



CHEK

Holistic Lifestyle Coach

Level 1



CHEK Holistic Lifestyle Coach Level 1

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CHEK Holistic Lifestyle Coach Level 1

About the Course Creator



Paul Chek, HHP is a prominent expert in the field of holistic health and corrective and high-performance exercise. For thirty years Paul's unique, holistic approach to treatment and education has changed the lives of countless clients, students and peers. By treating the body as a whole system and finding the root cause of a problem, Paul has successfully coached clients toward complete resolution of their health and performance challenges, where traditional approaches have consistently failed. Paul is the founder of the C.H.E.K (Corrective Holistic Exercise Kinesiology) Institute, based in California.

Speaker and Consultant

Paul is a sought after presenter and has consulted for organizations such as the Chicago Bulls, Australia's Canberra Raiders, New Zealand's Auckland Blues and the US Air Force Academy. His information is not only cutting-edge, but also very applicable. Participants leave his classes with information they can use and achieve results with right away. Paul has been a keynote speaker for the NZ Musculoskeletal Conference, presented at the 6th European PGA Teaching and Coaching Convention and was rated number one speaker by participants at the 1998 IHRSA conference. In 2004 he was voted best male presenter by the members of ECAWorldFitness and in 2003 was voted most controversial speaker at CanFitPro's Toronto convention.

Educator

From 1992 to present Paul has produced over 50 videos and 17 advanced-level home study courses designed for the fitness and clinical professional. He is a regular contributor to several publications and web sites and author of six books. One of these, *The Golf Biomechanics's Manual* has been adopted for use by professional golf schools and was featured on the Golf Channel.

Paul is a strong believer in the essential role provided by practical training. He has developed four Advanced Training Programs to provide hands-on instruction for the exercise and health industries; the CHEK Exercise Coach, the Corrective High-performance Exercise Kinesiology (C.H.E.K) Practitioner Program, CHEK Holistic Lifestyle Coaching Program and the Golf Performance Specialist. These programs have trained thousands of people worldwide, attracting professionals from varied professions such as exercise professionals, massage therapists, physical therapists, chiropractors, osteopaths, medical doctors and other health care practitioners.

Inventor

Paul Chek has accrued three US patents for posture calibrating, hydrotherapy and equipment inventions and has also designed several pieces of functional exercise equipment.

Certifications

Holistic Health Practitioner (California), Certified Neuromuscular Therapist, Clinical Exercise Specialist (ACE).

Clients

Jimmy Button, Richard Dunwoody, Danny Way, Dean Reinmuth, Jeremy McGrath, Gabrielle Reece, Laird Hamilton, Rich Cody - to name a few.

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CHEK Holistic Lifestyle Coach Level 1

Learning Objectives

1. Learn how to apply the 1-2-3-4 approach to developing long-term body-mind changes and how to apply the 5 essentials of program design.
2. Learn to use your CHEK Nutrition and Lifestyle questionnaires for assessing physiological load, and making essential diet and lifestyle changes.
3. Understand the relationship between the 6 CHEK Foundation Health Principles and body-mind stress.
4. Learn and how to apply the 6 CHEK Foundation Principles to balance your body systems so you can exemplify well-being!
5. Identify common roadblocks to success with diet and lifestyle modifications & gain simple solutions.
6. Discover how and when to use the “Less is More” principle of exercise prescription.

CHEK Nutrition and Lifestyle Questionnaires

Please refer to the back of the manual for the CHEK Nutrition and Lifestyle Questionnaires and scoring sheet.

DAY ONE

THE CHEK 10 STEP SYSTEM INTEGRATED WITH THE HLC PROGRAM

Holistic Lifestyle Coach Level 1 introduces the 1-2-3-4 of Holistic Living

1. Love
2. Forces
3. Choices
4. Doctors

Holistic Lifestyle Coach Level 2 provides tools to more effectively coach clients

5. Program design factors
6. Foundation Principles
7. Chakras (body/mind themes)
8. Self-Reflection
9. A new State of Awareness
10. A new Stage of Living

Holistic Lifestyle Coach Level 3 teaches you how to handle more complex clients and more advanced assessment techniques



YOUR 1-2-3-4 APPROACH FOR LONG-TERM WELL-BEING

How to Establish Motive for Change and Develop Healthy Core Values

1 LOVE

What is the 1 Love you are willing to experience now; what are you willing to change, to grow for?

The Principle of Personal Motive

“When you have a big enough dream, **you don’t need a crisis!**”

--Jerry Wesch, Psychologist

Always find your client’s “Dream” or long-term change is unlikely.

- Once you have identified their 1 Love, all instruction is presented in terms that connect the action item to their dream.

“Your dreams are a snapshot of your future.”

Albert Einstein

Why is change so hard for people, even when they say they want to change?

Why is it so hard to teach an old dog a new trick?

- Old habits are hard to change

The Law of Facilitation

When an impulse has passed once through a certain set of neurons to the exclusion of others, it will tend to take the same course on a future occasion, and each time it traverses this path the resistance in the path will be smaller.

Ref: Dorland’s Medical Dictionary 27th Ed. 1988 W.B. Saunders Co.

A labor of love is always easier to manage than labor without love!

- Change takes energy and commitment!

Finding Your 1 Love

Who can you love becoming?

Establish a Motive

For lasting change, it is essential to have a good motive, a dream worth experiencing and expressing.

- What do you love enough to change for?

How to Change

- Avoid ruminating on what you don't have...that just energizes the old pathways and roots you in the past.
- Celebrate what you do have! Know the joy is in the journey, in "becoming", not just crossing the finish line.
- *Become a living example* of what is possible in "your" LOVE!

Choosing Your Love, Dream or Goal

- Be realistic: it is best to set a goal that is no greater than 50% of what you've previously achieved.
- *Commitment is greater when your goal is your own*; achieving goals under pressure or influence by others increases the risk of non-completion.

Process vs. Outcome Goals

- Process goals are set to give reward while in the process of achieving your chosen outcome.
- Allow room to celebrate when achieving realistically achievable milestones so that motivation stays high.
- Being *committed* is more important than being *rigid*.
- Practice the 80/20 principle!

Recommended resource: PPS Success Mastery Lesson 3: Goal Setting



10 Questions for Finding Your 1 Love

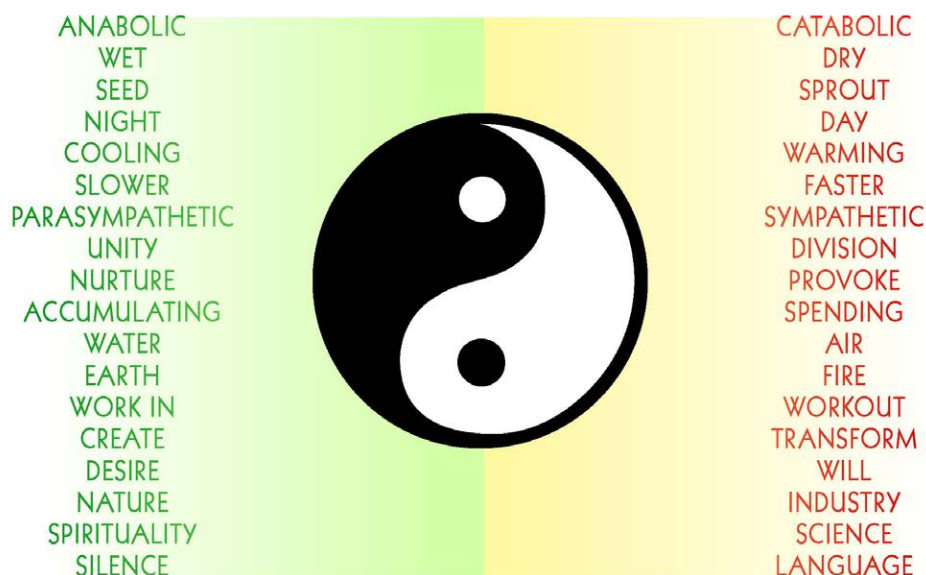
1. What do you dream about?
2. What makes you feel good?
3. What gives you a sense of purpose?
4. What geography would you choose?
5. What are you passionate about?
6. What people would you surround yourself with?
7. What values are needed to support your dream?
8. What would be your chosen working environment?
9. What is the income you need to live your desired lifestyle?
10. What level of responsibility are you ready to accept?

Recommended resource: PPS Success Mastery Lesson 1: How to Find and Live Your Legacy

2 FORCES TO BALANCE

The Principle of tai-chi

2 Forces create the Universe and all life.



Balance to achieve homeostasis, or baseline health.

Balance specific to your dream.

How you balance depends on how you desire to express and experience yourself.

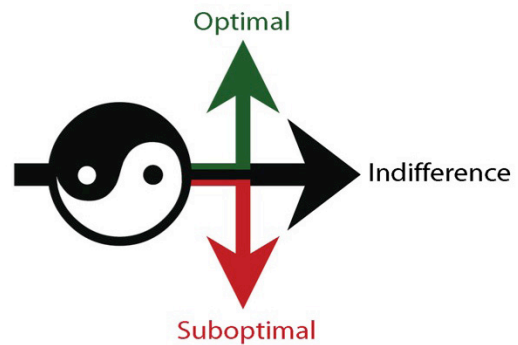


3 CHOICES

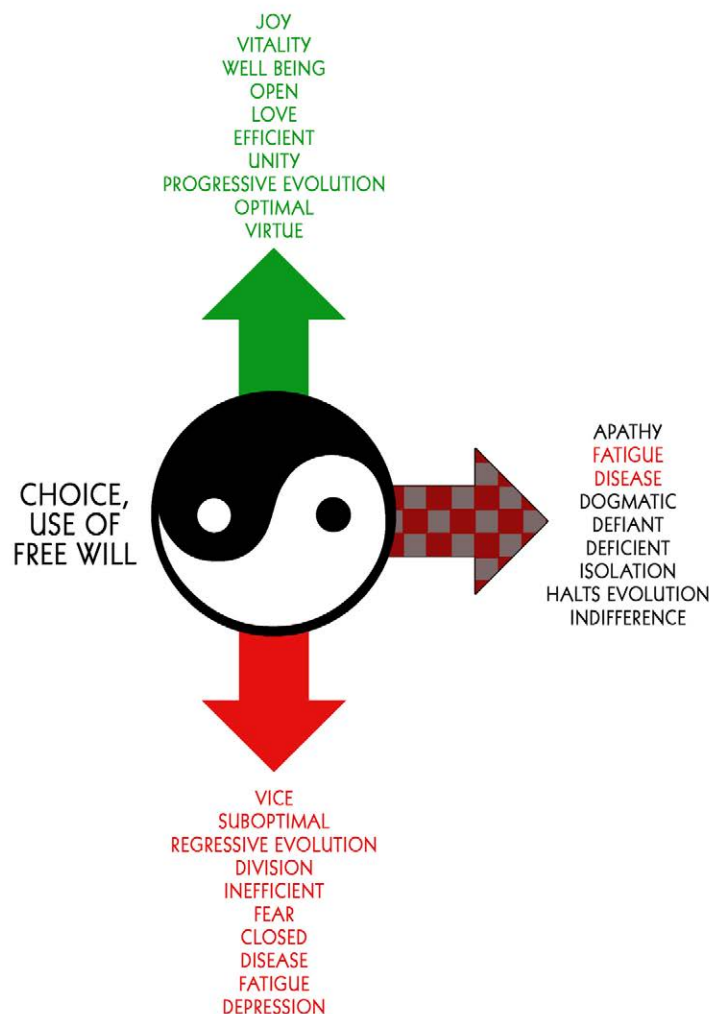
We always have a choice!

There are three choices we can make in relation to any person, place or thing.

