

# FiT & TRiM for **LIFE**

7 KEYS TO *SUCCESS*

empowering  
people on the  
NATURAL PATH  
to Health



JEANNE GROSSET

# Fit & Trim for Life: 7 Keys to Success

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by Jeanne Grosset

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First Edition

# Forward

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*I do what I do because it changes lives for the better.*

I am a teacher of natural health and I love what I do. My practice is my passion.

Over the years I have had the great opportunity to watch people embrace a new way of life with the foundation of whole foods and a plant-based diet. I have witnessed what some have called miracles of healing. Although I believe in miracles, I know that these occurrences were really just the incredible power of our bodies to self heal. However, few of us get to witness this. We think we are stuck with our current health and that, once it starts to go, it is just a part of growing older. Yet this is not the real truth.

What is true is that we are built to rejuvenate. You get cut, you heal. Simply put, but true. And if you give the body the wholesome goodness of the natural world, the body can do incredible things. I have seen it first hand.

Once I went down the path of self healing through diet and lifestyle, I realized that more people needed to know about it too. And that is why I became a teacher and cheerleader for good ol' Mother Nature herself. You know, it is easier than most of us think, and I am here to show you how. Because deep down, I know that this is what I am being called to do as my part to make this world a better place for us all.

- Jeanne



## *Note to the Reader:*

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*This book is intended as an informational guide. This book is not intended as a substitute for medical advice from physicians. The approaches, remedies and techniques described herein are meant to supplement, not to be a substitute for professional medical care or treatment. They should not be used to treat a serious ailment without prior consultation with a qualified health care professional.*

Chapter 1

# Fit & Trim for Life



Simple steps can go a long way  
toward reaching your goals.

On a daily basis, many of us struggle with our weight. We are not where we want to be on the scale and our clothes just don't fit the way we want them to. This is frustrating and so many of us suffer from it that it is more common than not. Don't feel alone in your battle of the bulge. Just know that you can do things to change, and some of the following solutions are ones that you may never have thought of before. Simple steps can go a long way toward reaching your goals.

## Avoid “Bulking” Foods

One of the greatest challenges for most people is to give up the “bulking” foods. Dairy is the biggest culprit. Milk from cows is a food designed to take a baby calf, weighing in around a hundred pounds at birth, and bulk it up into a beast of six to eight hundred pounds in about six months. It is by definition a bulking food that we human beings are not designed to digest, even on the molecular level.

If dairy foods are a regular part of your diet, they are a burden on your system.

Over the years, I have found that to help people get past the dairy intake, they need to address two things:

- First, the overconsumption of this food is detrimental to your overall health, and studies now show its link to chronic illness and degenerative disease.
- Also, it can be addictive, both physically and emotionally.

Lactose, and all those ingredients that end in “ose” are, by definition, sugars (for example: glucose, sucrose, fructose, dextrose, maltose). Like all other sugar addictions, this habit can be hard to fight – at first.



*"There are ways to cut cravings by naturally balancing your blood sugar." - Mark Hyman*

The craving for milk and cheese can be overwhelming for many, but as time passes, if you just stick it out and get days away from the consumption of this addictive food, your desire will get less and less. Please note, for many of us, if we are not getting enough nurturing in our lives from others, or even from ourselves, this comfort food can be hard to resist. So what I suggest is to find replacements for dairy. Go for almond milk or cashew cheese instead. You will not only feel better today but the overall quality of your life in the long-run will be better too.

Another overused bulking food category consists of simple carbohydrates, aka sugar. Most people tend to forget that, by eating too many simple sugars, they end up as fat cells. Yes, the body creates fat out of them! Simple carbs not only appear in the form of sugar, but also in the processed grains (often in the form of the flour that is the basis of many manufactured foods). They are a big part of being overweight for many.

So let me elaborate on this a bit further so you can see the big picture more clearly. If you take a whole grain, a complex carbohydrate, and you process it into a flour, it becomes a simple carbohydrate (like bread, crackers, chips, pasta – foods we don't think of as sugars). It no longer has the benefits of the complex structure of a whole grain. For instance brown rice = complex carbohydrate; brown rice bread = simple carbohydrate. Once this whole grain becomes a processed flour you will no longer benefit from the long burning energy of brown rice or its naturally trimming qualities. Because as soon as it was processed and turned into a simple carbohydrate, the structure lost those values. So once processed, it is only a simple carb food source. Simple carbs

are everywhere in most people's modern diets already, from a lot of other highly processed foods, which is why people are getting fat – too many simple carbs become fat naturally in the body.



