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Diane Sanfilippo: Hi everyone! Welcome to the Balanced Bites Online Workshop, a practical approach to real food nutrition. I'm Diane Sanfilippo; author of the New York Times' bestselling books *Practical Paleo* and *The 21-Day Sugar Detox*.

Liz Wolfe: And I'm Liz Wolfe, author of *Eat the Yolks* and the *Skintervention Guide*.

Diane Sanfilippo: We're excited to bring you this comprehensive workshop about what to eat and why. We're passionate about this information because we believe it's truly life changing.

Liz Wolfe: We're going to present you with everything you need to truly understand what real food is, where to find it, why to eat it, and how it affects you, your body, and your goals.

Diane Sanfilippo: Before we get started, though, we'd like you to get to know us a little bit better.

Liz Wolfe: I'm a nutritional therapy practitioner, certified by the Nutritional Therapy Association. I currently work with at-risk populations and groups developing nutritional programming while working on Master's degree in public health. I serve several non-profit organizations, and I also serve you through my website, <http://www.RealFoodLiz.com>, through the Balanced Bites podcast, through my books; *Eat the Yolks* and the *Purely Primal Skincare Guide*, and through this online workshop.

The information in this course has changed our lives, and the lives of countless others. This course is all about empowering ourselves with knowledge. We want you to know your food, why you're eating it, what the nutrient value is, and how it affects you.

Diane Sanfilippo: I'm a certified holistic nutrition consultant, and I specialize in blood sugar regulation and digestive health. I created Balanced Bites to spread the word about real food and the profound impact it has on your health. Through the Balanced Bites podcast, nationwide seminars, and otherwise this online workshop, it's my mission to help you find health and healing using traditional foods in a modern world.

Liz Wolfe: This course is about real food, and how to truly nourish the body. It's about resources, not a list of rules. It's a course that will enable you to make your own decisions about what to eat and why without relying on anyone else to do the choosing for you. It's about history, science, and common sense, and putting the puzzle pieces of real food, health, and wellness together.

Diane Sanfilippo: We're going to tackle myths and truths about food; fat, cholesterol, protein, and carbohydrates, as well as where true nutrition comes from and why it's important for any goal you'd like to achieve. Now let's get started.

1. DIANE'S INTRODUCTION [2:21]

Hey everyone, Diane here. For those of you who aren't super familiar with my background, I'm going to take this time to introduce myself a little bit more completely, and give you information about my education, kind of where I've been in my whole journey, and hopefully this will give you a bit more understanding and sort of a foundation for what it is that I teach, why I think and believe the things that I think and believe, and why it is that I'm so passionate about getting this information out to you and to your friends and family in any way that you can see to go ahead and share with them.

2. CERTIFICATIONS [2:54]

I'm going to get started with my certifications. I am a certified holistic nutrition consultant. What that means is that I have studied nutrition from a holistic perspective. So that means using nutrition from whole foods, also information on how to use supplementation as well as diet. We're also including lifestyle and mindset components to your entire wellness package, if you will. So how you're approaching how you keep yourself well, and how you move forward in life with these decisions.

Interestingly enough, this wasn't always the way that I saw things. Many years ago, I started working with a personal trainer in San Francisco who went and studied at the CHEK institute, which is based in San Diego. In his continuing education on personal training, he also studied the holistic lifestyle coaching course, and came back from that course and said to me, I don't think we should be eating gluten, dairy, and soy. Obviously we're not going to be eating sugar, which pretty much at that point we had all known about not eating sugar.

I said to him in return, "What is gluten?" I had no idea what it was. This was probably about 2006 or 2007. So some of you listening may have been familiar with what gluten was for longer than I have. This was really the first foray for me, and it gave me that jumping off point to figure out more and to learn more, because I was really interested in that.

What I did was I went and studied; I did the holistic lifestyle coaching certification at the CHEK institute, and also then continued my studies at Bauman College, which is based in Berkeley, California. They also have satellite locations in, I believe, Colorado. Anybody who is interested in their program can take online courses and study from anywhere in the world. I was really interested in holistic nutrition. This was a two-year course, and I was in the classroom, and took the courses for two years.