- Optimal: good for all on your dream team
- Suboptimal: good for you but NOT for others
- Do nothing:
 - Time out
 - Apathy



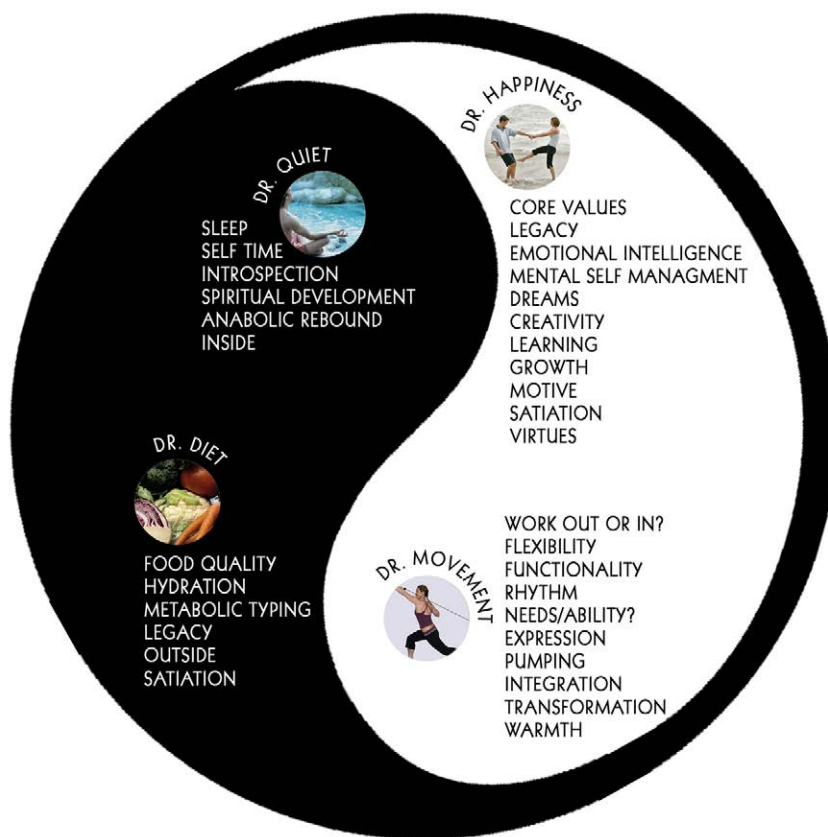
YOUR Physical Emotional Mental Spiritual FREE WILL



4 DOCTORS

Your inner-guidance system for creating sustainable well-being and body-mind harmony.

Your 4 Doctors are Dr. Happiness, Dr. Quiet, Dr. Movement and Dr. Diet.





Creating Your Own 4 Doctors Core Values

Your *core values* represent your own living code of conduct.

Morals are codes of conduct that are life-affirmative.

Ethics are codes of conduct that may, or may not be life-affirmative.

Your 4 Doctors core values should *affirm your dream*; both life-affirmative and reflective of the values you choose to live.

Your Dr. Happiness Core Values

What makes you happy?

Your 1 Love = your happiness

- Clearly define what it is that creates happiness in your life.
- Don't expect others to be responsible for making you happy.
- Your chosen DREAM should be happy-making for you or it is unlikely to be sufficient motive for lasting change!

Your Dr. Quiet Core Values

Dr. Quiet is the Chief Physician

There are three kinds of REST:

- Active rest: < 60% Max. effort or < 70% Max. heart rate
 - Active rest is performing your specific movement/exercise activities at a reduced intensity.
 - Active rest activities should never reduce your ability to improve on your primary activities.
- Passive rest: Intensity as above but performed with activities that are different from goal or primary activity.
 - Passive rest should not create stress that reduces your ability to perform your primary activities.
- Total rest: Sleep! 10-20 minute naps can be a big help
 - Sleep is the chief anabolic force; essential for the body, emotions and mind.

How much active rest do you need to live your dream?

What are your passive rest opportunities?

How much sleep do you need to have the healing time and energy to live your dream?

Introspection is essential for personal growth:

- How much time do I need to be alone, so I can “be” with myself?
- Do I need time alone for my spiritual practice each day?

“If you don’t go within – you go without”
- A wise yogi

Your Dr. Movement Core Values

How much *movement* do I need to be healthy?

How much *work-out* time do I need to accomplish my specific dream?

How much *work-in* time do I need to accomplish my specific dream?

Your Dr. Diet Core Values

What quality of food will best fuel you in the experience of creating and living your dream?

What is the best proportion of plant and animal foods for you?

How often should you eat to best fuel your dream activities?

What foods can you use as rewards for sticking to your own program?

Recommended resource: "The Last 4 Doctors You'll Ever Need" by Paul Chek; multimedia e-book



5 ESSENTIAL PROGRAM DESIGN FACTORS

1. Time

How much time can you / your client realistically commit?

- Most people usually overstate their authentic time commitment by 50%, particularly when being asked by a therapist or coach.
- Be 100% honest and realistic when committing yourself / your client to a dream development program.

2. Energy

How much energy do you / your client *authentically* have to commit to a dream program?

- Do you need to reduce or eliminate other activities that are less essential to completing the program so you / your client do have the needed energy?
- Be honest about what you / your client can do,. As there is improvement, you can always add more.

3. Willingness

On a scale of 1 to 10, how *willing* are you / your client to complete a dream program?

- When willingness is less than 7/10, chances of non-completion go up significantly.
- If you or your client are not comfortably at a score of 7/10 in willingness, chances are good your client's / your *dream needs to be reevaluated for authenticity*.

4. Finances

Is your dream program *realistic* in terms of your available finances?

- If not, can you / your client acquire financing without adding unwanted stress to your life?
- Can your program be staged so that it can be effectively completed within your client's or your budget?
- Being realistic about financial abilities relative to the program requirements is essential if you / your client want to live your dream.

5. Equipment/Resource Availability

- What equipment/resources do you need to complete your / your client's dream program?
- Have you / your client budgeted such needs when considering financial requirements?
- Do you / your client need to rent, borrow or create specific equipment?

6 CHEK FOUNDATION PRINCIPLES

1. Sleeping
2. Nutrition
3. Hydration
4. Thinking
5. Breathing
6. Movement

4 Doctors Express the 6 CHEK Foundation Principles

Yin Principle

Dr. Diet
Dr. Quiet

Sleeping
Nutrition
Hydration

Yang Principle

Dr. Happiness
Dr. Movement

Thinking
Breathing
Movement

Approximately 90-95% of all diseases result from faulty diet and lifestyle practices!

Health is a Matter of Balance - Like a 3-Legged Stool

To be successful, your program must include:

- Nutrition - Dr. Diet
- Exercise - Dr. Movement
- Mental/Spiritual - Dr. Quiet

Most programs fail by focusing on only one aspect of health.



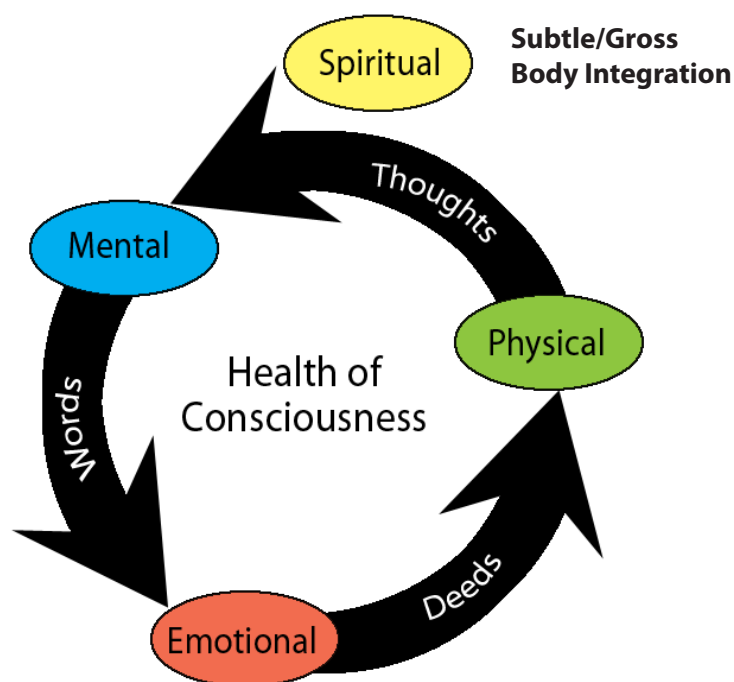
WHAT ARE YOU?

The health of your consciousness and your consciousness of health mirror each other!

Being healthy is taking responsibility for one's self.

Your ability to choose is a mental activity that directly influences your well-being.

What you choose to eat and how you choose to exercise dramatically influence how you interpret life events and how rapidly you age.





WATER AND CONSCIOUSNESS

Harold Saxton Burr's water studies are very revealing!

- Don't water weeds!
- All thoughts are actions

Ref. Saxton Burr, Harold. Blueprint for Immortality. CW Daniel, 1972.

Hydrate Before You Medicate!

There are ~ 10 billion biochemical reactions per second in the human body, ALL of which are water dependent.

Most drinks sold in gyms are:

- Full of sugar and laced with caffeine.
- Inclusive of metabolic stimulators, additives, preservatives and colorings that effect autonomic and hormonal balance.
- Are very cold and dehydrate the body.
- Are less effective than water alone!

These will leave you tired and/or affect concentration.

The Power of Conscious Intent on Water

Ref. Emoto, Masaru. Message from Water Vol. 1. Hado Publishing, 1999.

USING QUESTIONNAIRES AS ASSESSMENT TOOLS

Benefits of Using Questionnaires

Difficulties Inherent in Using Questionnaires



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PHASE 1

Address foundation principles first.

Start corrections from the LEFT.

Be careful of falling into a symptom-oriented approach.

Nutrition and Lifestyle Questionnaires Score Sheet

	Total Score	Detoxification System Health Zones 3 & 4	Fungus & Parasites Zones 3 & 4	Digestive System Health Zones 1, 2 & 3	You Are When You Eat Zone 3	Circadian Health Zone 2	Stress Zone 4	You Are What You Eat Zones 1, 2 & 3
High Priority	715	88	195	81	50	90	81	130
	—	—	—	—	—	—	—	—
	☹	60	120	60	35	70	60	60
	—	—	—	—	—	—	—	—
Moderate Priority	300	40	60	40	20	50	40	50
	—	—	—	—	—	—	—	—
	☺	30	50	30	15	40	30	40
	—	—	—	—	—	—	—	—
Low Priority	170	20	40	20	10	30	20	30
	—	—	—	—	—	—	—	—
	☺	10	20	15	5	15	10	15
	—	—	—	—	—	—	—	—
Score 1								
Score 2								

Name: _____ Date 1: _____ Date 2: _____

EXERCISE PROGRAM DESIGN BASICS

The best exercise in the world is the one that is done regularly!

How Stressed Are You?

Nutrition and Lifestyle Questionnaires Score Sheet

	Total Score	Detoxification System Health Zones 3 & 4	Fungus & Parasites Zones 3 & 4	Digestive System Health Zones 1, 2 & 3	You Are When You Eat Zone 3	Circadian Health Zone 2	Stress Zone 4	You Are What You Eat Zones 1, 2 & 3
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High Priority	—	—	—	—	—	—	—	—
	☹️	60	—	—	—	—	—	—
Moderate Priority	300	40	60	40	20	50	40	50
	—	—	—	—	—	—	—	—
Low Priority	170	30	40	20	10	30	20	30
	☺️	10	—	—	—	—	—	—
Score 1								
Score 2								

CAUTION! Must select exercises / exercises to stimulate anabolic response. Low intensity / duration

Carefully balance catabolic and anabolic stressors with intent to stimulate anabolic response.

Can freely choose catabolic exercises based on client's needs, abilities and conditioning level



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Prioritization of Exercise

- No work-out routine
- Energy-building exercises (Zones 1-6)
- Stretching (contract-relax method/3 phases)
- Restore core function
- Functional movements: Primal Pattern® Movements - squat, bend, lunge, twist, push, pull, and gait (walk, jog, sprint).

Foundation for Performance

Flexibility ⇨ Stability ⇨ Strength ⇨ Power

Exercise Principles

- Anabolic/Catabolic
- Yin / Yang:
 - Resistance vs. Aerobic conditioning?

Program Variables

- Rest for form
- Intensity determines outcome
- Reps express the process
- Tempo finds the groove
- Sets determine volume
- Periodization expresses the plan

Exercise	Rest	Intensity	Reps	Tempo	Sets

Periodization

Week	Mon.	Tues.	Wed	Thurs.	Fri.	Sat.	Sun.
1							
2							
3							

Ref: Chek, Paul. Program Design: Choosing Reps, Sets, Loads, Tempo and Rest Periods, 2nd edition. Correspondence course. C.H.E.K Institute, 2011.

