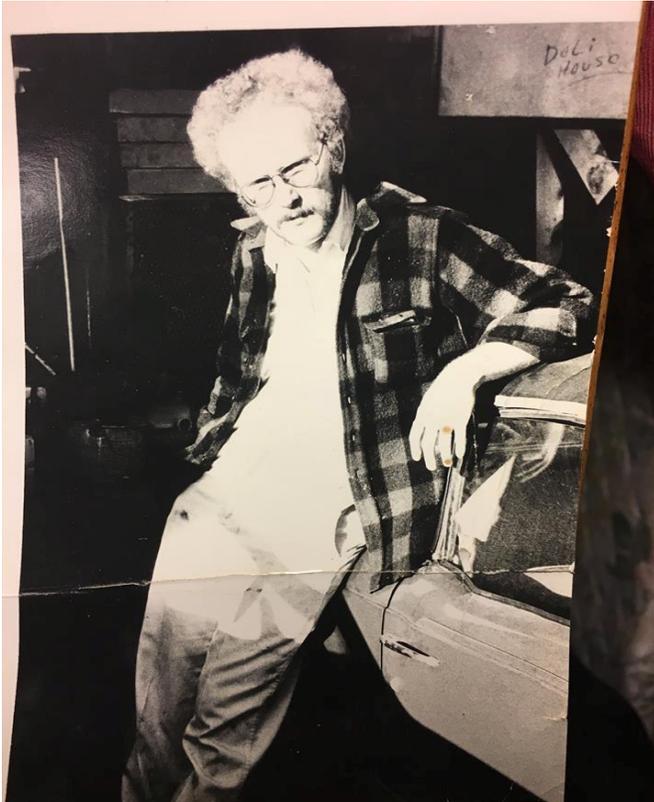


# Eat Right Now with Chef Wendell

CHEFWENDELL.COM  
#LIVERIGHTNOW-PODCAST  
FACEBOOK AND LINKEDIN

chefwendell.com

What a long, rewarding trip it's been



# The Big Picture

We don't put food in context with disease

- ▶ **America is one of the sickest, obese nations on earth**
- ▶ **Diseases of vitamin deficiency and malnutrition**
- ▶ **45%—at least one chronic disease**
- ▶ **Since the mid-90s, the number of US men, women and children suffering from Alzheimer's, heart disease, cancer and diabetes, obesity, asthma, and autoimmune disease... has nearly doubled.**
- ▶ **Diabetes rates soar.**
- ▶ **Global cancer rates could increase 50% by 2020 (WHO)**
- ▶ **Inflammation: leading cause of chronic disease and disability**
- ▶ **Autoimmune diseases: lupus, celiac disease, type 1 diabetes increasing.**
- ▶ **Aggressive social behavior linked to vitamin deficiency**  
<http://orthomolecular.org>



# Standard American Diet (S.A.D.)

- ▶ 45% of all US deaths caused by heart disease, stroke and type 2 diabetes
- ▶ Missing vitamins, minerals, phytochemicals, enzymes, probiotics and omega-3 EFA's
- ▶ High in chemicals, GMO's, sugar, HFCS, sodium, refined carbs, sugary beverages, glyphosate.
- ▶ Not enough plant foods
- ▶ *Too much* meat and dairy

*JAMA: funded by-National Heart, Lung and Blood Institute*  
[jamanetwork.com/journals/jama/fullarticle/2608221](http://jamanetwork.com/journals/jama/fullarticle/2608221)

# Genesis of Disease in America?

How'd we end up here?