*Grains are most beneficial to us in the "whole" form.*



*Colorful grains, beans, nuts & seeds are packed with protein.*

Take a look in your cupboard. Observe what you are putting in your mouth on a daily basis. Are there whole foods present? Are they unprocessed whole grains? Because for good health and longevity, they need to be. The foundation of our human existence is based on whole grains in their WHOLE form. Even some of these everyday, will transform your body and your mind to a new state of well-being, so go for the real whole grains and limit the flour products.

Meat is another bulking food. Only a small amount of the animal products that you are consuming can be digested. Most of the bulk of meat is indigestible fiber and fat. So guess what, if you

are not a very active person who is burning this baggage off on a regular basis, you are going to carry it around until you do.

The previous three bulking food categories – dairy, processed foods and meat – are also the culprits for creating too much acidity in our bodies. They are all acid-forming foods and should be limited in consumption. When our body's tissues are acidic over an extended period of time, they will begin to degenerate. But the good news is that by avoiding a regular consumption of dairy, processed foods and animal products, our bodies will do what they are designed to do – rejuvenate. Our bodies are amazing machines that, when well cared for, can reverse disease, get back into balance and create the health we truly desire – and deserve!

*“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.” – Hippocrates*



*Saying “no” to dairy can make significant changes to your appearance and well-being.*

A Protein Dish That Is Naturally Trimming And Fortifying:

# Big Pot Soup

Here is a recipe that's high in protein, created for grounding you, with long burning energy. Beneficial for the kidneys, it helps to eliminate dark circles and bags under the eyes. Eat this multiple days in a row for best results – hence the big pot of soup!



## Ingredients

1 cup adzuki beans, dried  
2 cups onion, diced  
2 cups carrot, cut in thin quarter moons  
2 cups kabocha squash (or butternut squash)  
2 cups celery, sliced thin  
2 cups cabbage, sliced thin  
sesame oil  
1 tsp sea salt  
3 cups cooked kidney beans

## Directions

- in a big pot, add oil, warm over high flame
- once oil is hot, add onion, sauté 2 min.
- add carrot and squash, stir, sauté 2 min.
- add 10 cups of water and beans
- bring to a boil, reduce heat to low
- cover, simmer 45 min.
- add celery, cabbage and salt, cook 5 min.

Store extra in the refrigerator, heat before serving. Do not use a microwave!

Chapter 2

# Veggie Up

A vibrant still life photograph of fresh vegetables. In the center, a stainless steel bowl is filled with a variety of produce, including a large red bell pepper, a slice of white onion, and several green basil leaves. Surrounding the bowl are more vegetables: a whole red tomato, a yellow bell pepper, a purple eggplant, a whole onion, and another red tomato. The background is a soft-focus green, suggesting more foliage. The overall scene is bright and fresh, emphasizing the natural colors and textures of the vegetables.

Once you take refined sugars out of your diet, you will discover a whole new palette of flavors.

Nobody ever got fat by eating vegetables. The quantity that you would have to consume to put on too many pounds would take you all day – the entire day – to eat. And I am sure that you don't have that kind of time.

Here is a great opportunity to get the vitamins, minerals and “clean” protein that we all need. Yes, I said protein. Did you know that vegetables have protein? That fact still impresses me. Protein is in the natural “structure” of plants and it is all around us in the vegetable

world. Whole grains contain it too. Nuts, seeds and beans are some of the richest sources of protein on the planet.



*Nuts and seeds are a great source of high quality protein*

Many of us worry about getting enough protein, but this is only because we have been actively tricked into believing that meat and dairy are the only sources we can get protein from. This is advertising at its worst, misinforming millions of people and leading them to believe this is a good choice, when it has been proven time and time again that the roots of disease and chronic illnesses are within diets mainly focused on these acid-forming foods.