Ref: CHEK Exercise Coach Program C.H.E.K Institute, 2003-2014.

ZONE EXERCISES

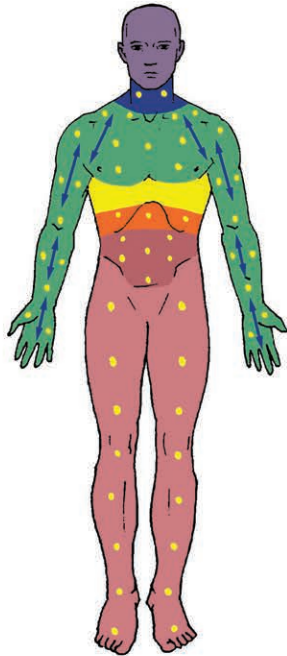
Definition of a Work-In Exercise

- No elevation of heart rate.
- No elevation of respiratory rate.
- Tongue stays wet.
- Improves digestion!
 - Best to learn on a full stomach.
- Relaxed form follows breathing.

Principle of Work-out or Work-In



ZONE EXERCISES FOR STRESS REDUCTION - WORKING IN



Cerebral
C1 - 2 **Zone 6**
C1 & Head, Cerebral Cortex
and Central Nervous System.
Eyes, Pineal Gland, Pituitary Gland.

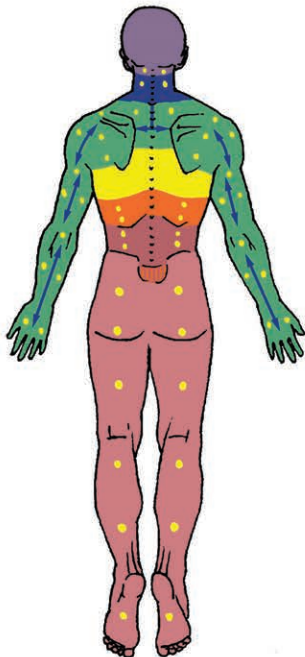
C3 - 7 **Zone 5**
Thyroid & Parathyroid Gland,
Neck, Shoulders, Arms &
Hands. Also Adrenal
Communication (C3, 4, 5).

T1 - 5 **Zone 4**
Heart, Thymus Gland, Lungs,
Pericardium, Arms & Hands.
Circulation & Breathing.

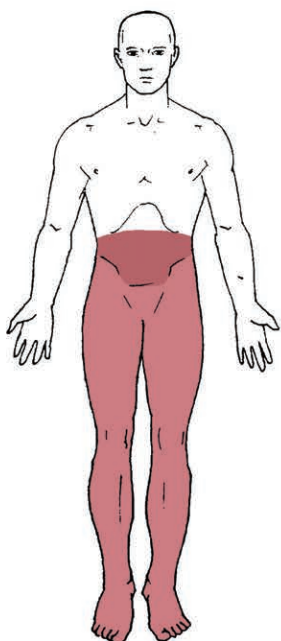
T5 - 9 **Zone 3**
Pancreas, Adrenals, Digestive
System, Muscles of Body,
Liver & Gall Bladder.

T9 - 12
+ Sacral
Plex **Zone 2**
Gonads, Womb, Genitals, Kidney,
Bladder, Low Back, Adrenal.

L1 - 5
+ Sacral
Plex **Zone 1**
Adrenal, Legs, Feet, Bones,
Large Intestines.



ZONE 1 EXERCISES



L1 - 5
+ Sacral
Plex

Zone 1

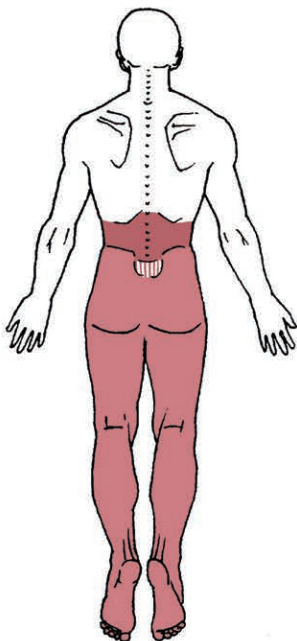
Adrenal, Legs, Feet, Bones,
Large Intestines.

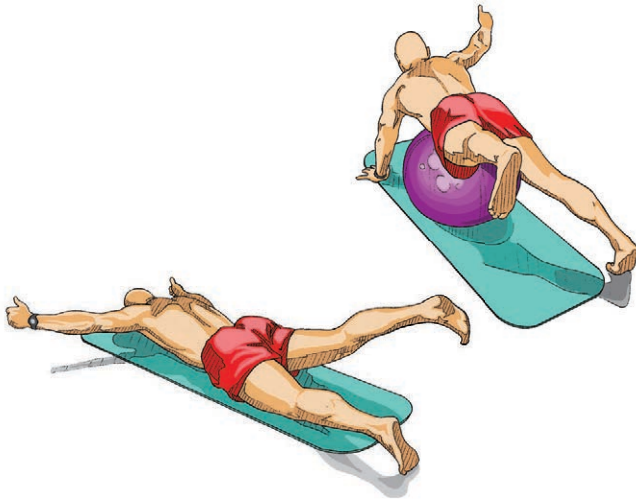
Physical Dysfunctions

-Osteoarthritis.

Emotional Dysfunctions

-Mental lethargy, "spaciness",
incapable of inner stillness.

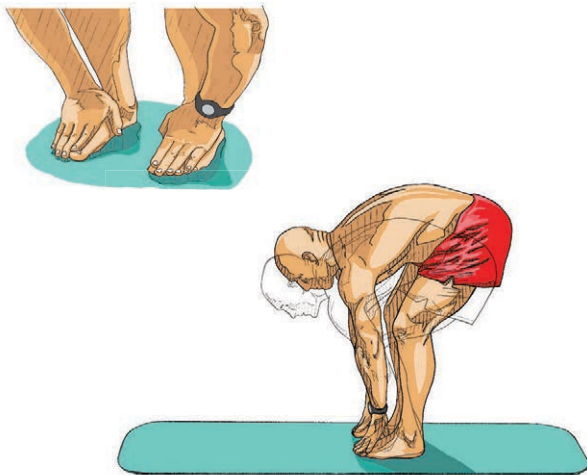




Superman

- Start face down on the floor, or over a Swiss ball.
- Lift your left arm and right leg so that they are at about the same height.
- Your arm should be at a 45-degree angle from your head with your thumb pointed up.
- Hold this position for as long as you can with good form (up to 10 seconds) and switch sides.

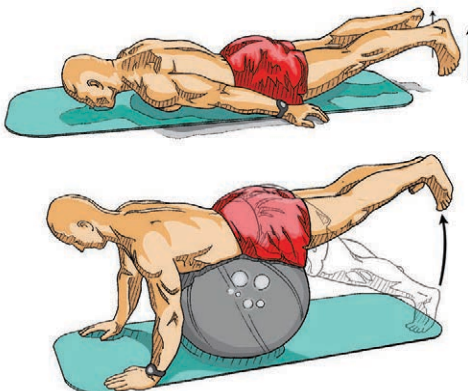
Tempo	10 seconds hold/switch sides
Reps	5 each side



Qigong Toe-touch

- Stand with your feet together.
- Slide your hands down your legs, bending your knees.
- Place your hands directly over your toes, fingers aligned with toes.
- Inhale, raise your hips up and roll slightly back on to your heels until you feel a stretch in your hamstrings.
- Exhale and drop down again, rolling slightly forward toward the balls of your feet. You may slowly move your head and hips in a circle as you perform the exercise.

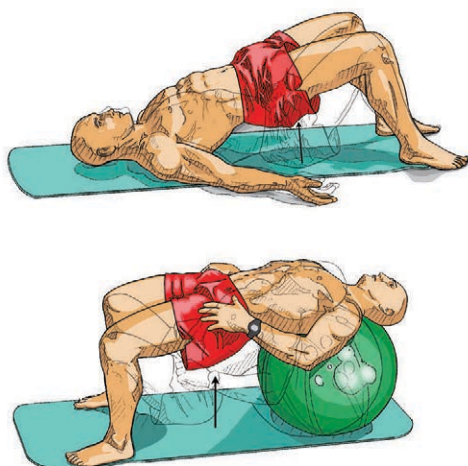
Tempo	natural breathing pace
Reps	10



Leg Raise

- Start face down on the floor or over a Swiss ball.
- Raise your legs up in the air.
- Bring your heels together, with your toes pointed outward.
- Tighten your hamstrings and glutes (butt muscles) and hold with good alignment for 10 seconds.
- Your head should not drop down or raise up.

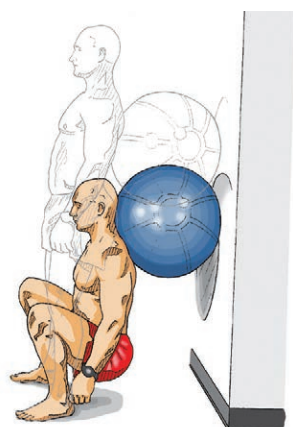
Tempo	10 seconds hold/10 seconds relax
Reps	10



Hip Extension

- Start by sitting on a Swiss ball and roll back so that your upper back, shoulders and head rest on the ball.
- Pick your hips up so that your shoulders, hips and knees are in a straight line. Keep your shins vertical at all times.
- Slowly drop your pelvis straight down, as low as you comfortably can, then lift your hips back up to the ceiling. Keep your head and upper back on the ball.
- You should not roll forward or backwards on the ball as you perform the exercise (it is okay if the ball rolls slightly forward as you drop down, but your knees should not move in front of your feet.)

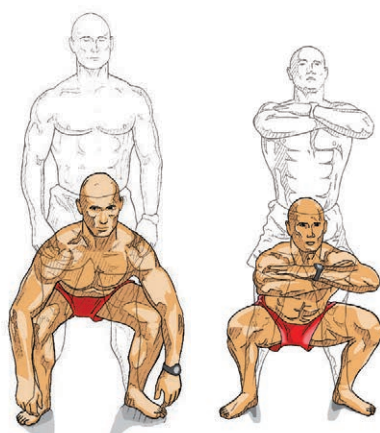
Tempo	10 seconds hold/10 seconds relax
Reps	5 each side



Wall Squat

- Stand with your back against a Swiss ball, supported by a wall.
- Inhale, then squat down as you exhale. Go only as low as you comfortably can.
- Keep your knees aligned with your second toe and do not let them drop in towards each other. You should not feel any discomfort in your knees.
- Stand up again slowly.

Tempo	slow
Reps	10



Breathing Squats

- Take a comfortable stance, wide enough to squat down between your legs. Place your arms at your sides or up in front of you.
- Inhale, then lower yourself down as you exhale. Go as low as you comfortably can, pause, then inhale as you return to standing.
- Repeat at the pace you naturally breathe. Breathe through your nose. If you need to exhale through your mouth, keep a little tension in your lips.

Tempo	4 seconds down/pause/4 seconds up
Reps	work up to 100



THE PRINCIPLE OF CONTROL CENTERS

The C.H.E.K Institute Totem Pole

- Psyche (The non-physical of me!)
- Respiration
- Mastication
- Vision
- Auditory
- Upper Cervical Spine
- Visceral
- Limbic/Emotional
- Pelvic Girdle
- Slave Joints

Respiration

- The primary mechanism to support life.
- Provides oxygen for cellular metabolism.
- Removes the waste product CO₂.
- Maintains acid/alkaline (pH) balance.

Breath and Posture

Breath and posture are intimately linked.