3. CROSSFIT, PALEO AND ROBB WOLF [4:56]

About 6 months into the first year, I started doing Crossfit. So I learned about what Paleo was through a seminar by a guy named Robb Wolf. I'm sure some of you are familiar with who Robb Wolf is. He truly put out probably one of the most pivotal books on the Paleo diet, it was called *The Paleo Solution*. His mentor, Loren Cordain, who had written the original Paleo diet book, really gave Robb the tools and information to go ahead and translate that into something that even more people could find accessible. Robb Wolf had been teaching seminars for Crossfit at the time, and eventually started teaching his own seminar independently, and that's one that I took.

Light bulbs were going on for me all day long. It was just one of those things where, I'm sure like many of you who are taking this course, you probably already know a lot of what we're going to teach you, but we're going to get into a little bit more detail on things, and it's all going to make more sense. And then we're going to have those little bits of information that just kind of fill in the gaps for you as to the deeper meaning and the deeper whys behind things, as well as just expanding your knowledge base. That's exactly what Robb did for me. It was probably about 80% information that I already knew, but it was that 20% that really solidified me on this whole approach to Paleo.

So going into that seminar, I had this feeling that we should probably be eating like our ancestors. But the way I was thinking about it before was, what did my grandparents eat? What did their parents eat? And I had never really put myself all the way far back in terms of historically, what should we as humans eat? And so that was really that pivotal moment for me, and from there I was just kind of off to the races. That was back in April 2010, I believe, or March 2010.

The whole time I had been continuing my course work and my studies, learning from more from experts like Datis Kharrazian on things like thyroid health, gluten sensitivity, and digestive function, and just kind of always looking to learn more and dive deeper, because everything I learned at Bauman was amazing. Everything I learned when I went to get information from Robb was amazing. I was consistently looking to enhance my educational experience. So that's kind of where I went over that 2-4 years of just background study.

4. TEACHING SEMINARS [7:14]

About 1 year into my program at Bauman, I kind of decided that I wanted to take this further and teach people more about what to eat. So this is where I started teaching seminars. I basically had one person who owned a gym reach out to me and say, "Hey, I think you could really help. I think you could teach us some things." And I had been blogging, which is something that I always recommend people do to kind of get their information out there into the world. But I had been blogging, and it just was this way for me to have a creative outlet to share what I knew, and it was really what ended up being the foray into teaching my very first seminar.

So having that contact say, "Hey I think you could help us with this," really allowed me to take what I knew and what I was continuing to learn, and just disseminate that out to the masses. Also, it gave me a really great opportunity to learn from you. I'm sure many of you who are attending this workshop online have actually come to my workshop live in person, and to the workshop that Liz and I have taught, as well. What you may or may not know is that for about a year or maybe a year and a half or even two years, I was teaching these seminars by myself before Liz and I got together. That just made everything that much better, and enhanced the experience for everyone.

I really was out there doing this for a while, and I learned a lot. I learned a lot about what it is that people really needed to know. I learned a lot about how to help you guys understand the information better. I learned that there weren't really amazing resources out there that had everything you need in one place in terms of, what's the background on this whole Paleo thing? Why do we believe what we believe? What should we believe? Who should we listen to? How should our body be working with food? All of these different details.

5. PRACTICAL PALEO [9:02]

Over the years of blogging about this stuff and creating useful guides, I've had downloadable PDFs on my website for years and years, creating info graphics, and all this stuff. I just kind of realized that if I created a resource for everyone that would put all this information in one place and be sort of that one stop shop, that you all would be able to take this whole lifestyle, take this resource, and run with it. And essentially, you'd be able to get probably tens, if not hundreds of hours of consulting information that you would have gotten one-on-one from me after spending probably thousands of dollars, in one place. That's kind of what led me to write and create *Practical Paleo*, because it became that resource.

I know probably all of you listening have a copy, and if you don't I highly, highly recommend that you get it. I'm probably going to be pointing to a few things in the book throughout this course, if you want more information or if you just want to sit down and look at a diagram, or get details on something that I'm going to go into a lot of the details verbally as we go through this course, but sometimes, having it there on paper in print is really helpful. So I absolutely recommend it. I think you can get it for a really great price on Amazon. It's in pretty much every book store and perhaps Target, Wal-Mart, I don't know where else it will be by the time you're

taking this course. Just keep your eyes peeled for it wherever, and definitely grab it if you don't have one.

6. I DIDN'T ALWAYS EAT THIS WAY [10:31]

All that being said, one thing I want to get back to in this introduction so you guys can get to know me a little bit better is a little bit of my history on where I was in this whole real food/not real food nutrition genre. Because I didn't always eat this way. I think most of you can probably sort of pinpoint that moment when things changed for you. And it wasn't always that you knew that eating fat was ok. And if you don't yet know that eating fat is ok, and healthy, then that's something that we're absolutely going to teach you in this course. I think it's important to kind of go back and look at where did I come from, and how did I eventually get to this point. I wanted to share with you a little bit about my journey and my story, and a bit about my struggle.