Open your mind to the veggie world. It is far easier to be fit, trim and healthy by eating vegetables, and you don't have to worry about your protein intake. Mother Nature is making sure you get it from all her wholesome goodness throughout the plant world.

For those of you who think plant foods don't have any taste, once you take the processed foods and refined sugars out of your diet, you will unlock a whole new palette of flavors. Our taste buds rejuvenate every seventy-two hours so you are only days away from a tasteless carrot being deliciously sweet and bitter greens rocking your world.



*Simple to make and simply delicious. Vegetables don't have to be boring.*



*This quinoa dish garnished with pickled red cabbage is a frequent guest request. Yum!*

There is a fabulous recipe from the world of Macrobiotics that is a powerful remedy for dissolving fatty deposits in the body and it can also help break up stagnation in your organs. This remedy is called Carrot Daikon Soup. It is recommended for anyone who would like to melt away excess fat, clean up their liver, and upgrade the status of your heart and kidneys. It also helps reduce mucus in the lungs and sinuses. It is a great way to get rid of excess weight, and it is simple to make. If you are not familiar with daikon, it comes from the radish family and has the capacity to help move stagnation throughout the body. You can use daikon in any recipe in which you would use radishes or other root vegetables. It is quite versatile and most grocery stores have it. If yours does not, talk to the produce person and request it. It never hurts to ask.

# Carrot Daikon Soup



## Ingredients

1/2 cup carrot, shredded  
1/2 cup daikon radish, shredded  
2 cups water  
pinch of sea salt

## Directions

- place carrot and daikon in a small pot
- add water and bring to a boil over high flame
- simmer for 2 minutes, reduce flame to low
- add salt, cook 1 minute
- eat the vegetables (chew well)
- drink the broth

*Please note: If you don't have a lot of fat to lose and find that you are experiencing fatigue while doing this remedy – discontinue use.*

## Jill

When I first met Jill, she was very overweight and the look on her face told me she was suffering greatly. She could barely stand up without the help of support on the nearby chair. In less than a minute of conversation she told me her life had been devastated by many years of severe fibromyalgia, which kept her bed ridden most of the time. Somehow, that night, she'd managed to make it to one of my cooking classes by herself. She had been in pain and discomfort for over five years. Her family had learned to live their lives without her since she rarely made it out of bed. She was desperate and looking for a solution.

When she approached me, her breathing was labored, she was sweating profusely, and it was hard for her to look me in the eyes. I could see her pain and just wanted to hug her and tell her it would all be okay. But instead, I told her how powerful a change of diet could be for her condition. She said she was willing to try anything to get her life back.



Since she could not be on her feet for very long and do her own cooking at this point, I took over for a little while. I consulted with her, crafted a menu to address and reverse her specific condition and we began creating the foods to turn her health around.

Within a couple of months, she was out of bed, working out on a daily basis and cooking her own food. She was ravenous for more information and took every class and book I offered her. Over time, that condition disappeared and she lost all that excess weight. Her greatest achievement she said was that she was able to be a wife and mom again, she had turned her life around for her family.

A few years later I finally met her husband by chance. He recognized me from a picture on my website. He walked up to me in the health food store, announced who his wife was, and with a smile on his face, gave me a huge hug that almost took my feet off the floor.

Chapter 3

# Move!

A woman with long brown hair in a ponytail, wearing a white sports top, is leaning on a dark metal balcony railing. She is looking out over a city skyline with green hills in the foreground. The scene is bright and sunny.

Once you start to move, your life will change for the better - both physically and emotionally.

The next point is hard to swallow for some. And if it is, it is because you are not doing it and you know you need to. You have to move, it is really just that simple.

To flourish, we have to move on a regular basis. Our bodies are designed for movement and when we don't move, our systems stagnate. If the stagnation perpetuates for long enough you will have an even bigger problem.