Inhalation:

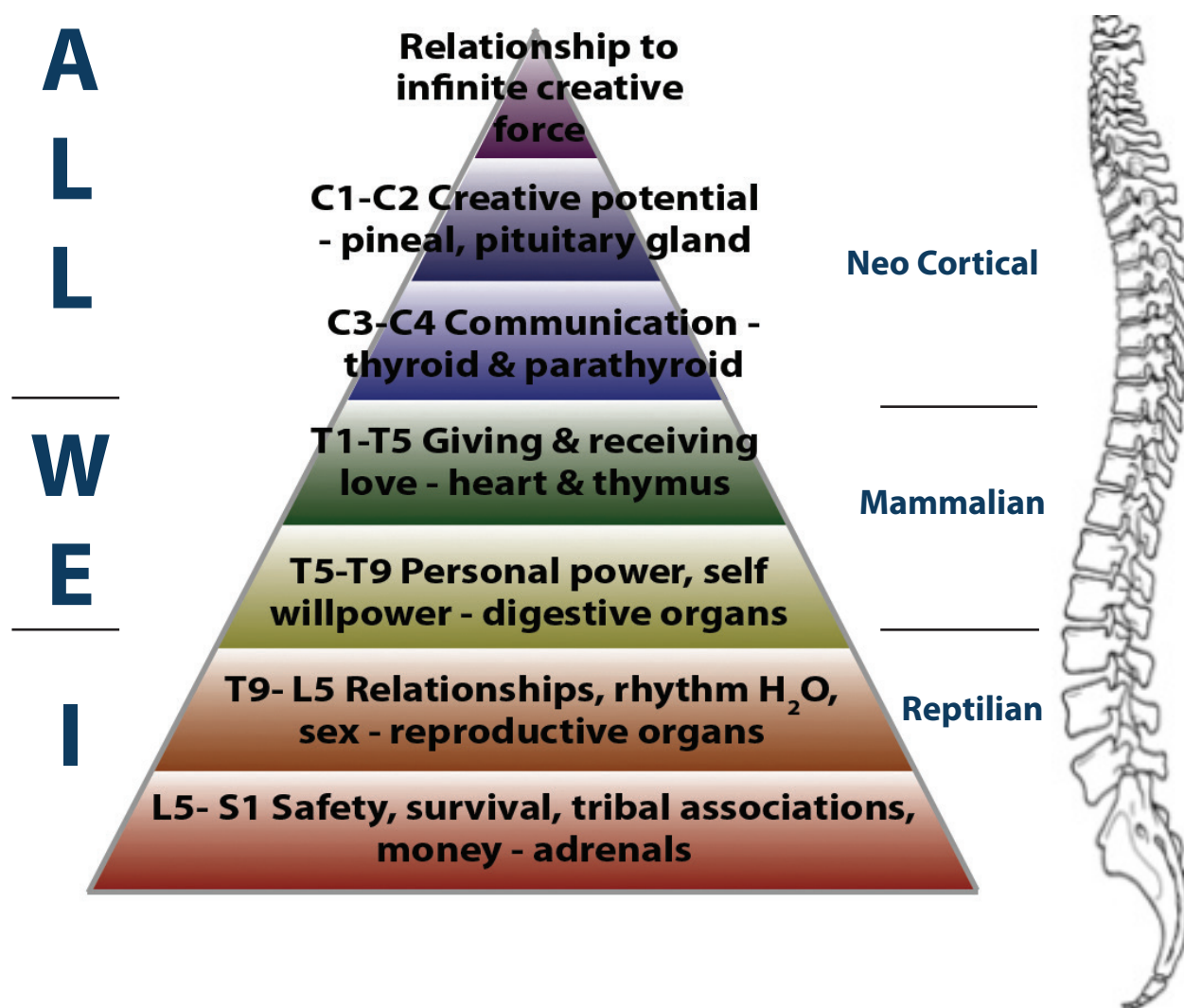
- Coupled with and facilitates extension, abduction and supination.
- Moving out of the fetal position.

Exhalation:

- Coupled with and facilitates flexion, adduction and pronation
- Moving into the fetal position.



THE CHAKRA SYSTEM

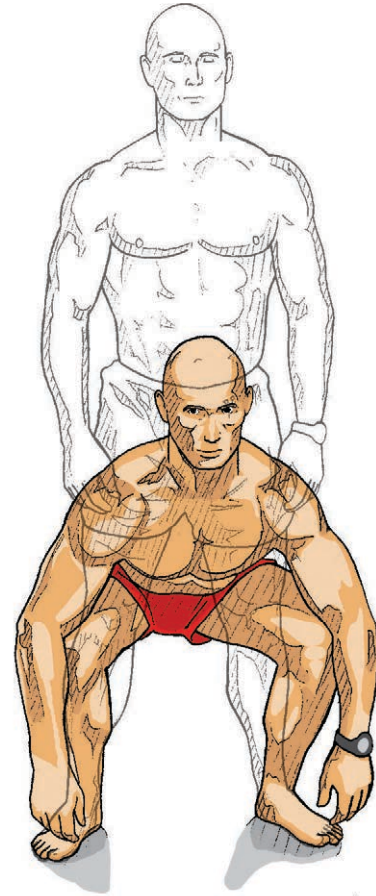
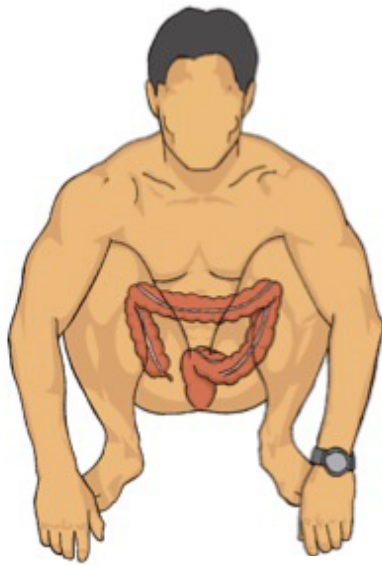


Ref: Holistic Lifestyle Coach Level 2



TUNING BIOLOGICAL OSCILLATORS AND ACTIVATING BIOLOGICAL PUMPS

Exhalation as you move toward fetal position and vice versa
Keep the exercise parasympathetic.



IDENTIFYING YOUR PRIMAL PATTERN® DIET TYPE

Learn how to identify your dietary needs by cultivating a healthy relationship with your body!

Primal Pattern® Eating Learning Objectives

1. How to find your Primal Pattern® Diet Type.
 - How to feed your body according to its unique racial, ethnic and environmental needs.
2. Simple, highly effective ways for regaining communication with your body's glands and organs so they can inform you of their needs.

LEARNING OBJECTIVE # 1 WHAT IS YOUR PRIMAL PATTERN® DIET TYPE?

Complete your Primal Pattern® Diet Type Questionnaire

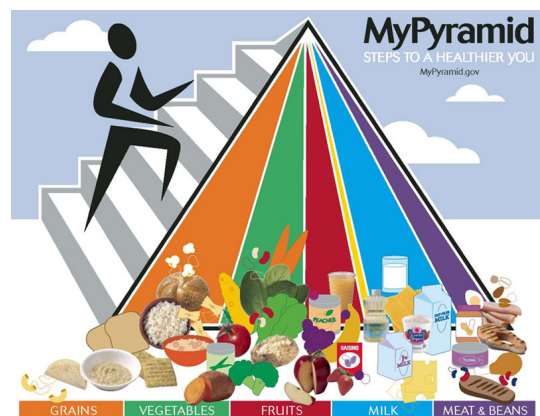
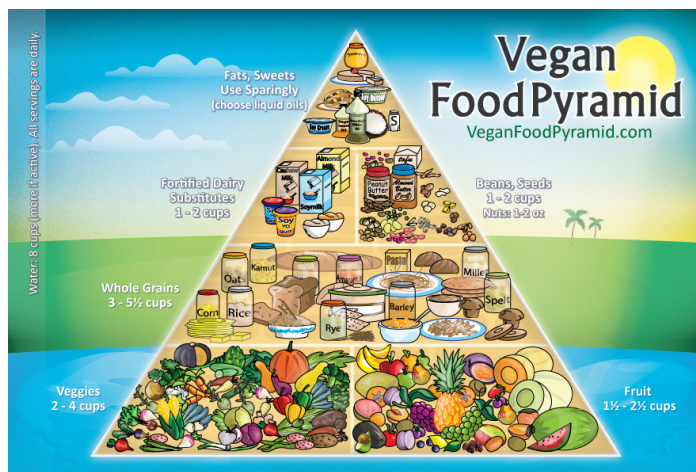
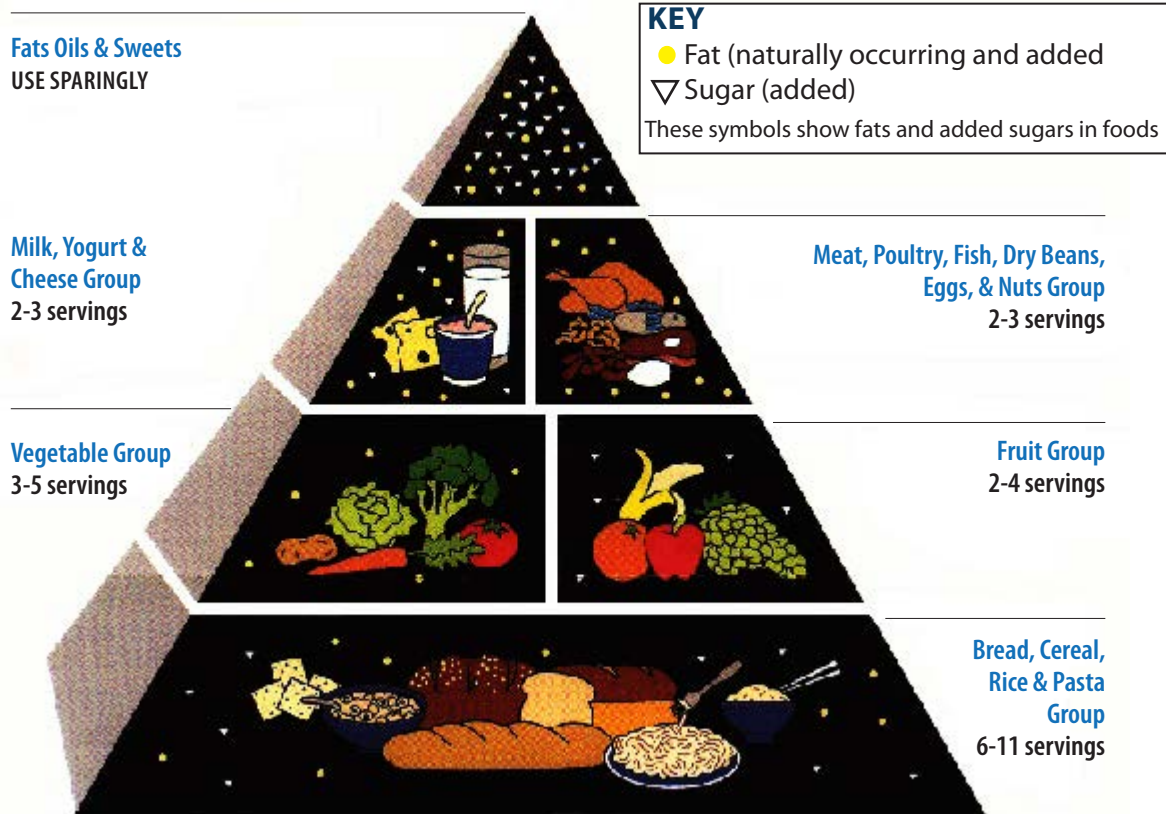
- Polar Type (Fast Oxidizer / Protein Type)
- Variable Type (Mixed Type)
- Equatorial Type (Slow Oxidizer / Carbohydrate Type)

We are as different on the inside as we are on the outside!

