of only a protein and a green vegetable.

God-Given Foods to Eat!

Choose from the following list when structuring your meals throughout the day:

Carbohydrates (Eat only in the first half of your meals):

- Rice; Brown, jasmine, and basmati

Fruits: (eat only in the morning)

- Apples
- Bananas (High blood sugar effect)

- Blackberries
- Blueberries
- Cantaloupe
- Currants
- Grapefruit
- Grapes
- Honeydew melons
- Kiwi
- Lemons
- Limes

Complex Carbohydrates

- Cream of brown rice
- Oats
- Grits Other hot whole grain cereals (barley, quinoa, rye, spelt, millet, flax)
- Rice cakes, rice noodles, puffed rice
- Cereal
- Barley
- Buckwheat
- Potatoes
- Sweet potatoes
- Corn
- Peas
- Squash

Vegetables: (Eat a serving with every meal, and eat all you want!)

- Artichokes

- Arugula
- Asparagus
- Bamboo shoots
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Escarole
- Green beans
- Kale
- Lettuce: All kinds
- Mustard greens

Beans (Protein and carbohydrate eat in the first half of the day)

- Chickpeas
- Kidney
- Lentil
- Lima

Raw Seeds /Nuts (Fat and protein, used as a great snack)

- Pumpkin
- Sesame
- Sunflower
- Flax
- Raw nuts

PROTEIN (eat a serving with every meal)

- Poultry
- Chicken
- Turkey
- Duck

Protein continued:➤ **Meat**

- Lamb
- Beef (grass fed, organic)
- Venison
- Buffalo

➤ **Fish**

- Salmon
- Tuna
- Mahi-mahi
- Mackerel
- Halibut
- Rainbow trout
- Whitefish
- Trout
- Sea bass

- Sardines
- Snapper
- Grouper
- Swordfish

Good Fats (use in the last half of the day when carbohydrates are not eaten)

- Olives (Oil: cold-pressed, extra-virgin)
- Extra-virgin coconut oil
- Crushed flaxseed (cold- pressed flaxseed oil can be used although not real stable)
- Fish oil

Beverages

- Water: Reverse osmosis, distilled, fresh spring, filtered (1 gallon per day)
- vegetable juices
- Almond, rice, or oat milk
- Herbal tea

Condiments

Condiments are not used in heavy amounts; avoid ones from a chemical source.

- Sesame seeds
- Ginger
- High-quality vinegar
- All-natural hot sauce
- Spices without MSG or hydrolyzed vegetable protein

SNACKS:

When you can not eat a whole, solid meal, Creator food, then you can use the following for snack to replace those meals.

- Nuts/seeds (especially after the first half of the day)
- Fruits (if it is in the 1st half of the day)
- Cut raw vegetables with almond butter
- Organic food bar from the nutrition store
- Protein powder (Use whey protein, and limit to 1 per day)

Detox and Withdrawal from Man-Made food?

When you think of detoxification, usually someone battling an addiction comes to mind. These people are battling physical and chemical addictions from drugs, alcohol, etc. These dangerous chemicals enter the body and will cause a dependence or addiction in the person. When the person discontinues use of the alcohol and drugs, their body will go through a detoxification process or a healing crisis that can totally put a person out of commission from days to weeks, even months, causing symptoms such as nausea, hallucinations, headaches, paranoia, depression, pain, and even suicidal tendencies. It is truly is horrific.

Many people don't realize that they too have been poisoning their bodies with chemicals, additives, preservatives, and foods that build a dependency such as caffeine, and sugar. When you start eating the foods God created for you to eat, depending on how bad your eating lifestyle has been, you will go through some type of a detoxification process or what I like to refer as a "Healing Crisis". When cutting out processed foods, alcohol, caffeine, and sugar, your body will go through a phase of detox where you may feel tired, craving the wrong foods, headaches, depression, aggravation of health problems like joint pain or allergies, and the list goes on.

It is absolutely crucial that you stay on track and go through it. This is why you must recognize it, and allow the body to purge itself of these toxins that have built up over years. What science has discovered is that you will actually crave foods that you are most allergic to. With the highly nutrient rich foods you will be eating now, the body will cleanse itself, and you will feel better than you have ever thought you could. After the initial detoxification of your body, you will not only have more energy, but you will crave less "bad" food, and crave more God-given food.