Back in high school, I was an athlete and never really worried about my weight. It was one of those things where I pretty much ate as much as I wanted; lots of pasta, and bagels, and pizza, and whatever else kind of came my way. I never had an issue with my weight, never really had that struggle. Looking back at photos, my face was always very round and very inflamed. If you see photos of me now, I have a much narrower face, a little bit more oval or heart shaped, and that's what's natural for me. But I didn't know at the time that I was inflamed or bloated.

7. PORTION CONTROL WITH WEIGHT WATCHERS [11:54]

I learned through a program called Weight Watchers, which I actually never enrolled in the program, but I had a whole bunch of women coworkers who were on the program. I had gained about 30 pounds in college from when I graduated high school to the end of college, and I had a nurse practitioner, or somebody at the doctor's office, one day I was getting a check up at my gynecologist, and she weighed me, and then she started to talk to me about portion control, and things that nobody had ever really talked to me about before. I don't think I realized how far I had gotten in terms of where my weight was in terms of what was healthy for my frame, I'm only 5' 4", and I was about 165 pounds at the time. That's not to say that somebody couldn't be 5'4" 165 and be perfectly healthy and fit; for me, it was too much. I was not strong and fit, I was really carrying too much weight.

Being in an office where lots of women were following Weight Watchers, that was something that I kind of took to and tried to learn from. The up side of that program was that it really taught me, and I think it teaches a lot of people, how to pay attention to labels. Unfortunately at the time, it was teaching me to read the numbers instead of the words. So instead of looking for things like trans fats or high fructose corn syrup, or all these ingredients we try to avoid today, I was reading the calories, the protein, the fat, the fiber, and really just getting a quantitative look at the food versus a qualitative look at the food.

What I like to teach everyone today is really, first and foremost, look at the ingredients. Because what we really need to know is, what exactly is going into our body in terms of quality versus quantity. And the quantity can come second.

I did start to lose some weight, and I started to feel a little bit better. I had this kind of strange inherent wisdom; I was eating low fat, and that's not what I teach people to do today, but I had this sense somehow that excess carbohydrate was probably not a good idea. I don't know where I got that from. I would eat oatmeal for breakfast, and I would eat a grilled chicken sandwich for lunch, and I would have them scoop out the inside of the bread. I'm sure lots of you have gone through that experience before, whether it's a roll or a bagel and you scoop it out. I don't know where I got that from; somehow I had the idea that that was a good idea. And I would kind of avoid extra fat; I was definitely eating low fat. I know I would put balsamic vinegar on the sandwich, and roasted peppers and I would avoid the oil. Then for dinner I, again, had this sense that I would eat meat and vegetables, and I was trying to avoid the bread that was at the table. I was living with my parents at the time, and they always had this delicious bread. I come from an Italian and German family, so bread and pasta are definitely a big part of my

history, but I had a sense that I shouldn't be eating that. There was just something inherently that told me that.

I started to lose weight, started to feel better, and went to the gym, and everything started to turn around for me, but remember I was telling you about my trainer. When I eventually moved out of New Jersey; this was back in 2005, and moved to San Francisco, and had that pivotal moment with the trainer where he said to me, "I think we should stop eating the following foods," it wasn't until then, and that was probably 4 years after I started my weight loss journey. It wasn't until I changed the quality of the food that I was eating that my health started to turn around.

8. CHANGING HEALTH FOR THE BETTER [15:30]

Although I lost the weight eating low fat, watching my portions, doing all those different things that I was taught; which I absolutely would never argue are effective, I think they are effective in helping people lose weight, but they don't necessarily help people get healthier. So if you want to get healthier, you absolutely have to look at the quality of your food. So this is what I did; I changed the quality of my food. And the kinds of things that changed for me are those health challenges that I don't think people even realize are challenges until they go away.

Sinus infections that I used to get about every 6 weeks, maybe 8 weeks or 10 weeks, stopped. Dental cavities that I would have regularly, pretty much almost every time I had a checkup stopped. My eye glass or contact prescription that would get stronger, or worse, every time I went to the eye doctor, which was about every 2 years; that degradation of my vision stopped. My skin was one of the things that, when I met Liz I already knew a lot about what to eat, but I learned a lot more about natural skin care, why not to be scared of oils on our skin and our face, and my skin cleared up. All of these things that are very accurate and important measures of health changed for me.

