

A collection of laboratory glassware including a round-bottom flask with red liquid, a graduated cylinder with blue liquid, and a beaker with yellow liquid. The background is dark and slightly blurred.

*Mini-Experiment:*  
*Food Awareness*

A collection of laboratory glassware including a round-bottom flask with red liquid, a graduated cylinder with blue liquid, and a beaker with yellow liquid. The background is dark and slightly blurred.

*Mini-Experiment:*  
*Food Awareness*

*The story behind it all...*





*This got me thinking...*

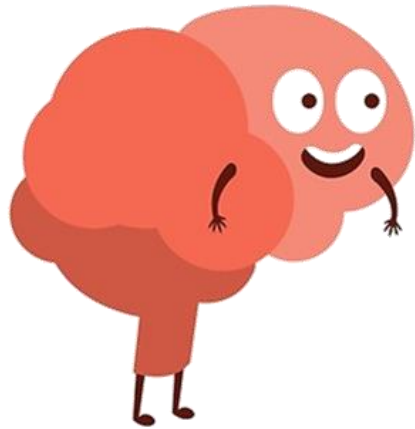
*I (jokingly) called it  
"The Pregnancy Diet"*



# *Food Awareness Mini-Experiment:*

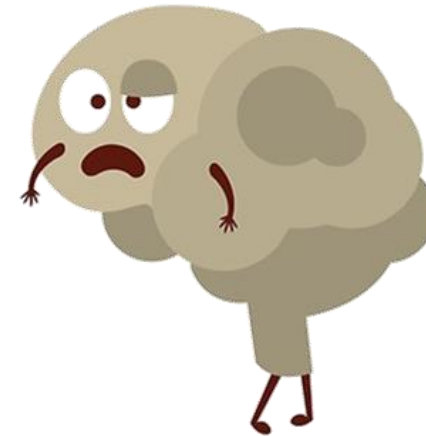
- ★ Be aware of where you are consuming chemicals or additives in your food
- ★ Be aware of how much/many nutrients you are getting in your food (Vitamins/Minerals)

# The Tale Of Two Brains...



## *Nourished, Fed, Healthy Cells*

- ★ Nutrients increase the health of the cells and fuel every system in the body (Micro-Nutrients: Vitamins, Minerals)
- ★ Energy, vitality, ability to heal and regenerate cells
- ★ Able to optimally digest food, extract nutrients, and keep gastrointestinal system (Metabolism) healthy
- ★ Fights/prevents cravings!



## *Unnourished, Hungry, Unhealthy Cells*

- ★ Chemicals decrease the health of the cells.
- ★ Not enough nutrients means your cells can't get what they need. (Decreases energy, vitality, and regeneration - and every other system suffers)
- ★ Cannot optimally digest food, extract nutrients, or keep gastrointestinal system function high (Sluggish Metabolism)
- ★ Causes MORE cravings!

## *Bottom Line:*

We have to take care of our Nervous System FIRST (IT is the 'queen' of our bodies – every other system in the body is the Nervous System's 'bitch'.) 😊

When we take care of IT, it will take care of US.



# *The Mini-Experiment*

## It's an AWARENESS Experiment

- ★ SUBTRACT: Be aware of where you are consuming chemicals or additives in your food (Would you eat it if you were pregnant?)
- ★ ADD: Be aware of how much/many nutrients you are getting in your food (Vitamins/Minerals) (Forget about MACROS for now – just focus on getting as many MICROS as possible – even if that means eating more fat to make it taste good!)



Get nutrients by making  
them taste good!  
(Micros, not Macros)

Be aware of chemicals,  
additives, and 'foreign'  
substances



*Even if...*

Even if this means eating more CARBS, more FAT, or more CALORIES as a result...your nervous system will thank you!

- A) For taking away the non-food matter (the stuff it can't recognize)
- B) For feeding it and nourishing it.

# *The Mini-Experiment*

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*That's It!*