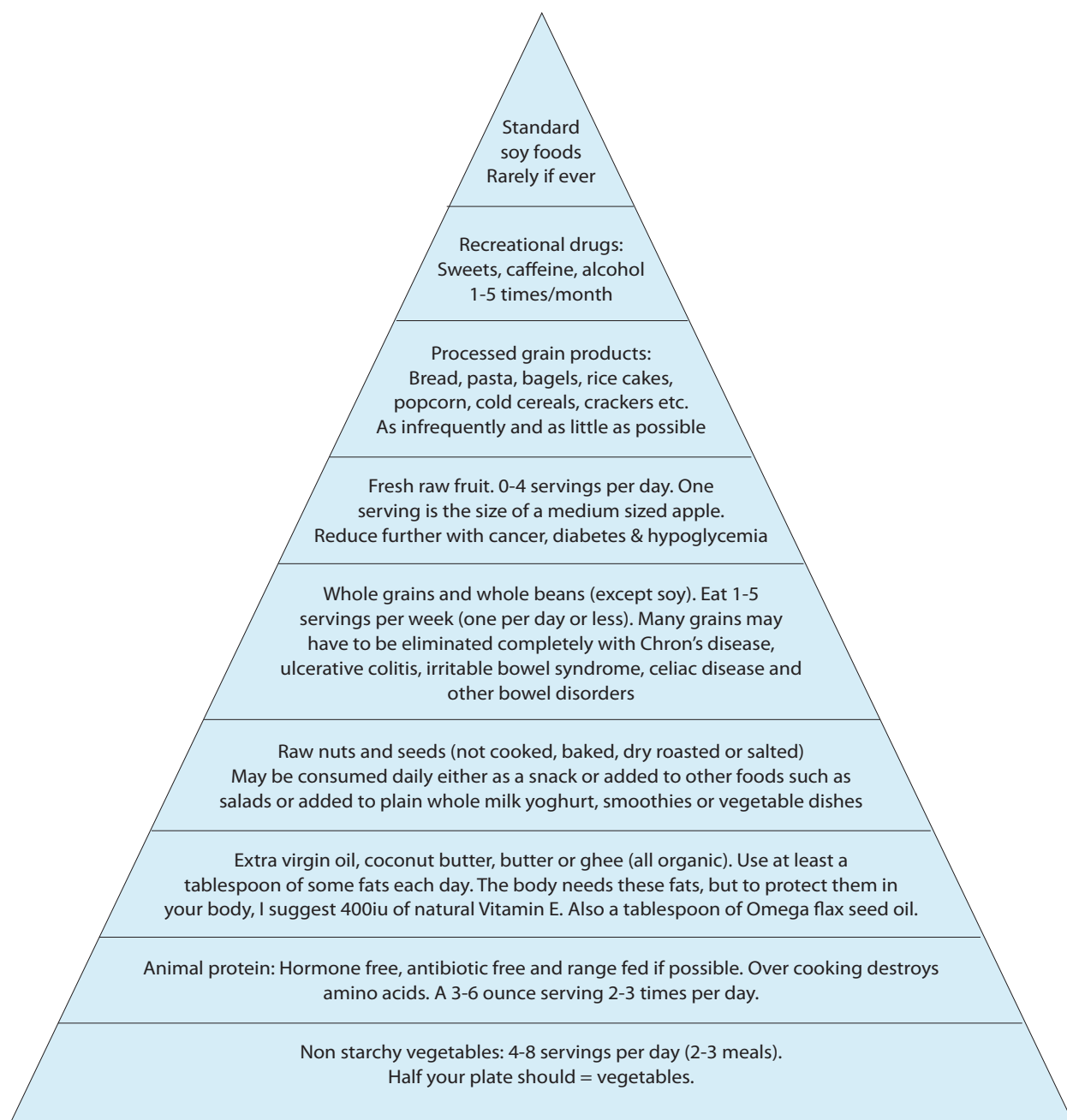
Ref: Williams, Roger, PhD. Biochemical Individuality. McGraw Hill, 1998.



FOOD PYRAMIDS AND DIETS



DAVID GETOFF'S FOOD PYRAMID



*Reprinted with permission from David Getoff -
<http://naturopath4you.com/videos.htm>*



CHEK Holistic Lifestyle Coach Level 1

First and Foremost

- Each person must learn to “feel” food and drink so we can effectively predict if the foods and drinks will create the energy, environment and experience we want!
- Learning to have a healthy, functional relationship with food can either sustain well-being, or heal you.
- Failing to develop a healthy working relationship with food can, and frequently does, kill people!

"Water and food should always be your first medicine!"

- Hippocrates

Tips for Developing a Better Relationship with Your Food and Water

1. Keep your water in a cool dark place.
2. Drink half your body weight in ounces of water daily.
3. Keep your cell phone away from your body whenever possible and practice feeling its electromagnetic field.
4. Practice tightening individual muscles firmly for 5 seconds and then follow the energy immediately upon relaxing.
5. Invite your food and water into your temple of being, affirming that it is not dying, but gaining life and love in you!

How to Eat Right for Your Needs

Polar Types - Inuits/Indians

- Animal ~ 2:1 Plant

Equatorial Types - Central & South America (tropical areas)

- Animal ~ 1:2 Plants

Variable Types

- Most dynamic!

- Testing of any type only determines your starting point and should not be viewed as a fixed prescription.
- The CHEK way is to develop a relationship with your body-mind: let it guide you!

Primal Pattern® Diet Typing By Geographic Location & Big Game Availability

North American Inuits/Indians ⇒ Polar Types

Central & South America (tropical) ⇒ Equatorial / Variable Types

Europe & Russia ⇒ Polar Type

Ref: Crowe, Ivan. The Quest For Food: Its Role in Human Evolution and Migration. Tempus Publishing, 2000.

CONVERSION OF FOOD TO ENERGY AND ACQUIRING NUTRIENTS FOR YOUR INDIVIDUAL NEEDS

1. Hormones come primarily from *eyes foods*, particularly for Polar Types.
2. Nutrient balance provides adequate cholesterol.
3. Primal Pattern® Diet Type testing identifies your *starting point*:
 - Your body is dynamic
 - Stress types (internal & external)
 - Stress levels
4. Eating according to your needs balances conversion of food to energy.
 - Muscle testing is helpful!

Equatorial vs. Polar Type Nutrient Needs

Equatorial Types

☞ Vegetables

- Potassium
- Magnesium
- Low Protein
- Low Fat
- High Carbs

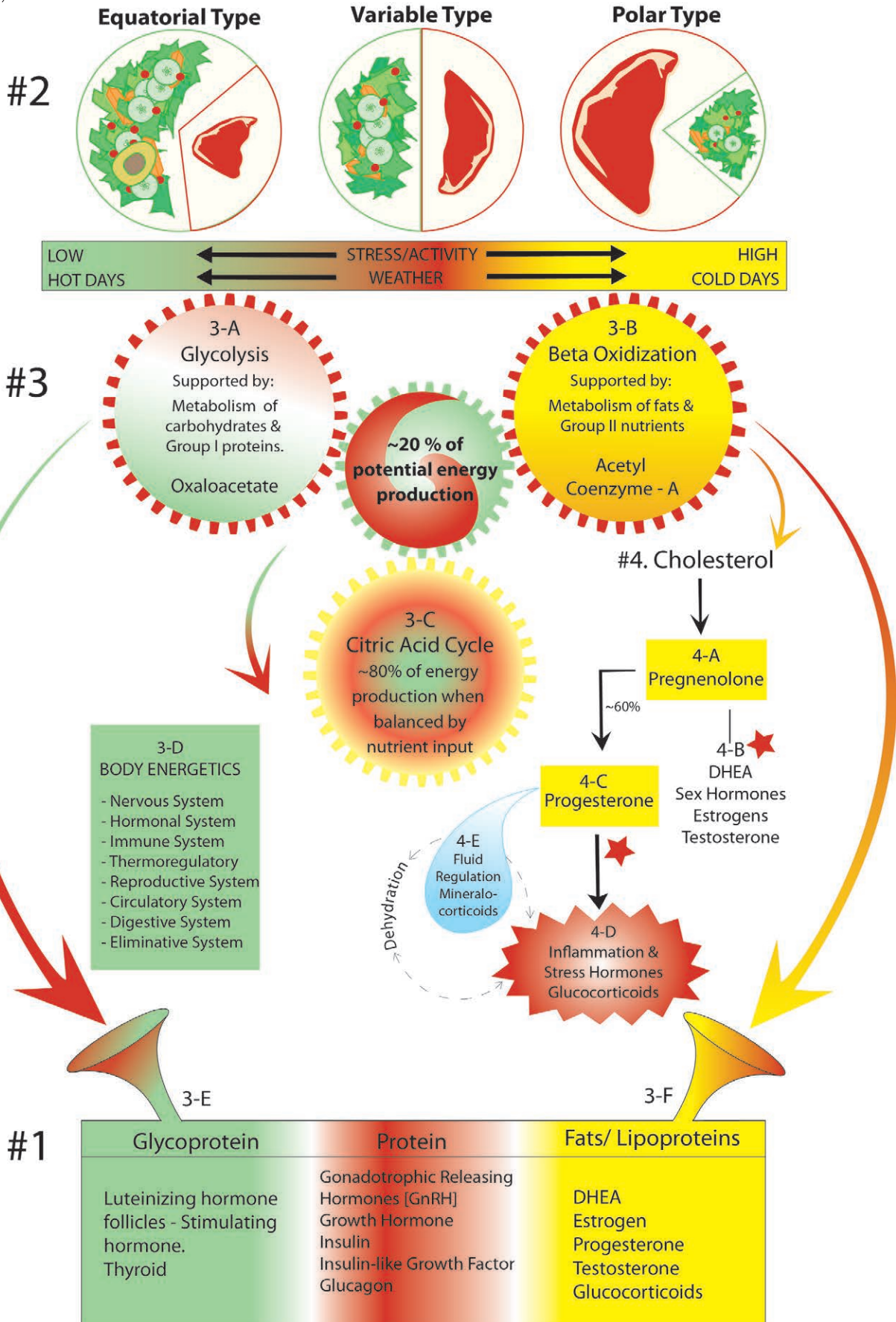
Polar Types

☞ Purines

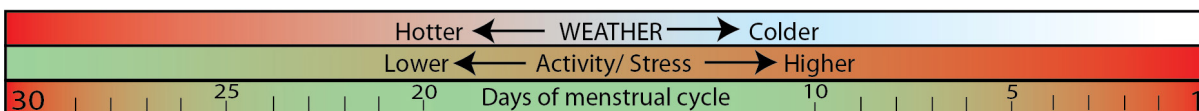
- Calcium
- Phosphorus
- High Protein
- High Fat
- Low Carbs



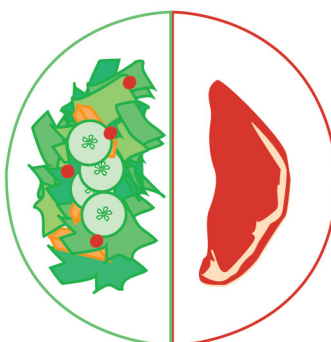
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Nutrient / Energy Requirements



Equator Type



Variable Type



Polar Type

Macronutrient Requirements

Polar Types - Fast Oxidiser / Protein Type

30% Carbohydrates

30% Fats & oils

40% Proteins

- Higher need for fats and proteins, particularly purines.
- Carbohydrate / sugar sensitive.
- Neuro-stimulant sensitive (coffee & teas).
- Need more calcium.

Equatorial Types - Slow Oxidiser / Equatorial Type

60% Carbohydrates

15% Fats & oils

25% Proteins

- Must remember to eat protein with each meal.
- Do well with low-fat dairy products.
- Need less fats & oils but must look for quality and adequate $\Omega 3$ consumption.
- Over-consumption of simple sugars a concern.

Variable Types - Mixed Type

50% Carbohydrates

20% Fats & oils

20% Proteins

- A combination of protein and carbohydrate types.
- Must learn to listen to their bodies to adjust macronutrient intake for optimal performance.
- Stress, temperature and physical activity may influence nutrient needs.



FINE TUNING YOUR PRIMAL PATTERN® DIET

- Normal response to meal ⇨ power zone
- Too much “no eyes” foods in meal?
 - SNS/PNS dominance?
- Too much “eyes” foods in meal?
 - SNS/PNS dominance?

Using the Tachometer Form

Primal Pattern® Diet Action Items

- Keep a diet log to fine-tune.
- Energy & well-being
 - How far off was your diet before figuring out your Primal Pattern® Diet Type?
- Satiety, cravings, hunger
 - Are you taking medical drugs?
- Moods
 - Bacterial dysbiosis, fungal infections and parasites; they need to survive too!