One of the other really big things is menstrual cramps. I used to have insanely bad menstrual cramps for at least one day of my cycle every month, and now there are times where it still might be a little bit painful, and I can typically attribute that to, maybe I had a little more sugar that week than I normally eat. Maybe I'm just stressed more than I normally am, or I haven't been training as much as I normally do. Any time the stress level in my body gets out of whack, it can be reflected in that; but guess what? I'm not incapacitated for the whole day like I used to be when I was younger eating different food, had a different lifestyle. All of these things are an accurate reflection of exactly how healthy we are, regardless of our body weight. Those were lessons I thought were really important for people to learn, and that's kind of a little bit about my history.

9. THE 21-DAY SUGAR DETOX [17:54]

If I ball this all into how I kind of ended up where I am today; I talked about *Practical Paleo* just a few minutes ago and where that came from. As I explained, low fat was really the thing that I did to lose weight. But as I said, I also didn't feel better eating that way. One of the big struggles I had the whole time was an issue with sugar and carb cravings, and energy spikes and dips throughout the day, that blood sugar rollercoaster. I would eat something and two hours later I needed to eat something else. For any of you who have done that, you know that it's actually pretty stressful to be in a situation where every couple of hours, you need to think about, "Now what am I going to eat?" Right? There's this period of time where you're like, alright. I feel ok. I'm not hungry. I can be efficient and do some work. And then that hunger crops up again. And that's sometimes stressful.

In April 2010, I originally wrote *the 21-Day Sugar Detox* as an eBook, and it was something that I wrote to help people just like me figure out if I need to get excess sugar out of my life, what should I eat instead? What are some of the things that are going to come up in the course of that time period? Three weeks, or however long it is. What are those frequently asked questions, and how can I help you, as somebody who has been through it before personally, and who's coached other people, how can I help you get through that time? And so that was the origin of *the 21-Day Sugar Detox* in April 2010, and so many of you also know that that book was

published at the end of 2013, so those are available as well if you're interested in those resources. They're absolutely not critical to your success on this program, but I just want to let you know that's where they came from, and that's really where, if you still struggle with that or you know somebody who does, it's a very effective program, and it gives you all of the tools in one place, puts it in your hands to help guide you through. That was something that I really felt that I could have used at the time, because I really didn't know; if I'm not going to eat sugar, if I'm not going to eat bread or pasta, what do I eat instead? And what are some things that may come up during that time; if somebody can answer this question for me before it happens, I'll be prepared and I'll be able to get through it. So that's really where *the 21-Day Sugar Detox* came in, and that was the origin of that program.

10. BALANCED BITES, THE MEAL DELIVERY SYSTEM [20:16]

One last thing I just want to tell you guys about my story. Unfortunately it's not always a linear thing; your journey, and what you go through in terms of what you're learning with your health and nutrition. It's not always that you started at one place and you landed at another. Sometimes there are little circular paths. One thing I want to tell you about, when I very first started Balanced Bites, and this also goes back to when I started working with the personal trainer, and started learning more about nutrition. I always loved to cook. I know lots of you follow my recipes, and you maybe do or don't love to be in the kitchen, but I have absolutely always loved to cook. The first thing I did with this passion for nutrition, and my inherent love for cooking and also feeding people; if there's one thing I love to share with so many people, it's food. I used to bring food to my trainer all the time, I had something that I made it was a new recipe, I was like, hey try this, I think you'll really like it. If anybody has ever had a personal trainer, they will absolutely never say no to something that you cooked that you bring in for them.

I actually started a meal service, and I'm sure lots of you if you're following a Paleo diet or lifestyle, you've seen lots of Paleo meal services cropping up. That was actually something that I did in late 2007, early 2008. It was my first foray into using nutrition to help other people. What I did was I started Balanced Bites as a meal delivery service. I made food for about 15-25 people each week, and delivered it to the gym or to their home. Everything was organic, and gluten-free, and grass-fed, and all this great stuff that we know about today. But at the time, I literally crushed myself; physically and emotionally drained myself to make this food for people, because it was really hard for me. I was not a professional chef. I was not trained to do this stuff. I just decided I would do it. I just went for it. I went all in. Probably about 3 months into doing it, I had this realization that I wasn't doing what is the most effective thing in helping people to change their lives, I was doing the work for them. So instead of teaching them to do it for themselves, I was doing it for them, and I was kind of taking that power away from them that they have to go ahead and make those changes.