*“To enjoy the glow of good health, you must exercise.” - Gene Tunney*



To achieve good health you need movement. Even if you eat a healthy diet every day, if you don't move, the lack of exercise will create havoc on your body. I found this one out myself – the hard way. I got so caught up in helping other people that I stopped moving myself. I sat at my computer for long hours everyday, with little movement but my fingers clicking over the keys. I ate a balanced organic, whole foods, plant-based diet, and I still got really sick. Why? We are designed to move. One of the major defense systems in the body, the lymphatic system, is liquid based – it needs to flow but cannot on its own, we have to move to make it move. I like to think of it as a pond. If the water is moving and flowing, it flourishes. If you allow it to stagnate, you end

*Sitting at a desk all day is not good for the body or the head. Move!*

up with a swamp that does not support life. You move it or you lose it!

Have you ever noticed that people who work out on a regular basis have a real need to keep it up. They feel better when they do, so it keeps them going back for more and more. But those of us who have not been moving in a long time



*No movement = stagnation.*



*Movement = flourish and prosper.*



have a hard time even getting started. Why? Simple physics: those things at rest tend to stay at rest. We get lazy, unmotivated and tired because we are not moving in the first place. I know this

*Enjoy the process, choose something fun to get you moving.*

can be difficult for some, but the first step is the hardest. Once you clear that hurdle, you'll find getting proper exercise becomes easier and easier.

So get up off your chair and move. Even a simple twenty minute walk to break up your work day makes a world of difference.

Then you will see, once you start to move, the more you'll do it, the more you will want to, and your life will change for the better – both physically and emotionally.

*“Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them.”*

*– Lee Haney*



*Move - even a simple walk does the body good.*

*“I've always believed fitness is an entry point to help you build that happier, healthier life. When your health is strong, you're capable of taking risks. You'll feel more confident to ask for the promotion. You'll have more energy to be a better mom. You'll feel more deserving of love.”*

*- Jillian Michaels*

# MOVE!

- Turn on your favorite songs and dance.
- Go for a walk. Walking is one of the easiest forms of exercise. Just do it.
- If you have stairs in your home take some extra passes. Two minutes of stair-climbing is a great mini-workout.
- Stretch. Even simple movements make a big difference.
- Get a massage. Sure you get to lie still, but your body is being worked on, you're deeply relaxing and stagnation is being moved.
- Sing. Projecting your voice exercises the body and is great for stress relief, good for the soul.
- Get a family member, friend or co-worker to be an accountability partner to keep your commitment to working out on track, as well as you being there for them. Team up if you need help getting motivated.
- For those of us who have the time, joining a fitness club can be a lot of fun. Classes and new friends can help inspire us to a whole new level of fitness.

*“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” - John F. Kennedy*

## Alan

I was teaching a natural health cooking class one evening in my local health food store. Part way through the class, a tall man with white hair and glasses stopped in his tracks as I was speaking and looked right at me with a face of awe. He was hanging onto my every word. Slowly, he made his way toward a chair, sat down and took in the rest of the class. At the end of my presentation, he excitedly got up and came over to me. His first words were “you are my new best friend”.

As his story unfolded before me, I learned about his journey into the world of cancer, his years of struggle and how he was losing the battle. He had been put on a special diet, which he referred to as impossible, and was at his wit's end. What was ironic was this same diet would be the one that would help save his life. He just needed a different approach to, and support for, his process. That's where I came in.

He started attending my classes on a regular basis and came to me for a consultation. Most of my private consulting up to that point had been for dietary guidance, but Alan was different. He'd already had all of that information and knew what he should do, but he felt alone and unable to do what he needed to save his own life.

For the first time I gave no dietary advice, no “eat this, avoid that” commentary. I looked him straight in the eye and said “you need to have fun and enjoy life – and enjoy this process”. He looked at me as if I was crazy at first. Then I saw a spark in his eyes. He got it.

We had a long talk about his fears and how far advanced his cancer had gotten. It had spread to many organs, he joked as he stated the

doctor's were giving up on him. But he wasn't and neither was I. He had hope and the will to live. That was a great place to start.

As soon as his mind started to shift, he was able to do more with his diet. As soon as he started to put in new effort, his health began to turn around. He lost a lot of weight, which had been an issue all his life, he felt better, he looked better, and he had a whole new energy and zest in his step.

Not only did Alan survive, he has now lived many years past his doctor's estimated life expectancy. And he plans on being around many more years to come. He has been able to learn to “live with cancer” as a part of his norm, as he puts it. He has never completely reversed it, but he claims that he never expected to. He is active and happy and enjoying his life with his wife in sunny California. He eats healthy and takes good care of himself, making sure to have fun and be happy each day, no matter what life throws at him.