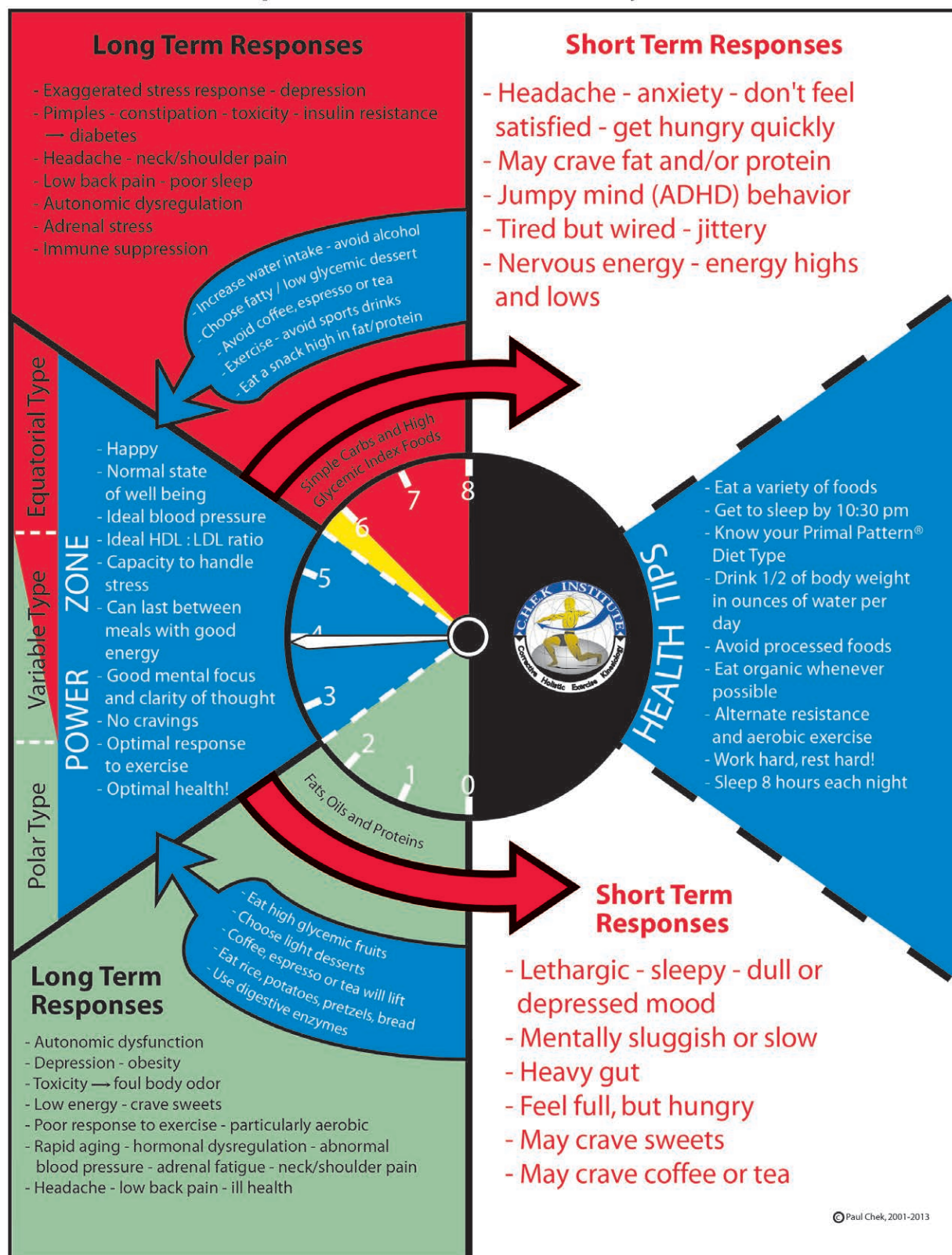
Potential Blocking Factors

- How far off was your diet before figuring out your Primal Pattern® Diet Type?
 - Enteric amnesia
- Are you taking medical drugs?
- Moods
 - Bacterial dysbiosis, fungal infections and parasites; they need to survive too!

Long Term Success

- Listen to your body
 - *Don't become rigid* with your food proportions!
- Rotate for variety
 - See *How to Eat, Move and Be Healthy!* for a rotation diet plan
- Eat clean, colorful, quality food
 - Organically grown if possible
- Balance the 6 CHEK Foundation Principles
 - Work-out ~ Work-in

Responses to too much carbohydrate

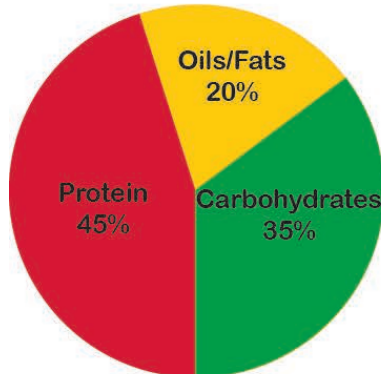


Responses to too much fat / protein



CHEK Holistic Lifestyle Coach Level 1

POLAR TYPE



FOUR DAY ROTATION DIET

When your immune system is weakened or fatigued and you have food sensitivities, it is critical not to reintroduce food from the same food family within three days after eating the food. This is because the food retention time through a healthy body is about 55 hours. Therefore, by allowing 72 hours before reintroducing an offending food or food family, we prevent the immune system from being overworked by repeated exposure. Using the food rotation approach to eating will result in a healthier, better-looking body!

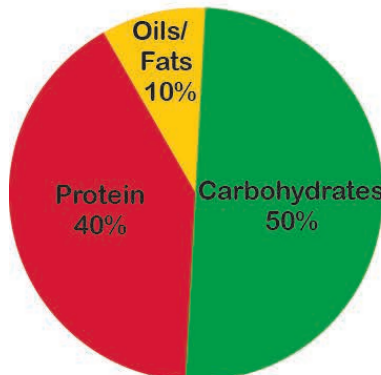
AVOID CIRCADIAN STRESS

Our bodies all have natural built-in clocks. The hormonal system is governed by the hypothalamic - pituitary - adrenal axis. This system is heavily influenced by the rise and fall of the sun and in turn directs our bodies' healing cycles. The body does its physical repair at night between 10:00 PM and 2:00 AM and its psychogenic or mental/nervous system repair between 2:00 AM and 6:00 AM. Frequently going to bed after 10:00 PM will reduce the body's healing time and missing sleep between 2:00 AM and 6:00 AM will result in progressive nervous system fatigue and psychogenic stress. If you compare your current complaints with your sleep habits, you may find that your best treatment approach could be as simple as going to sleep at 10:00 PM and waking up at 6:00 AM or even a little later if you need to catch up on lost sleep!

KNOW YOUR PRIMAL PATTERN® DIET TYPE

Each of us has unique cellular machinery which can be simply categorized into one of three Primal Pattern® Diet Types. Each type needs unique macronutrient proportions (see left column) to facilitate optimal cellular and bodily functions. It is critical to remember that each meal, including fluids, should be balanced. Just as you wouldn't put diesel fuel in the gas tank of your car, you should not put the wrong fuel or mix of fuels in your body if you want to feel and look your best! For further reading see "The Metabolic Typing Diet" by Bill Wolcott, who is a pioneer in Metabolic Typing®.

VARIABLE TYPE



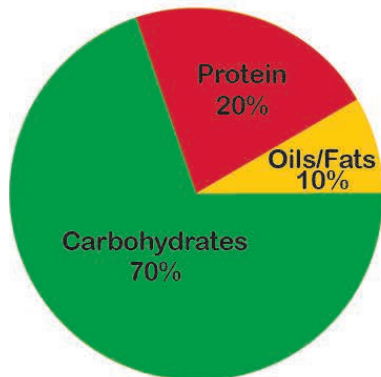
WATER CONSUMPTION

Water makes up approximately 75% of your body and 85% of brain tissue. Almost every enzyme action and chemical interaction in your body is dependent upon water. Your brain is so sensitive to water loss that it begins showing signs of malfunction with only a 1% loss of water. Dry mouth is one of the last cries for water from the body. To maintain optimal body weight and performance, you must drink half your body weight in ounces of water daily and add one pinch of organic salt to each liter bottle to balance water levels inside and outside the cells. If you are not drinking enough clean water each day, chances are good you are spending a lot of unnecessary money at the doctor's office! (See "Your Body's Many Cries for Water" by F. Batmanghelidj, M.D.)

AVOID PROCESSED FOODS WHENEVER POSSIBLE

In the past 100 years, there have been over 10,000 chemicals and non-foods added to our food supply. When we eat processed foods we are eating substances that require detoxification and nullification by the liver. This can easily fatigue the liver, resulting in foreign and toxic substances entering the blood stream. The immune system must then be activated to scavenge the invaders or foreign substances. This can lead to chronic fatigue syndrome and other disease processes related to inefficient body function. A good rule of thumb is, "if it wasn't here 10,000 years ago, don't eat it!"

EQUATORIAL TYPE



EAT ORGANIC WHENEVER POSSIBLE

Organic foods are grown without the use of poisonous chemical pesticides! Foods labeled "Certified Organic" are grown under strict government standards, which is why there are not many "Certified Organic Growers." Organic foods are frequently as much as 40 times more nutrient dense than non-organic foods. They may cost twice as much, but it's not such a bad deal when you consider that you may be getting 40 times as much for your money. Additionally, your liver will not have to work overtime to clear the hormones, pesticides and other residues from the food during digestion! Remember, "You are what you eat!"

ALTERNATE RESISTANCE AND AEROBIC EXERCISE WHENEVER POSSIBLE

The body quickly adapts to aerobic exercise, making you more and more efficient, much like a Honda Civic that gets 50 mpg. This means that for each hour you exercise, you burn fewer and fewer calories. Resistance training builds bigger and stronger muscles that have a BIG appetite for calories, not to mention that resistance training will elevate your metabolic rate for as many as four hours after your training session! This is not the case with aerobic exercise. To keep your heart healthy and maintain a lean, strong and beautiful body, alternate between aerobic exercise and resistance training.

WORK HARD - REST HARD

Many people forget that the body does not get stronger while you are exercising. It gets stronger while you are resting and recovering. Therefore, if you don't allow adequate rest time between workouts, or if you simply work too much (particularly if your job is physical), you are never going to reap the benefits you would if you followed the "work hard - rest hard" principle!

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LEARNING OBJECTIVE # 2

REGAINING COMMUNICATION WITH YOUR BODY

Learning to Feel Your Body's Needs

The secret to optimizing health and performance through Primal Pattern® eating is to learn how to use food and drink to create physical, emotional, mental and spiritual balance.

What do you need?

Ways to Feel Food

- Eat with your hands.
- Prepare food.
- Garden barefoot.
- Participate in a slaughter.
- Build a compost heap.
- Fast for a day occasionally:
 - A sense of healthy respect for food arises when you are hungry.
- Develop relationships with plants; they are conscious too!

Muscle Testing & Dowsing

Your body will always tell you what to eat, how much to eat, and how to prepare it.