The Urge to Cheat:

In the beginning of eating healthier it will be tough to pass up your cravings. In fact most of those cravings will be due to detoxification and the elimination of foods that you may have been allergic to and did not know it. When fighting with will power ask yourself these questions:

- . 1) Am I eating out of necessity or emotions?
- . 2) Am I treating my body (the temple) right by putting this food in me?
- . 3) Is what I am eating helping me reach my goals, or sabotaging them?
- . 4) When I eat, is my body telling me that I have had enough?

90/10 Rule:

Eating to live is not a race or a destination, it is a journey, a lifestyle. In doing so, it is never a game of “perfect”. This is why I would like you to incorporate the 90/10 rule. This means that you will eat good 90% of the time and you can loosen up 10% of the time when it comes to your eating habits. Or in other words for every 9 meals eaten right, you can loosen up on the 10th. We should be consuming 5-6 small meals per day, so in 1 week this should allow us 3-4 meals where you can indulge on foods that may not be the best for you. If you eat 5 meals per day, that would be 35 meals per week. If you have 3 cheat meals out of 35, that means you ate right for 32 meals. As you can see, you are still way ahead of the game, and those splurge meals will hardly affect you.

Be warned! After eating the right nutrient dense foods outlined for you for several weeks and months, when you do eat something that is “man-made”, processed, or loaded with sugar, do not be surprised if you feel somewhat hung-over the next day. IT really is an amazing event. Your body will become so efficient on eating good food, that once you put something in your body that is not good for it, it will let you know by rejecting it. You may feel sluggish; get a headache, diarrhea, or even nausea.

After a few times of feeling this way, you will see eating man-made food is not worth the horrible feeling it brings. It will also amaze you on how you and many people used to live off man-made food, and were so used to feeling horrible.

Eating right and Eternal Salvation:

Am I saying that if you do not eat the way God has instructed you to eat; you will not go to Heaven? NO WAY. His grace is sufficient. I will warn you, just like gravity is a law God placed in the world, it will work 100 times out of 100 times. SO if you choose to eat the foods you were meant to eat, you will be healthier. If you choose not to eat healthier food choices, you may just see heaven a bit sooner.

Eating unclean foods fouls the body and may lead to an increase in disease and health problems. So, due to YOUR CHOICE, YOUR DECISIONS you will have to pay the consequences. The lifestyle choices you make today, will determine the quality of life you will have 10, 20, 30 years from now. I am amazed on how many people are praying for miracles concerning their health or their loved ones, which was totally due to their own poor lifestyle decisions.

Getting Your Kids to Eat God-given foods

Many of the foods your children love are those they see on TV and what their friends at school are eating. It is all marketing as sugar-ridden cereals with a funny little character capture the hearts and minds of your young ones. As a bonus if you get these totally sugar-rich processed foods, deep inside you will find a toy or prize! If you pay attention it is going on all over. Fast food chains are targeting young people. All of a sudden going to McDonalds is a reward or treat! This country is setting our children up for a life full of health

problems and poor productivity. Our children are on more medication and antidepressants than ever before, in the area of over 8 million children. Child Obesity is now considered an epidemic, and at the rate our children's health are going, their lifespan will soon be less than their parents.

You set the example for your children. Whatever you eat, your children will eat. Do not give children junk food to keep them quiet or occupied. What are you doing to them in the long run? A child will not let themselves starve. Just as you discipline their behavior, you also should discipline them on what to eat, and what not to eat. I am sure you tell your children "Drugs are bad", so you should be able to tell them what foods will harm them as well.

Stop Feeding Them Junk!

Foods such as cow's milk, wheat, refined sugar, food additives, food preservatives, and food colorings, play a major role in the health problems and allergies your child may be facing. The answer is simple; stop feeding it to them. I promise that if you start following the guidelines of Eat to Live with your children, and choosing the God-given foods off the list provided, within 4 weeks you will have a different child. The allergies will be reduced if not gone, they will be more calm, and focused, and you will be laying down a healthy legacy for them to follow. Snacks can be purchased from the health food store. While these "treats" are still refined, they are not filled with a lot of chemicals and, unlike their more artificial counterparts; they do possess some nutritional benefit.