He is one of my favorite students and he was right: he has become a great friend who I am happy to have in my life.



# Lose the Scale

A better measurement while getting fit and trim is noticing how your clothes fit, and how you look and feel.



When we make changes to our diets like the ones suggested above, I like to point out a simple act that will help with the transition. Please do not get on the scale! This metal contraption will deceive you. It will lead you to believe that you are not losing weight. Even if your clothes are getting bigger day by day, the second we see that the progress has not been reflected in the numbers at our feet, we feel discouraged and your motivation to keep going will drop.

I have been there too, obsessing with the pounds represented by that scale. Yet, consider this: most of us consume a modern diet full of highly processed foods, refined sugars and animal products. Many of us have discovered that once the shift happens to a whole foods plant-based diet, we shrink and we lose bulk – but that number on the scale stays put.

Why? It is simple. Most of us are depleted. Look at the prevalence of osteoporosis. This condition is caused by a lack of minerals in the bones. Hence the body, to keep balance, pulls the minerals from the bones that are not present in our daily diet. The body needs the minerals that maintain a slightly alkaline blood condition, and with all the acid forming foods we eat, it needs to get it from somewhere for balance. So alas, the bones take the hit. Think about your bones becoming more porous, lighter, less dense. Once you start eating all those mineral-rich foods your body will take this golden opportunity to rebuild and strengthen your weakened bones, muscles and organs. They become more dense. Increased density creates more weight, and it shows up on your scale.

In addition, muscle weighs more than fat, so even though you are trimming down, you could actually gain a small amount of weight. This is because your muscles are growing; you're getting stronger. It's a good thing!

So let's say you just lost 10 pounds of fat mass. Unwanted cellulite has melted away – but you've gained 10 pounds of bone, muscle and organ density. According to the numbers at your feet, you've lost NO weight whatsoever. Get the picture? Scales are not your friends. They are deceiving you into believing that nothing has changed when it definitely has, so avoid them when you make dietary changes. Go by how your clothes fit and how you look and feel. This is the best way to see progress.



*Scales can be deceiving when it comes to your accomplishments with weight loss. Stop using it.*

# John



*When the body gets good nutrition it does what it is built to do, rejuvenate and thrive!*

Years ago my husband and I had a commercial kitchen here in Los Angeles and we produced a food line called “Chew!”. One of our first clients on the delivery list was John. He called me with a simple request. He had been suffering



from acid reflux all his life and was looking for a solution.

24 hours after the first meal we delivered, he called me. “I have had no pain in the last day. Can it really work this quickly?” All



*Simple changes in your diet can make a world of difference in your overall health.*

I said was “yes, it can be that simple.” He was flabbergasted. He has not suffered in pain since. No more bloating, no more diarrhea. That was all over a decade ago, and after a lifetime of pain, he began his new path to better tomorrows – and it took only 24 hours to turn his life around.

Chapter 5

# Bye Bye Cold

Cold iced drinks like a diet soda actually contribute to the formation of cellulite in the body.



A simple trick to weight management is temperature. Yes, cold foods and beverages cause the body to “cool off” digestion and actually hinder the loss of weight. Warm to hot beverages help to keep things moving and this includes melting away the garbage in your system. Ancient Chinese secret for beauty and to stay trim: Only drink hot liquids, including water. Cold iced drinks, like a diet soda, actually contribute to the formation of cellulite in the body. Ironic, but true.

On the subject of temperature, another key element to being fit and trim is perspiration. This is one of the fastest ways to shed pounds and cleanse the body. Our skin is actually the largest or-



*There are many choices of herbal teas that make it easy to enjoy hot liquids.*



*A good sweat cleanses the body, releases toxins and excess water weight.*

gan of our body and we need to perspire to keep it in tip top shape. Lots of people who have too much build-up in their system experience breakouts, rashes and skin issues of all kinds because the body has too much excess to discharge through the other routes of elimination. The skin helps out with our cleansing process on a regular basis. If we can simply engage in some good perspiration by moving the body or even relax in a hot sauna, we eliminate toxins. Sweating does a body good!