11. THE THING THIS WORKSHOP WILL TEACH YOU [22:46]

The thing that you're here in this workshop to learn about, how to keep these changes in place for yourself, the background information on why you're doing it, advice, how-to, all of that stuff, I wasn't doing that. I was literally giving people the food, and they weren't learning much from that. It's that old adage, you teach a man to fish, and you feed him for a lifetime versus you give a man a fish and you feed him for a day. And I really wanted to teach people for a lifetime. So that's where this transition came from, from the Balanced Bites meal delivery into Balanced Bites and everything that I've done with teaching you guys through workshops, through the podcasts, and now through this online workshop.

I'm really excited to be here with you. I'm looking forward to seeing what you guys come up with for each module when it comes to your worksheets, and checking in with you, and I just wanted to say welcome to the Balanced Bites Nutrition Workshop.

12. LIZ'S INTRODUCTION [23:41]

Liz Wolfe: Hey everyone! I'm so excited you're here with us and we're getting started with this fabulous workshop, and even more excited that you now get to sit through the fascinating story of what I'm all about, what I do and how I got here. In a nutshell, I'm Liz Wolfe, and I wrote *Eat the Yolks* and the *Purely Primal Skincare Guide*. I'm a nutritional therapy practitioner, certified by the Nutritional Therapy Association, and I'm very passionate about real food, hence my website name, <http://www.RealFoodLiz.com>. I co-host the Balanced Bites podcast, this online workshop, obviously, and I advocate for at risk populations as an ambassador for Steve's Club National Program, which provides athletic training, nutritional guidance, and mentorship to at-risk kids, and as director of nutrition services for the First 20, which is a national firefighter's organization.

Now, let's put things in a much larger nutshell, because I don't do all those things just to get a paycheck; not at all. Everything I do, I am incredibly passionate about, and that's because everything I do has roots in my own personal experiences. I have seen how powerful real food can be, I've seen digestive issues resolve, skin issues healed, and all kinds of amazing transformations thanks, simply, to the power of real, nourishing food. But unfortunately, so much of what we've been taught about food in general and what foods best serve our bodies and how to be healthy, is based on bad information, nonexistent science, and the agenda of the processed food industry, which disguises it's junk as health food. Which can be hard to believe, but it's absolutely true, and that's actually a huge part of what I discuss in my book, *Eat the Yolks*.

We can actually see the consequences of all of that misinformation all around us, all of the time. People are less healthy than ever before, there are kind of silent epidemics of mental health disorders, reproductive issues, hormonal imbalance, skin problems and sleep problems that affect countless people. Front page news public health epidemics are raging, too. We literally can't figure out how to care for the overwhelming number of chronically ill individuals in the United States. Rates of obesity, diabetes, heart disease have all increased since our government's food recommendations were first made; and there's a reason for that.

I believe the key to making change is to change the food on our plates. My purpose, I believe, is to share the truth about food, to connect the dots about how food works in the body and why it has the power to impact health risk factors. To reveal how we got here in the first place, and to try and correct this sad situation; while, of course, sharing my own story, because it's definitely relevant. And I do all this so that you can put together the pieces of health and wellness for yourself.

13. DUMB DIETARY BEHAVIOR [26:35]

So; my story. Like a lot of people, I spent many, many years; way more than I'd like to count, engaging in some really dumb dietary behavior. Of course, I didn't always act like I was doing something silly. I tried things that are often actually recommended to people who want to lose weight. Eating everything in moderation, counting calories based on my basal metabolic rate, and just following the United States Government's dietary recommendations.

But for the most part, I opted for more extreme behavior. Stuff that actually, from the outside, probably looked fairly foolish. I spent years trying extreme diets, just one after the other, looking for; I'm not sure what. I wanted to lose weight, even though, quite frankly, I should have been much more concerned with getting healthy first. And when I say I wasn't thinking enough about health, I really, really mean that. I'm not joking when I say I used Red Bull and cigarettes as diet strategies.

So I bounced around from diet to diet, trying to eat as little as possible, exercise as much as possible; of course unless I was out partying and drinking beer and eating pizza, as I did much of college. But all of that was in an attempt to reach for some image I saw as ideal that, in reality, was completely inappropriate for my body type. I wanted to be as skinny as the models I saw in the magazines, and I abused myself, I think both mentally and physically, when I didn't fit that so called ideal.

