

FREEDOM GOGGLES



BLUE

Good/Bad
Right/Wrong
Should/Shouldn't

OLD THINKING

RED



How do I want
to FEEL?

NEW THINKING

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.

To Be Used With Food Awareness Experiment

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