Avoid antiperspirants. A natural deodorant or sea salt stick works well to control odor. Save the antiperspirant for special occasions. Let your body perspire.

## Valerie & Richard

My parents are my favorite clients and this is their story.

When I first started down the natural path toward health, it was not common or widely accepted. Worse yet, when I got into Macrobiotics in an attempt to help my husband reverse metastasized



*Even though average lifespan has increased, disease is at an all time high.*

prostate cancer, using his diet to self heal, most people thought I was full-blown crazy - but not my parents. They supported me in my efforts, and supported me in that decision. Thank God for that, because six months later when my husband got a clean bill

of health, everyone could see there was something very powerful happening in our home.

A short while later, Mom had to have surgery on her foot. She was lamenting the fact that every time her feet were worked on, it followed with twelve weeks of bed rest in which she would gain a lot of weight. She had had many back, knee, hip and foot procedures done over the preceding years, and she was frustrated with the whole process to come.



*Eating naturally exposes your tastebuds to endless variety.*

With a diet cola in one hand and a piece of chocolate in the other, she went on about how she was dreading the upcoming operation and its repercussions. I saw my in: I offered her a deal. I was cooking all this super healthy food at home anyway, how about I bring her and Dad food everyday while she was on bed rest? My condition was I would provide the food only if she promised that my food was all she'd consume. I promised her she would not gain any weight, which swayed her to agree.

What happened in the course of the next twelve weeks was astonishing. She lost thirteen pounds, my dad lost 22. My mom was taken off her high blood pressure medication because she no longer needed it. The hormone therapy she was taking for menopause was soon out of the picture too. Her severe, crippling arthritis was no longer painful and debilitating, and she could actually flex her fingers with almost a full range of motion. She had healed faster than after any previous surgery. The doctor was amazed, because for the first time, she had not left the hospital with an infection and he had not had to prescribe antibiotics or steroids.

My Dad had started out with very high cholesterol, and it got back to normal.



*Many people who start using natural health find they no longer need their prescription medication.*

He was sleeping better and handling stress much more calmly than ever before. Then a few years later, on New Year's Eve, my Dad had a heart attack. He was rushed to a hospital. The doctor who saw him told him that most don't survive a heart attack like that one. Had he still been eating the standard American diet, he would no longer be with us. Since that scare, I have been able to help him make more personal adjustments and I am very happy to say today that into their 70s, my parents are healthy and happy.

Their only complaint is they are losing friends quickly to diseases they now know can be turned around. Unfortunately, their friends just don't believe that dietary changes can make a difference. My parents say that it is just their generation's way but it is still sad to watch their friends suffer in their retired years.



# Chew, Chew, Chew!



Slow down and chew. Something so simple can make a great difference in your overall health.



*Digestion starts in the mouth!*

Yes, this simple task will greatly benefit you in creating that fit and trim physique. Food should be liquidized before swallowing. No chunks, no bits and pieces. Just liquid. Beverages should also be mixed with saliva before swallowing. Savor the flavor of the food and drink you consume.

Our saliva contains digestive enzymes, and for every morsel you put in your mouth, there is a specific enzyme released to digest that kind of food. For example, if I eat a protein, the enzyme for proteins (protease) is released, if I eat a carbohydrate that enzyme (amylase) is released, and so on. Now if you do not take the time to chew, your body does not have the time needed to add the right enzyme to your food. Very simply put, you will not break down your

food in your mouth, where digestion begins. The food will travel to the stomach and more acid will need to be released to help break all the large chunks of the food down. If a person would simply chew more thoroughly, such conditions like indigestion, acid reflux, dyspepsia and most digestive disorders would disappear. If you take the time to chew better you will get full and satisfied on less food, so that desire to overeat becomes a non-issue.

When you first start to pay attention to your chewing, don't be alarmed if you notice that you tend to swallow before you are ready. This is a common frustration. Just simply put your chin down toward your chest while chewing; it will help keep the food forward in your mouth. Then, when you are ready to swallow, you will have better control over that reflex and will get the results you desire.