- ▶ **Industrial Revolution-Fake, processed food**
- ▶ **Fear of change**
- ▶ **Vegephobia: A divorce from Mother Nature**
- ▶ **Demand for convenience: low energy fast foods**
- ▶ **Increased consumption of *chemical compounds***
- ▶ **Addicted to Food**
- ▶ **Widespread vitamin deficiency**
- ▶ **The Standard American Diet (JAMA)**
- ▶ **Media bias-funded disinformation**
- ▶ **Not placing food in context with disease.**

# The Cause: A divorce from nature



# The colors we're dyeing for

## Red 40

Hyperactivity, and various types of cancer

## Red 3

Thyroid cancer, and chromosomal damage

## Yellow 5

Hyperactivity, chromosomal damage and thyroid tumors

## Yellow 6

Hyperactivity, and kidney and adrenal gland tumors

## Green 3

Bladder and testes tumors

## Blue 1

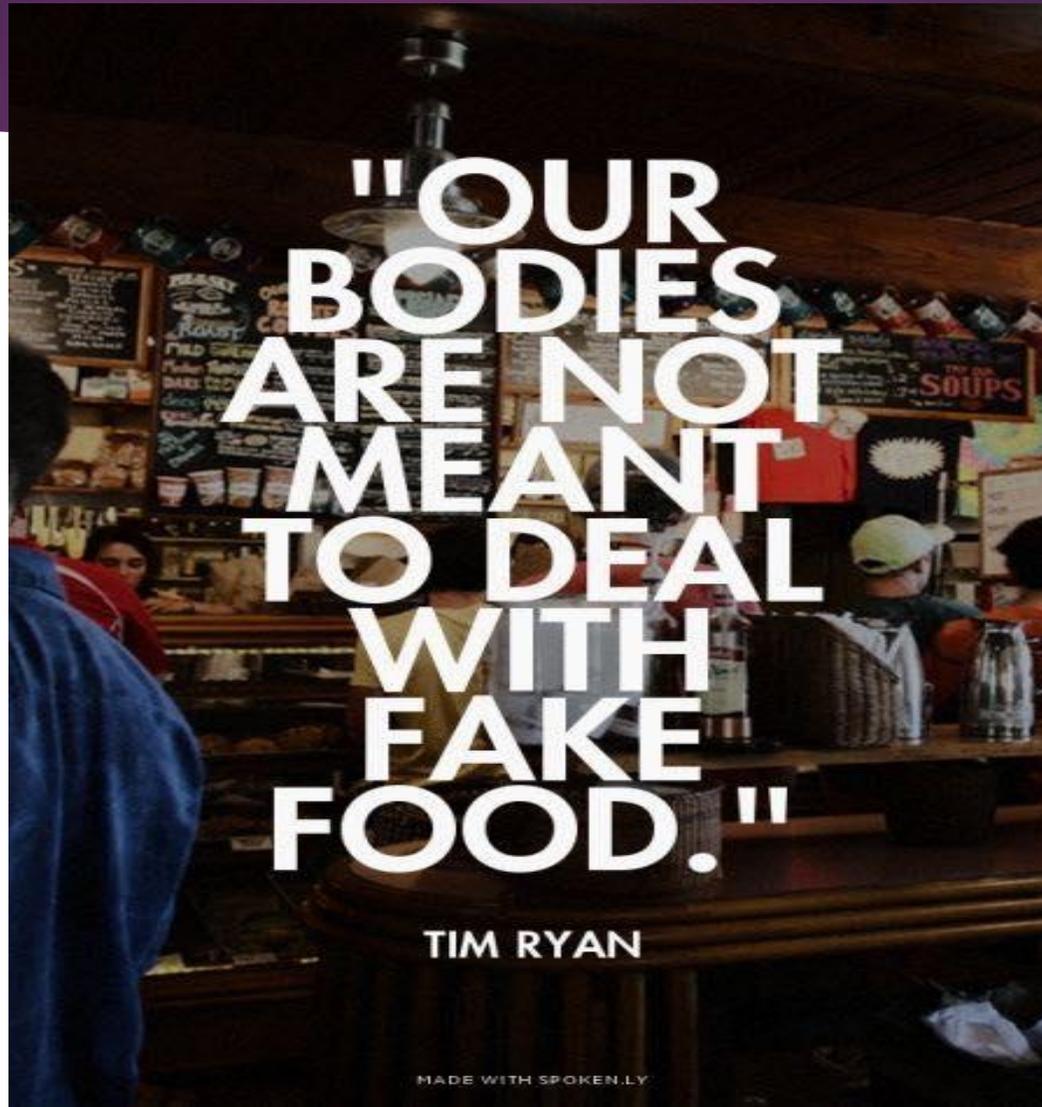
Hyperactivity, chromosomal damage, kidney tumors and asthma

