

Eat Right Now with Chef Wendell

CHEFWENDELL.COM
#LIVERIGHTNOW-PODCAST
FACEBOOK AND LINKEDIN

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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

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

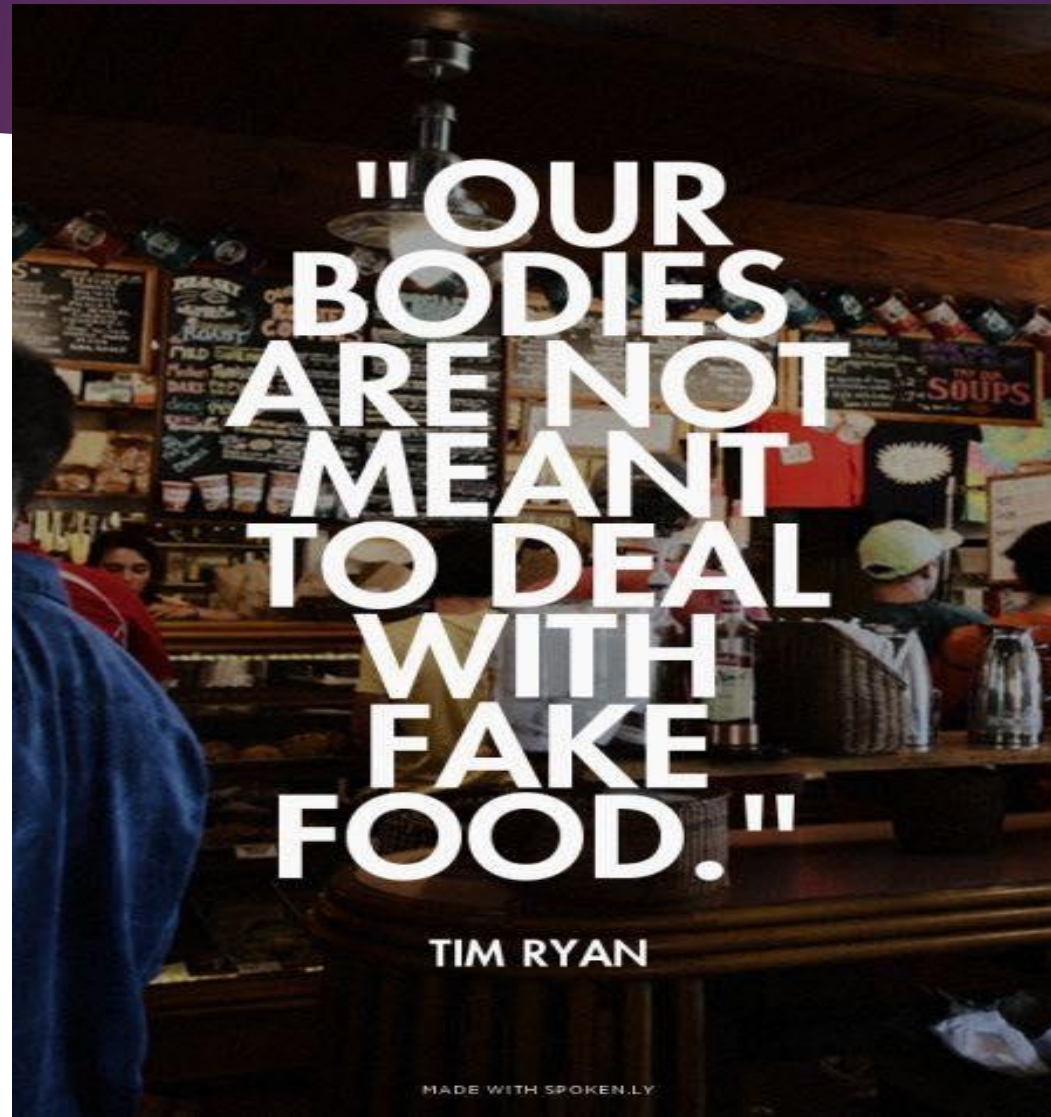
Hyperactivity, chromosomal damage,
kidney tumors and asthma

Blue 2

Hyperactivity, chromosomal damage,
and brain and bladder tumors



Machine Cuisine



(Real) Food:

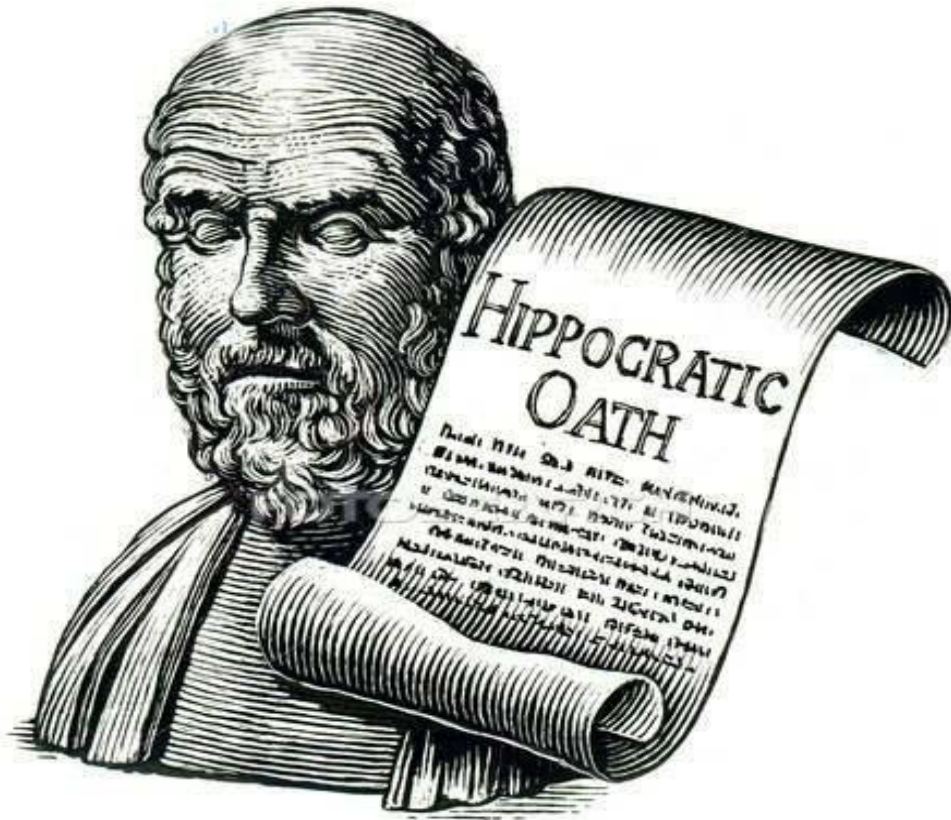
It's the vibe that keeps us alive

- ▶ ***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
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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



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



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