But what I didn't realize was that I am not naturally built to look like that. When I'm feeling my best, and when my body is where it wants to be at its most healthy, I'm not built for that. That's not my body type, and no matter how little I ate or how much I worked out or how hard I was on myself, I would never look that way. And that's ok.

All the while, I'm frustrated with what the scale says, and what was in the magazines, all the while I was dealing with some health stuff that should really have been a red flag. My skin was terrible, I was always tired, I wasn't happy, I was always hungry and craving bad food. I mean, come on; how are we not educated that those are the red flags? Not what the scale tells us. I never connected my weird acne prone skin issues with my diet; I never thought that the quality of my sleep could be dependent on actually the nutritive value of my food. I never thought that maybe I wasn't supposed to be hungry and craving garbage all the time. I was in for an awakening, that's for sure.

14. LIZ'S AWAKENING [29:26]

This awakening came thanks to a guy I talk about in my book, and that I've talked about before on the Balanced Bites podcast. A strength and conditioning coach named Michael Rutherford at Bootcamp Fitness in Kansas City. I enrolled with Coach Rut hoping to get a butt whooping, and some recommendations for a good protein shake or something. My goals were the same, nutty, disordered goals. But lucky for me, Coach Rut wasn't having it. He wanted me to, oh my gosh! Eat real food. Imagine that. He wanted me to be properly fueled; not just so I could do his workouts, which were pretty killer, but so I could just enjoy my life overall. He introduced me to the Paleo concept, which is one based around real, whole food and none of the highly processed junk disguised as health food that we're told to eat in the mainstream.

This meant eating the kind of foods that actually exist in nature; not the things I had previously lived on, like pre-packaged Weight Watchers meals drenched in preservatives and refined salt, or granola bars made of cardboard and sugar. But properly raised animals, vegetables, nuts and fruits. The whole egg. A lot of things that I had actually been told not to eat, lest they would make me "fat", like steak and avocado. Something I say in my book is:

Up until then, I had always thought of food as an enemy. I only knew rules, yes/no lists, and the holy terror of calorie counting paired with back slides of binge eating. I knew how to cry over a gallon of low-fat ice cream while watching the Biggest Loser, and then eat high fiber cereal with almond milk the next day to atone for my failings. I knew how to follow a vegan diet, a low carb diet, or a low-fat diet as a clever disguise for cutting extreme amounts of calories. I knew how to be on the wagon, and I knew how to be off the wagon, but I didn't know how to live happily and healthfully without all that diet drama. I thought I was supposed to have willpower, but it seemed to fail me every time.

15. QUESTIONING EVERYTHING WE'VE BEEN TOLD [31:38]

So that's what I say in the book, and with that, I decided to make a change and start eating real food, which is the food we'll talk about in this workshop, and just see where that got me. Why not? Low and behold, my skin got clearer, I slept better, my energy improved, my cravings went away, and I was just completely sold on real food from that point forward. But, of course, I did wonder, how could this be possible? Because I was eating many of the foods that I had literally been told not to eat, because they would imperil my health; yet funny enough, my health was improving when I started eating them. I had all kinds of questions flooding my brain about that. About the cholesterol in egg yolks, the health risks of eating meat, whether grains were actually as healthy as I'd been told, and just wondering how it could be possible that everything that I'd been told about nutrition in the past was actually completely backwards.

16. QUITE THE RIDE [32:39]

So that's where my professional journey into nutrition and health started. I started reading and researching, studying to become a nutritional therapy practitioner, which I have been for several years now. I added some fitness credentials as well. I began working towards my master's degree in public health. A few years after I first discovered these real food principles, I began co-hosting the Balanced Bites podcasts, and then the workshops, and over time my interests shifted towards sustainable farming and actually growing my own healthy organic, beyond organic, foods. So along with my amazing husband and our huge dog, Calloway, I moved to a 15-acre homestead in the Midwest complete with garden, free range goats, pigs, chickens, and guinea fowl, and all told it's been quite the ride.

So, now I'm here with you guys, ready to delve into a workshop that both Diane and myself have just poured our hearts and souls into. I'm so excited that we're here together, I can't wait to get started. But, before we do, I want to remind you. Remember to download and complete the worksheet for this module, reading the instructions carefully. We created these worksheets for a reason, and they'll help you get real clarity about the material. And not just the material itself, but how the material pertains to you and how it applies to your life. It's really, really important. So with that, let's get started.