

HUNGRY FOR CHANGE
(Netflix, Red Box, Amazon Prime)

1. Sugar is the _____ of the food world.
2. 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.”

3. 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.”

4. “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

5. 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.”

Notes:

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

7. When the package says “fat free” or “light” actually means it’s loaded with _____.
 - a. Fat
 - b. Calories
 - c. Sugar
8. Your body needs the correct fats. What is an example of a good fat? _____

9. 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

10. 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.

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

“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.”

12. 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.”

13. Simply put, add in the _____ stuff.

14. What's in your kitchen that you can replace with something more wholesome?

15. 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

16. What are good ways to detox? Some are mentioned in the documentary:

17. What two greens are especially healthy for a detox?
_____ and _____

18. 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.

19. Avoid fried foods and replace with _____ Foods.

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

21. Name one (or all) properly fermented foods that replenish the bacteria that colonize our intestines? _____

22. Name on (or all) Beauty Minerals:

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

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

24. 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.

25. How do we communicate with our subconscious? Through _____.

26. _____ yourself.

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