## Blue 2

Hyperactivity, chromosomal damage, and brain and bladder tumors



# Machine Cuisine



# (Real) Food:

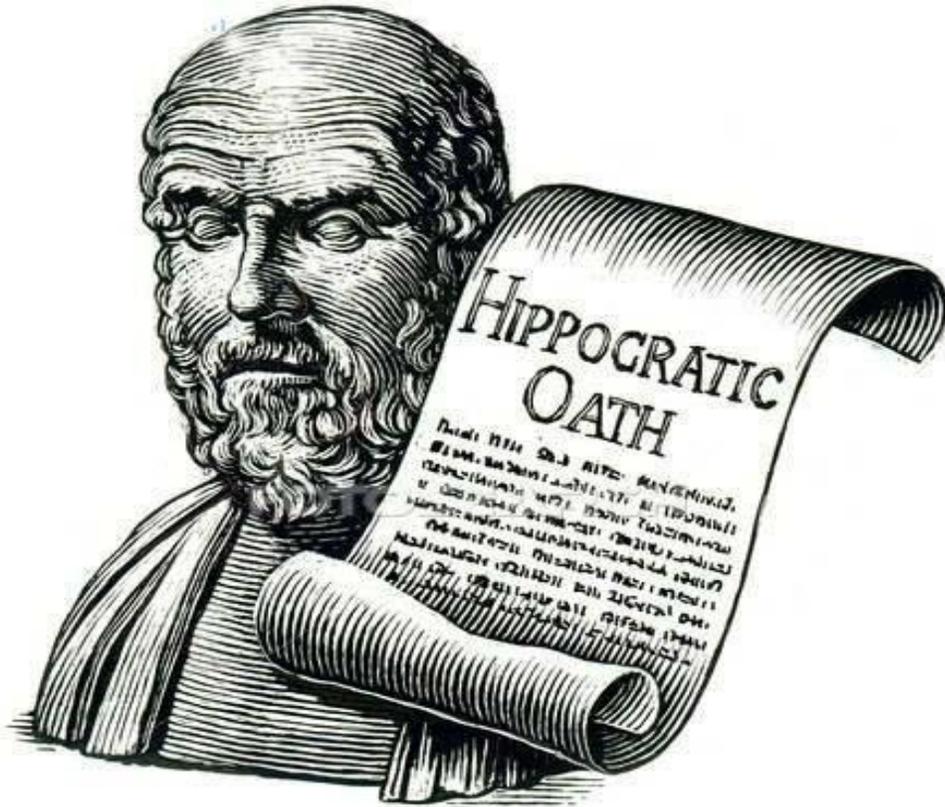
It's the vibe that keeps us alive

- ▶ ***Everything* is energy. (Einstein, Hawking)**
- ▶ **Food is energy nourished by the sun, soil, rain, water**
- ▶ **Vibrates at a high frequency (Quantum Physics)**
- ▶ **Eating dead, low-energy food, our earth suit cannot do its job.**
- ▶ **We become less than whole: malnourished**
- ▶ **Incapable of dealing with the onslaught of alien food compound**
- ▶ **Overburdened, many suffer autoimmune disease**

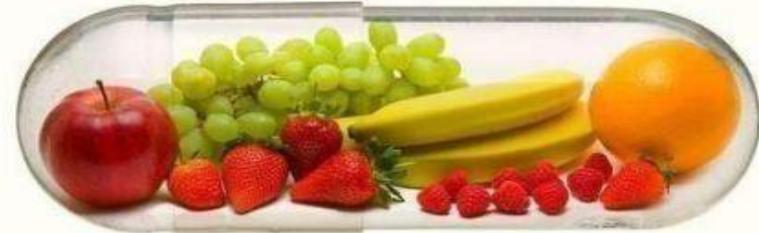


# Food: the original medicine

There's a natural force within us. We are the healers



"Let your food be your medicine"



