1. Sugar is the ___________ of the food world.

3. Americans consume more ___________ than nutrition, while other families around the world eat more nutrition than ___________.
   a. Calories (yes)
   b. Fat
   c. Sugar
   d. None of the above

Note: “We are not eating food anymore; we are eating food-like products.”

4. As said by Dr. Joseph Mercola, “The food industry…has the where-with-all and the scientific resources to really identify, really carefully, what appeals to the average consumer. As a result of that, they can use these chemical derivatives to create these concoctions…which can have an ___________ component.”

5. “MSG and free ___________ are used to enhance flavor in about 80% of all processed foods.” ~ Raymond Francis M.Sc. MIT
   a. Radicals
   b. Glutamates
   c. Calories

6. Diet Cola: “There’s a deadly combination of ___________ and caffeine. It creates a blend of excito-toxin that kills off brain cells. But before they die, it creates an excitement, like a buzz. This creates a buzz for more diet cola.”

7. “Research studies suggest that ___________ ___________ contribute to weight gain.” ~ Yale Journal of Biology

8. When the package says “fat free” or “light” actually means it’s loaded with ________.
   a. Fat
   b. Calories
   c. Sugar

9. Your body needs the correct fats. What is an example of a good fat? _______________

10. High Fructose Corn Syrup is a(n) ___________ nutrient, like white sugar, white flour, etc. HFCS is like jet fuel for the body; pour jet fuel into your car, it’ll ruin you car.
Same thing happens with your body. Read labels, you’ll be surprised how many grocery items has it. Stay away from _______ nutrients!

a. Good
b. Free
c. Isolated

11. The number one source of calories is Fructose. Present day, we consume an average of_______ grams a day. Kids, primarily teens, can average of _______grams a day. This creates a severe metabolic challenge.

12. What is Sugar? It’s more than just powder. Name at least two items in the store that would be considered a Sugar. ______________________________________________

13. In America, each person is eating about how much of each per year?
Sugar: _______ lbs
HFCS: _______ lbs

14. “Premature death is coming from ____________, alcohol, and smoking.”

“If we look around the world, we’d see different cultures thriving and staying lean on a host of different foods; from Arctic where they ate fat and muscle from animals to the jungle where they ate more fruits and vegetables. We are now eating a diet that no longer resembles that.”

15. Don’t turn it into a diet: “I want it but I can’t have it.”
Turn it around: “I ______ have it but ________ want it.”

16. Simply put, add in the _______ stuff.

17. What’s in your kitchen that you can replace with something more wholesome?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

18. Two ways of your body defending itself from chemicals: produces mucus or attaches to fat. If you just exercise to burn off the fat, you are still left with _______ in the body. Burning the fat will just put more _______ into the body. This is why a detox is so important.
   a. Chemicals (or Toxins)
   b. Acid and Mucus
   c. Fat
19. What are good ways to detox? Some are mentioned in the documentary:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

20. What two greens are especially healthy for a detox?
______________________ and _____________________

21. Which of the two are more beneficial for you, fruits or vegetables? ________________

Note: **Around one hour into this is about testimonials about eating from the vine or juicing and the benefits you get from eating this way.

22. Avoid fried foods and replace with _______ Foods.

23. Name one (or all) Beauty Foods they talk about:
________________________________________________________________________

24. Name one (or all) properly fermented foods that replenish the bacteria that colonize our intestines? ______________ __________________________________________

25. Name on (or all) Beauty Minerals:
________________________________________________________________________

Note: “Get healthy skin from the inside out, not from chemicals from the outside in.”

26. Mental or Emotional ______________ is a contributing factor to weight gain, sleep deprivation, and dehydration, etc.

27. Stress and sleep deprivation increases weight gain. The number one best way to digest stress hormones is _________. It will metabolize excess cortisol and epinephrine better than anything else.

Note: Exercise increases feel-good hormones. This is just as good as taking anti-depressants.

29. How do we communicate with our subconscious? Through __________________.

30. _______ yourself.