The key to your success is:

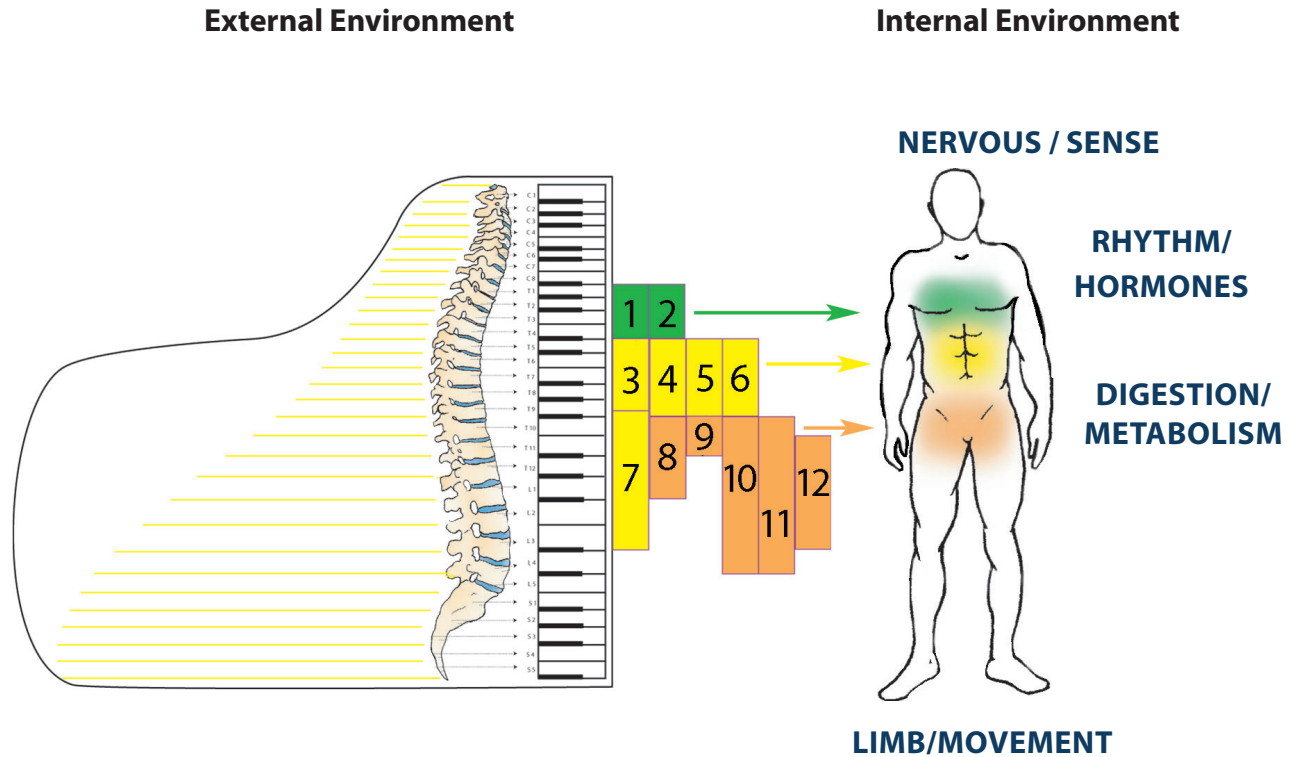
- Muscle testing
- Internal dialogue
- Logging foods & symptoms

The Duckbill Test

- Remove electronic watches first!
- Make a duckbill with your index finger and thumb of dominant hand.
- Assess your capacity to stabilize against closure by your opposite index finger and thumb.
- Now simply feel how much pressure you can resist before closing the duckbill.
- Ask your body, “Show me a Yes” and test your ability to resist closure.
- Next: “Show me a No” and test again.
- Notice how strong your “Yes” is relative to your “No”.
- Now, state your age out loud: “I am ___ years of age” and then ask, “Is this true?” and test . . .
- Next, state your age incorrectly and ask, “Is this true?” and test again.



Are You Paying Attention?



Your body is constantly informing you of its deficiencies & excesses.

- Always log your body-mind reactions whenever you don't feel optimal so you can identify stressors.

Food Stress Indicators

- Hydration
- Digestion
- Detox/Elimination
- Hormonal balance
 - Mood/emotional stability
- Motor/Movement
- Respiration
- Thermo-regulation
- Immune
- Nervous/Thinking
- Sexual performance
- Sleep quality
- Skin quality
- Bone health
- Nail and hair quality
- Odor: breath, sweat, urine, feces?

Allopathic vs. Primal Nutrition

Using allopathic nutrition to treat degenerative disease has no logical basis.

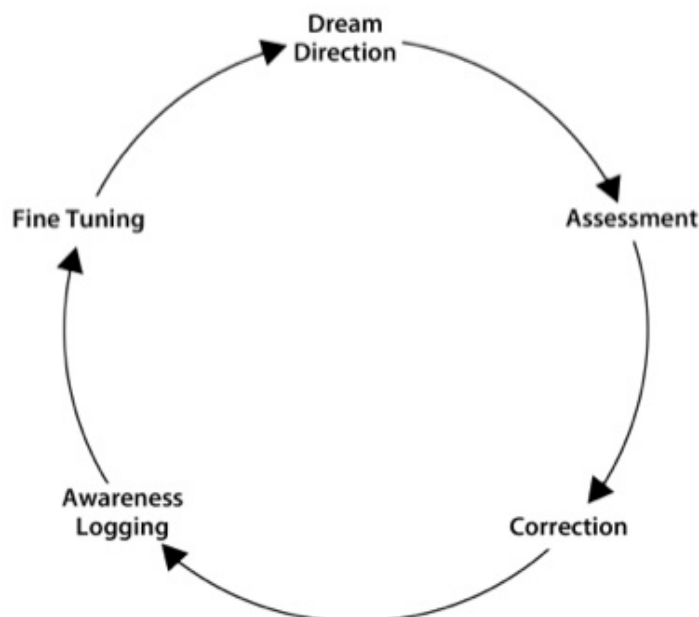
Chance, not scientific rationale, will dictate success or failure of pharmaceutical, allopathic nutrition.

Why ? . . . Because nutrients behave differently in different Primal Pattern® Diet Types.

Ref: Williams, Roger, PhD. Biochemical Individuality. McGraw Hill, 1998.

When You Have a Big Enough Dream...

....You are willing to care for yourself to experience it!





Fine Tuning Chart

Fine Tuning Chart - Food & Foundation Needs

Process

1. Dream
2. Assessment
3. Choose to Balance

Foundation Needs

1. Breathing
2. Thinking
3. Movement



4. Sleep
5. Nutrition
6. Hydration



Preparation

COOKED

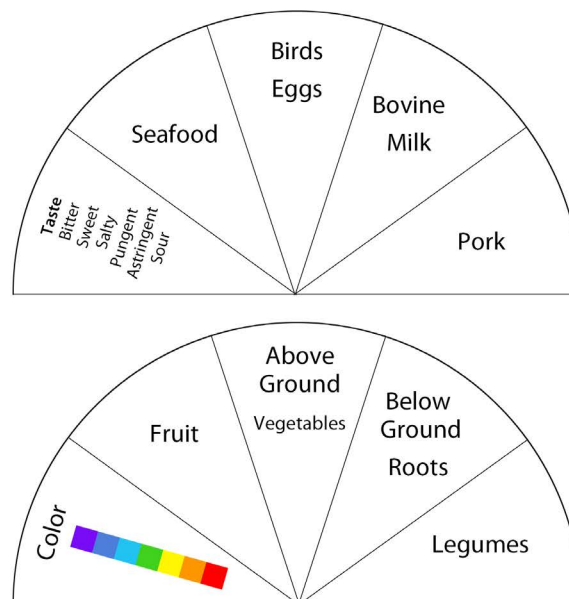
- Fry
- Stir-Fry
- Bake
- Broil
- Open Flame
- Steam
- Boil
- Stew
- Slow

RAW

DRIED

FERMENTED

Food Needs



Primal Pattern® Diet Typing Conclusion

Ref: Wolcott, William. The Metabolic Typing Diet. Harmony, 2002.

This book helps fortify your understanding of Primal Pattern® Diet Typing. It also contains an additional, more comprehensive questionnaire.

For a more comprehensive approach, consult a Metabolic Typing® Advisor - www.healthexcel.com

“The final measure of nutritional quality lies in the organism which consumes the food: nutrition quality is not an aspect of the produce in itself, but is determined by the value of the produce for the consumer’s physical – and spiritual – health, growth and capabilities.”

- Herbert H. Koepf, Ph.D.

MACRONUTRIENTS

Macronutrient Chart			
	Protein - with Eyes	Carbohydrate - no Eyes	Fat
Food Source	Meat, poultry, dairy	Fruits, vegetables, grains	Oil, nuts, meat, cheese
Molecular structure	Break down into peptides and amino acids	Breaks down into sugar and starch	Breaks down into triglycerides and fatty acids
Metabolic role	The main structural ingredient of human cells, and the enzymes that keep them running	A primary source of energy for all living things, and a structural component of cell walls and plasma membranes	A structural component of cell membranes, a source of insulation, and a means of energy storage

Table 1. Macronutrients, Food Source, Molecular Structure and Metabolic Role



PROTEINS

- Proteins form the major solid matter of our muscles, organs, glands, bones, teeth, skin, nails and hair.
- Blood contains proteins in the form of hemoglobin, enzymes, natural antibiotics, neurotransmitters and hormones.
- Without protein, the building and repairing of all bodily tissues and fluids would not be possible.

Amino Acids

- Building blocks of proteins.
- Twenty-three are currently identified; nine essential amino acids must be obtained from the diet.
- If an essential amino acid is lacking, manufacture of various proteins is limited.

Amino Acids	
Essential	Non-Essential
Isoleucine	Alanine
Leucine	Asparagine
Lysine	Aspartic acid
Methionine	Cysteine*
Phenylalanine	Glutamine*
Threonine	Glutamine*
Tryptophan	Glycine*
Valine	Proline*
Histidine	Selenocystine*
	Serine*
	Tyrosine*
	Arginine*
	Ornithine*
	Taurine**

Table 2. Essential and Non-Essential Amino Acids

* Essential only in certain cases

** Lacks a carboxyl group, but often called an amino acid

Vegetarian Diet

- Vegetables, grains, legumes, seeds and nuts are important sources of protein, but they are not complete.
- Vegetarian diets must combine two or more of the incomplete proteins to facilitate protein synthesis.
- Dairy, eggs and flesh foods are complete proteins.
- Vegetable protein is trapped in fiber and few people can extract adequate protein from vegetables alone.
- Books on food combining can be helpful for those with digestive disorders, or who are eating vegan or vegetarian diets.

Food Combining Tips



Ref. Optimum Health Institute. Reproduced with permission

Those with diminished digestive ability should:

1. Try a good broad spectrum digestive enzyme with HCl (hydrochloric acid) & pancreatic acid included; this helps break down flesh foods.
2. Start by drinking two glasses of water 20 minutes before eating to hydrate the stomach lining; minimize drinking water during meal.
3. Never eat in busy, stressful environments and remember to drink your food and eat your water!
4. Begin meals with live greens; use herbs that aid digestion in salad dressings. After your greens, eat bio-available flesh sources as needed to meet essential protein needs and no more.
5. Don't mix grains or starches with flesh foods.

From a Biological Perspective, We Are still Hunter-Gatherers

- Vitamin A and D found only in animal fat.
 - Beta Carotene needs bile to convert to Vitamin A.
- Cholesterol is an important nutrient.
 - Mother's milk is 55% cholesterol.
- Many nutrients are better absorbed from or in the presence of animal products (Ca, Fe, Mg, Zn, Cu).
- B6 is available mostly in animal products.
- Usable B12 is available only in animal products.
 - B12 is almost completely destroyed by pasteurization.



Health Disorders Linked to Protein

- Problems with too little and too much.
- Focus on quality and proper digestion.
- Animals leading antibiotic free, hormone free, cage free, roaming, grass fed, happy lifestyles produce a very different product.
- Cooking, processing, pasteurization.

CARBOHYDRATES

- Principal source of energy for all body functions.
- Proteins and lipids can be converted into energy, but carbohydrates are preferred.
- The only source of energy used by the central nervous system and the retina of the eye.
- Can be stored in almost unlimited amounts as body fat.
- Stored in more limited amounts as glycogen in the liver and muscles.
- In combination with proteins, form substances that are essential for:
 - Fighting infection.
 - Lubricating joints.
 - Maintaining bones, cartilage, tendons, skin and nails.
- Contained in vegetables, fruits, grains and beans.
- Eat a wide variety to get a broad range of nutrients.
- Vegetables are the most nutrient-rich carbohydrates and each meal should include them.
- Eat vegetables lightly cooked or raw to preserve enzymes and nutrients.
 - High fiber plant foods are often more nutritious and more easily digested when cooked; if you can't digest it, it's not food!

Choosing Carbohydrates

- Choose mostly lower-glycemic index carbohydrates, like above ground vegetables.
- Include smaller amounts of higher-glycemic carbohydrates like fruits, potatoes, yams or carrots.
- Avoid higher-glycemic foods like bread, rice or pasta.
 - Flour has a surface area 10,000 times greater than the whole wheat grain itself, rapidly increasing absorption.

Simple vs. Complex Carbohydrates

Simple / refined - rapidly digested and absorbed causing a quick elevation of blood sugar.

Complex - slow digestion and absorption with a steady rise in blood sugar.