- Hippocrates

# Health: an 'educated' choice

## Dead vs. Living Food

Fake Food: assembly line



Mother Nature: farmer markets



Copyright Seasonal Wisdom

# The solution: God's Healing Apothecary

- **Reconnect with Earth's energetic apothecary**
- **Eat more organic unprocessed foods-raw and lightly cooked veggies**
- **Say adios to machine cuisine**
- **Consume probiotic foods and beverages**
- **Bone broth-collagen**
- **Turmeric, ginger, basil, oregano, thyme, green tea**
- **Labels? Can't pronounce it? Don't eat it**
- **Eat local-support community farmer markets**
- **Seek balance between meats and plant foods**
- **Become self-compassionate / self-aware**



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# Money-Saving Tips:

## Get thee back into thy kitchen

- ▶ **Large-batch cooking (where you control ingredients)**
- ▶ **Soups, stews, chili, beans**
- ▶ **Casseroles, lasagna**
- ▶ **Crockpot marinara, pot roast with veggies**
- ▶ **Brown rice, quinoa, millet, whole or steel-cut oats**
- ▶ **Granola with nuts, dried fruit, honey and seeds**
- ▶ **Hot cereal with quinoa and millet (seeds)**
- ▶ **Summer salsa (ball jar)**
- ▶ **Ball-jar salad dressings**



# This for That:

## It's getting easier to eat healthy

- ▶ **Himalayan salt for sea salt / iodized**
- ▶ **Raw local honey, maple syrup, stevia, date, palm, and coconut sugar for processed sugar**
- ▶ **Fresh vs. canned veggies (GMO no-farmer markets-yes)**
- ▶ **Almond butter for jarred peanut butter (Omega 6)**
- ▶ **Brown rice for white rice**
- ▶ **Almond, coconut, hemp, or cashew milk for full-fat dairy**
- ▶ **Cheese with low-fat or non-dairy cheese. (moderation)**
- ▶ **Apple Cider Vinegar (Bragg's) for vinegar**
- ▶ **White flour pasta-Barilla-plus, grain, brown rice pasta**
- ▶ **Ezekiel bread for whole wheat**
- ▶ **Tempeh, Quorn, quinoa, and meat substitutes for meat**



# Reconnect with Mother Nurture

The original prescription: farmer's markets

- ▶ **Reconnect to God's Apothecary**
- ▶ **Support the farmer market community**
- ▶ **Cook with your own 'loving' hands**
- ▶ **Ditch the microwave**
- ▶ **Extinguish inflammation**
- ▶ **Prevent cancer, lower BP, reverse heart disease, boost HDL, stabilize blood sugar & promote healthy weight**
- ▶ **Balance the body's microbiome: inner ecology**
- ▶ **Control quality of your life... and be astounded**



# You are a Miracle

## Improve quality of life... NOW

- ▶ **What are we here for? To be happy, healthy and whole. To shine our light!**
- ▶ **Created to express perfect health-In God's image**
- ▶ **Activate the forces within: your inner healer**
- ▶ **An inner IQ that tells you when something's wrong**
- ▶ **Human body the most complicated machine in universe**
- ▶ **Controls 1000's of daily functions to keep you alive**
- ▶ **A unique, beautiful being of light with unlimited potential**
- ▶ **Stardust-The unversed experiencing itself in human form (Carl Sagan)**
- ▶ **Deeply loved and needed by many**



Recipes, inspiration, humor, history, research  
chefwendell.com #LIVERIGHTNOW Facebook & LinkedIn