When we chew better we also get more of our money's worth out of our food. For instance, not to be gross, but the last time you ate corn did it still look like corn in the toilet when you got rid of it? Most people will say "yes" to this, which means that the food you are paying for, if not being chewed well, is not being properly digested. You are wasting food and money, and since you are scarfing it down, you're not giving your body the opportunity to tell you it is full. Then it is too late. If you are in pain on a regular basis after eating, it is because you are over consuming and stretching your stomach.



*Those who chew well tend not to overeat, consume less and are better satisfied.*

Stop it! Slow down and chew. Something so simple can make such a great difference in your health – so chew, chew, chew!

## “Sparky”

One evening, at the end of one of my cooking classes, a mom approached me. Her son had severe A.D.D. and the educational system had given up on him. They had labeled him as unteachable and he was becoming a nuisance to society. She had come to the class grasping for a way to help her son and within that class I talked about how you could use your diet to create focus and stability. She needed to know more.



A week later before me sat a young man in a hoodie; I could not see his eyes as he hid beneath it. All I could see was the acne covered skin that

was raw on his face and his swollen red lips. This poor kid was suffering. And although his mom had gotten him to my door, the question was whether he'd jump on board or not. There was a possibility that I may never see him again.

We talked for a long time, and slowly as the clock ticked away, he started to emerge from beneath his hood. His eyes were dark but I could see that he was open to try anything. This existence wasn't working for him either.

He and his mom left with my dietary recommendations, and what unfolded over the next few months was amazing. Slowly, the changes were made and his body quickly responded to each change. Soon his skin started to clear, he stood more erect, and his ability to focus and think with clarity grew!

Over the next couple of years, this 19-year-old turned into an incredible man. The once “unteachable” went back to school, got his certification in Macrobiotics and has become a teacher like me. My hus-

band took him under his wing and next he went into a commercial kitchen to become a professional chef. Today, he has his own business, and helps change the lives of others for the better.



I am very pleased to say he is one of my favorite people on the planet. A beautiful soul who was transformed before my eyes into a great human being. Thank God his mom took a moment to look for another path for her troubled son to take. Today they both have a happier future because of her decision.

Chapter 7

# Think “F.A.T.”

Our minds are very powerful.  
Sometimes we need to get our old  
patterns of thinking out of our way.



Your mindset is one of your most powerful tools. You can take all the greatest advice on how to get to your ideal weight but if you still think of yourself as fat, you will be fat. We truly are, what we believe.

To shift your fat thinking, turn the word into an acronym.

**“Fat becomes F.A.T. = “Fit And Trim”.**

Every time you think about your body as being fat, switch gears; catch yourself in the moment and redefine your path. Your belief creates your reality. To get to your desired outcome, change your mindset. Project yourself into how you would like to be. Dream until the dream comes true!

*“Believe you can and you're halfway there.”*

*- Theodore Roosevelt*

If you have a rough time changing your mindset about your appearance, don't give up. Some of us can just switch our perspective on a problem and the shift happens easily. But for a lot of us, our minds get in our way. We think to ourselves, “I am not fit and trim. It is insanity for me to even try to believe, while I am so out of shape and carrying around a lot of unwanted baggage.” We get frustrated even thinking about having to reframe our feelings around our current situation. But I can tell you from firsthand experience, that as long as you think of your situation as hopeless, as long as you believe that you will never have the body you desire, then you are right – you won't.

*“Change your thoughts and you change your world.” - Norman Vincent Peale*

Our minds are very powerful and sometimes we need to get our old patterns of thinking out of our way when we want to change our current situation. If you can't just shift “fat” to “fit-and-trim” without scoffing, then make this simple adjustment: put in front of those words “wouldn't it be nice to be...?” This takes you into the realm of possibilities and makes it more acceptable for those of us who want to reject that simple statement to begin with. Go on, try it out. “Wouldn't it be nice to be fit and trim?” That frame of mind will get you there. The mind shifts to “fit and trim” just the same.



*Picture yourself the way you want to look. Imagery can be a very powerful tool in accomplishing your goals.*

ENHANCE  
IMPROVE  
INSPIRE

*The more you think of it, the more it happens.*

more time to get into at the back. Being comfortable and happy with where you currently are is important too. So if you see the skinny jeans staring at you every time you open the closet door, change their location until you are happy to see them again. Not focusing on disappointment gives us more energy, more motivation and more inspiration that will lead us to where we want to go.