Who really needs the best nutrition?

A child's nervous system is not completely developed until the ages of 16-18 years old. Isn't it ironic that the group of society, who actually needs the most beneficial forms of Creator nutrition, is the same group who is fed the worst type of nutrition out there today! We all need the best nutrition to thrive and survive, but what you feed your kids will actually determine their quality of health for the rest of their lives!

In educating your child on the right things to eat, you will add life to their years, and years to their life. If you want to play a part in their health, getting them adjusted, and changing their diet will be the best thing you could ever do for them.

Will- Power/Self Discipline:

Will power and Self-discipline will not work in the long run. These are things where you are relying on yourself, if you rely on yourself or turn to yourself, you will run out of steam eventually. So how do you find the strength and the endurance for the long run commitment in taking care of your health, bodies, and the race God has set out for you?

It is not about **Your WILL**-Power it is about **His Will**-power. You need to become selfless to take care of yourself. Sounds like an oxymoron, but it is the only way you can do it successfully. You need to find something more important than yourself to give you the strength, passion,

desire, motivation, and inspiration to do it day in, day out on a consistent basis. This is where you need to draw upon and rely on God. Seeing “you” the way God sees you and not how you may see yourself. Taking care of your body for “yourself” should be the last reason you do it for. When you focus on yourself, your fears, insecurities, qualifications, it is inward and selfish. It will most likely lead to convincing yourself you can not do it, or sabotage your efforts not allowing you to take the chance and step into the promises God has in store for you.

You must take care of your bodies for God, as an act of worship and gratitude for the life he has given you. To be in the best of health to accomplish the purpose and mission He has laid out for you. To develop the gifts and talents God has given you to serve Him and to serve others. You will take care of yourself for your family who love you and need you, to be a strong woman or man of God, and effective witness, a great spouse. YOU need to be in health, for the times that your family may need you when there is no one else that can help.

EAT for THREE

A healthier eating program gives you more energy, greater strength, increased mental awareness, and significantly increased time here on the planet. Believe it or not, what you put in your mouth affects others. When you consider what you are going to put in your mouth, remember that if you lead a longer, more vital, abundant life, you can do a tremendous amount more for God and the people you love. So, the next time you are choosing what to put in your mouth, and how to take care of yourself, think of eating for three. You are doing this for the people in your life that need you, and want what only you have to offer. You are doing this for yourself, and most of all you re doing it for God, out of the respect of his very creation.

HINTS:

- . 1) Eat only foods God created
- . 2) Eat foods in a form that is healthy to the body
- . 3) Chew each mouthful 25-50 times
- . 4) At meals consume your protein and veggies before your □carbohydrates
- . 5) Drink at least 8-8oz glasses of water per day, and drink an 8 oz. glass □of water every time you feel hungry.
- . 6) When the plate is half empty, take a deep breathe and ask yourself if □you are still hungry.
- . 7) Consume 2-3 cups of hot tea blends each day to provide antioxidants
- . 8) Partially fast 1 day per week. (Fast until 12pm) to give the digestive □system a rest.
- . 9) Eating is not a game of perfect! Allow vacation meals into your week □(2-3 meals) this will allow you to live guilt free, because it is part of the □plan
- . 10) You can go a long time without exercise, approx. 30 days without food, □4 days without water, 3-4 minutes without oxygen, but you can not last a millisecond without proper nerve supply

Nutritional Supplementation Recommendations:

Note: *Supplements are not a replacement for real whole food; you must be eating the right foods first as the foundation before supplements are even introduced.*

- Take a whole food multivitamin.
- Consume 2-3 teaspoons of Cod liver oil per day, preferable on an empty stomach in the morning and at night.
- Juice greens, or have a serving of greens powder combined with a fiber supplement upon wakening.
- When you can not get a whole food protein source for any meal or snack, then you can use a Whey protein powder. Only when there is no other way. It is still processed, so limit it to 1 shake per day, if that.