# *Eat Right Now!*

The End of Mindless Eating

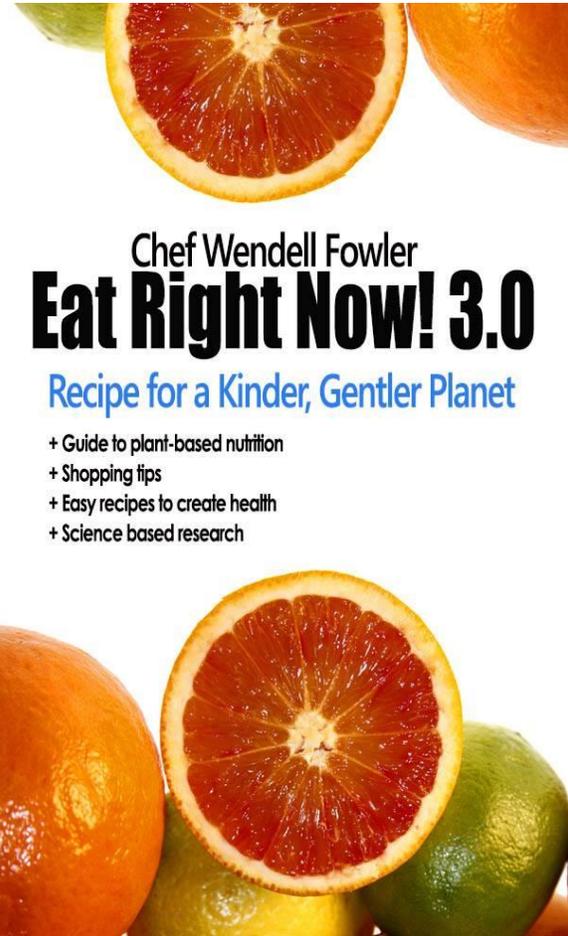
Chef Wendell Fowler



# *Eat Right Now!* 2.0

It's All About the Food

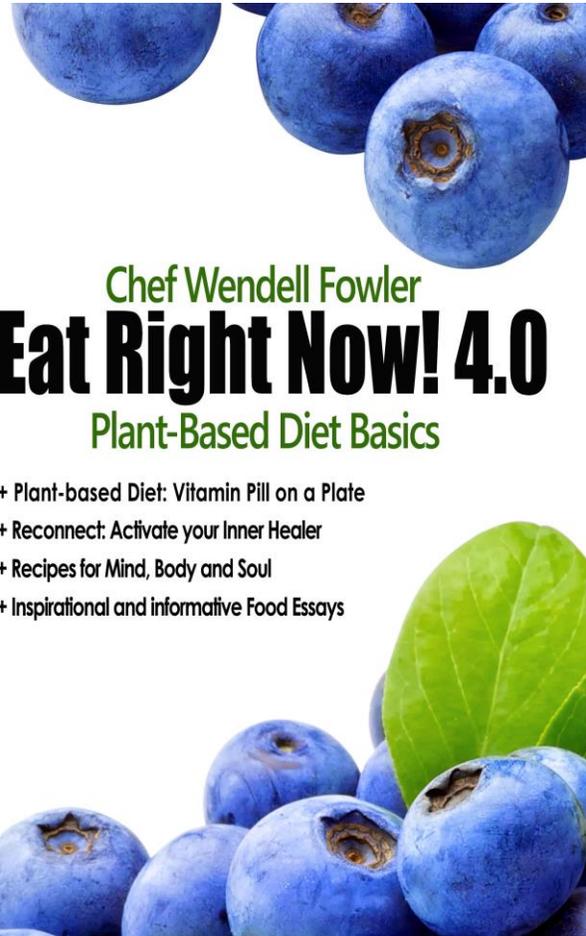
Chef Wendell Fowler



# Chef Wendell Fowler **Eat Right Now! 3.0**

Recipe for a Kinder, Gentler Planet

- + Guide to plant-based nutrition
- + Shopping tips
- + Easy recipes to create health
- + Science based research



# Chef Wendell Fowler **Eat Right Now! 4.0**

Plant-Based Diet Basics

- + Plant-based Diet: Vitamin Pill on a Plate
- + Reconnect: Activate your Inner Healer
- + Recipes for Mind, Body and Soul
- + Inspirational and informative Food Essays