*“The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years.”*

*- Deepak Chopra*

A vision board can also very helpful to many for shifting their mindset. If you are a person who enjoys visual inspiration, then I encourage you to put together a bunch of photos from your albums, magazines or the web. Make yourself a photographic prompt, a goal of how you want to be. Place it on your refrigerator or your mirror, in a place that you will see frequently. A reminder of who you want to be as you improve yourself. Use images that inspire you, motivate you and help you achieve the fit and trim success you desire.

Reorganize your closet. Put those items that fit you within reach and those items that will take



## Letter from a Client...

Dear Jeanne,

Things are going well, better than well actually. Going macrobiotic has been life changing for me! I'm a pretty confident and successful person, but the truth is; underneath the exterior there has always been a vibration of nervousness, insecurity, a mild hysteria even. I've spent a lifetime covering those emotions and feeling "less than" because of it.

Since dropping all stimulants and becoming acquainted with the life force in whole foods, I find an exquisite inner calm, one



I've never known before. I've achieved a balance, and an ability to be in present time, as my whole self, without worry. I am in love with whole food. It's alive, it vibrates, it is so very happy to serve. In the midst of cooking and healing myself, I pulled in the job of my dreams. Still in early stages and negotiations, it has kept me wall to wall busy-- but the diet has grounded me, and where once I would surely be stressed, worrying myself with questions like "Will it work out?" "Can I really do it?" "Do I have the strength and stamina to not compromise my health with the challenges?" All that I feel is profound joy and gratitude about the events unfolding.

Thank you, thank you, for your council.

Thank you also to dear Patrick for his beautiful food.

I came to you with alarming high blood pressure and type 2 diabetes. I had experienced what they called a mini stroke because of this. I was put on blood pressure meds immediately because I was up in the 150-160 levels. I am currently off all meds, my blood pressure is consistently 120/80. My blood sugar is normal. I feel like I have a new lease on life. This took about a month.

I am forever grateful.

LJ

# My Mission



*"I am here to inspire, teach, and guide."*

When my world was falling apart and my future looked bleak, I was inspired by a friend to take a look into the world of natural health. That moment changed my life for the better!

I am forever grateful to her for sharing that life changing information with me. It created a bright future in a life that had become dark and sad. Once I saw the amazing results in my life, I was inspired to reach outward into my community to bring the same message to those that were willing. Their lives have improved too.

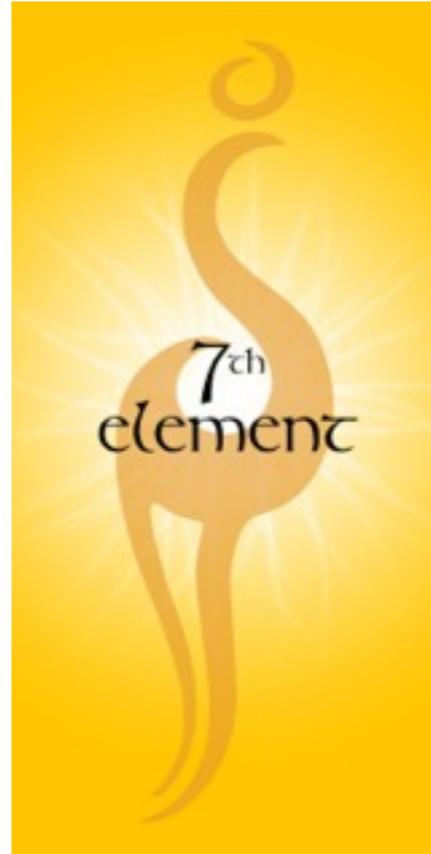
The more I teach, the more I want to teach, spread the knowledge, and help improve lives. I believe we should all have this vital information – whether we choose to use it or not.

I am here to inspire, teach and guide. I hope that you have enjoyed my first eBook. I plan on making many more. One small book at a time, I'll work to foster the focus and awareness that will empower you for a brighter, happier future.

Want more?



Check out what I am up to at  
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