A Word of Caution About Fruits

- Many varieties are hybridized for size and a sweeter taste.
- Difficult to get good quality, in season fruits.
- Can lead to carbohydrate cravings.
- Consume fruit juice in very small quantities, if at all. Remember, if pasteurized, it is enzymatically dead!

FIBER

Indigestible Polysaccharides or Plant Fibers

- By eating a wide selection of carbohydrates you will also get a wide variety of fiber.
- Fiber, both soluble and insoluble, assists digestion, elimination and detoxification.
- Fiber lowers blood fats, balances blood sugar, improves energy and immunity, decreases risk of digestive and bowel disorders, even colon cancer.

Soluble Fibers

- Dissolves in water – forms a gel.
- Feeds and nourishes intestinal bacteria.
- Decreases production of cholesterol.
- Slows glucose absorption.
- Sources:
 - oats.
 - beans.
 - peas.
 - barley.
 - carrots.
 - apples.
 - berries.

Insoluble Fibers

- Does not form a gel in water.
- Aids in elimination by giving the intestinal tract something to work against.
- Sweeps the intestines, helping remove pathogenic bacteria, parasites, and absorbs toxins.
- Inactivates many intestinal toxins.
- Slows glucose absorption.
- Sources:
 - whole grains.
 - nuts.
 - seeds.
 - vegetables.



CASE HISTORY - WELLNESS PROGRAM DESIGN

Client Profile: 30 year old single, female, yoga practitioner & craniosacral therapist.

Her Objectives:

1. Lose body fat (about 20 lbs).
2. Increase energy.

Health History:

- Has been eating according to her Primal Pattern® Diet Type for 4-years (good food quality).
- Has stage 3 adrenal exhaustion (end-stage exhaustion!) confirmed by lab testing.
- Has worked with Functional Medicine Doctor on adrenal support supplement program for 7 months with no improvement.

Current Workouts:

- 2-days per week aerobic (intense) 20-30 min duration.
- 2-days per week resistance training (intense) 60 min sessions.

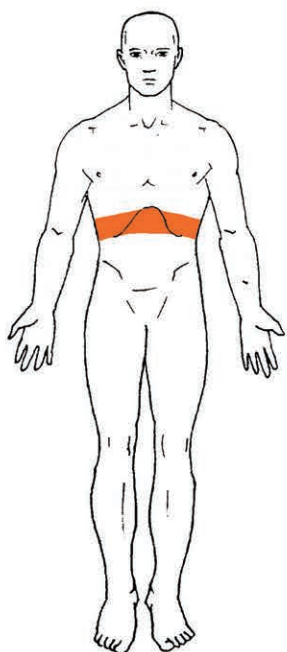
Your Objective:

Design a simple 3 action item program to help her achieve her objectives.

HOMEWORK DAY 1

1. Complete your Wellness Program Design for the case history above.
2. Eat right for your own Primal Pattern® Diet Type.
 - Drink your food and eat your water.
 - Write down your experience.
3. Have a meditative workout.
 - Try breathing techniques to create a mind/body integrated experience. Pay attention to breathing and breath.

ZONE 2 EXERCISES



T9 - 12
+ Sacral
Plex

Zone 2

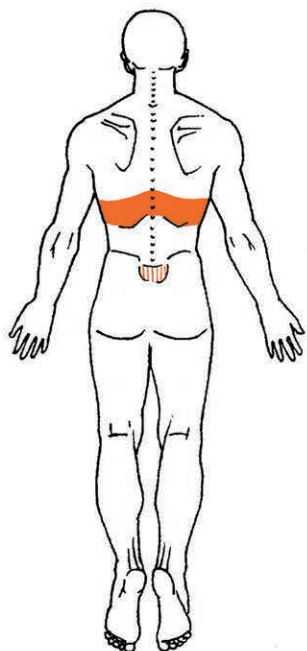
Gonads, Wombs, Genitals, Kidney,
Bladder, Low Back, Adrenal.

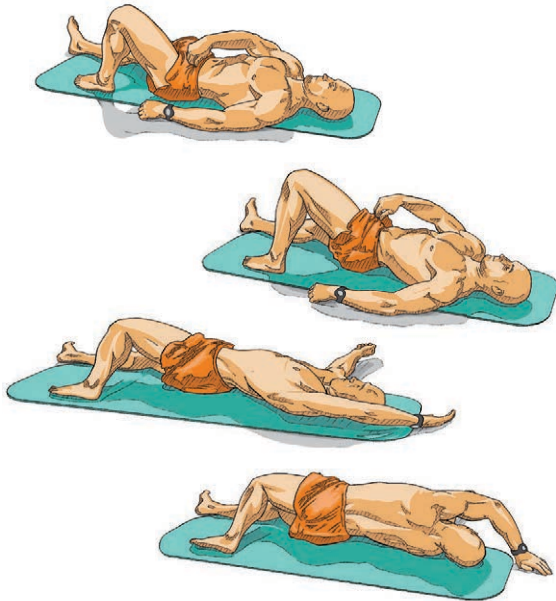
Physical Dysfunctions

-Impotence, frigidity, bladder &
prostate problems, lower back
pain.

Emotional Dysfunctions

-Unbalanced sex drive, emotional
instability, feelings of isolation.

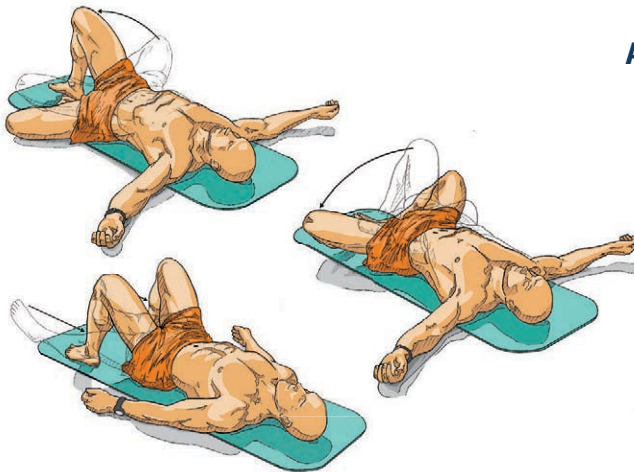




Feldenkrais Hip/Pelvis Integrator

- Lie on your back and bend your left leg, with your left arm at your side.
- Gently push onto your left foot so that you just barely lift your pelvis up.
- You should use as little effort as possible; imagine that you have a puppet string attached to the front of your pelvis, that it is lifting you up.
- Perform 10-20 repetitions, progressively rolling your pelvis over and lifting just one vertebra off the ground with each repetition. Lower the vertebrae one at a time in the opposite order.
- Make sure to relax. With each rep, allow your hips and chest to open up.

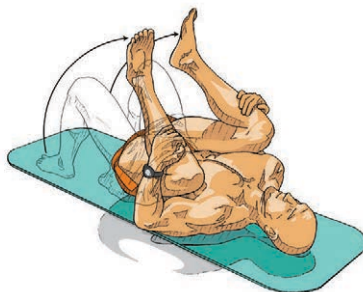
Tempo	slow
Reps	10 - 20 each side, or until you roll onto your side



Alternating Leg Drop

- Lie on your back.
- Bend your knees, keeping your feet together as you perform the exercise.
- Let your legs gently drop to the side, one at a time. Try to allow the energy of the lowering leg to assist the other leg as it rises.
- Return to the start position one leg at a time.

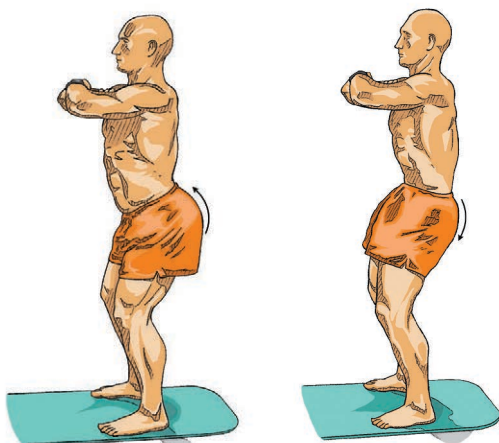
Tempo	slow
Reps	10 each side



Leg Tuck

- Lie on your back with your knees bent.
- Inhale, then draw your legs into your chest as you exhale (you may open the legs to pull them in closer).
- Inhale again as you return your legs to the floor.

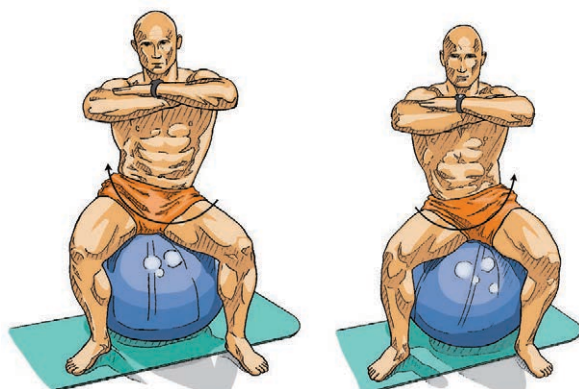
Tempo	slow with a natural pause between breaths
Reps	10



Pelvic Rock Exercises

Front to Back

- Stand with soft knees, or sit upright on a Swiss ball.
- Inhale and rotate your pelvis forward (imagine that you have headlights on your butt and shine them up).
- Keep your trunk still as you move your pelvis.
- Exhale and rotate your pelvis back (shine the headlights down).



Side to Side

- Inhale and lift one hip up as you exhale, then return to the start position.
- Inhale and lift the other hip up as you exhale.
- Repeat going side-to-side.

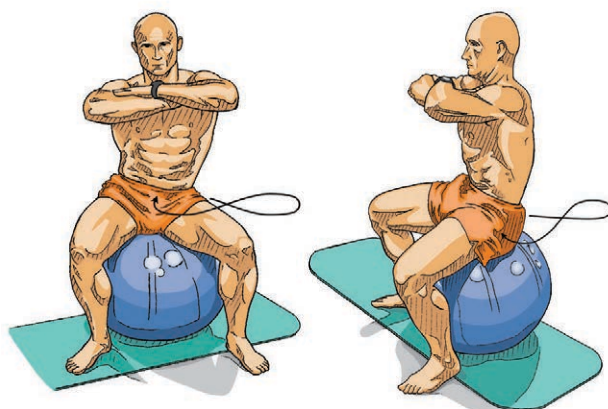


Figure Eight

- Complete a figure eight, moving front-to-back and then side-to-side.
- Breathe as you did for the other pelvic rock exercises.

Tempo	breathing pace
Reps	10 each side



DAY 2

HOMEWORK REVIEW AND DISCUSSION

LIPIDS (FATS AND OILS)

Vital Structural and Functional Materials

- Concentrated source of energy.
- Building blocks, especially for cell membranes and hormones.
- Hormone-like regulating substances (prostaglandins).
- Role in the absorption of fat-soluble vitamins (A,D,E and K).
- Responsible for healthy nerve conduction.

Maligned, Misjudged and Misunderstood

- When altered or consumed in excess, fats are implicated in many degenerative diseases (obesity, heart disease, breast cancer, autoimmune and inflammatory disorders).
- Deficiencies in essential fatty acids can also participate in the onset of those same degenerative diseases.
- There is no conclusive evidence from epidemiologic studies that dietary fat intake promotes the development of obesity.
- High fat diets do not or directly consistently cause obesity or fat gain.
- In the past 25 years in the U.S. there has been a dramatic increase in obesity.
- Current U.S. dietary trends show that fat consumption (as a total percentage of calories) has declined.
- In comparison amongst European men and women their body mass index has reduced even though their intake of fat ranges from 25% - 47%.
- In Europe, the women who had low fat diets had the highest BMI.

Ref: Willet WC. Is dietary fat a major determinant of body fat. Am J Clin Nutr 1998: 67.

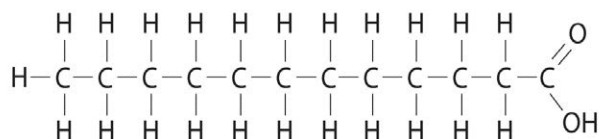
Lipids are Defined by Their Solubility

- Dietary lipids contain fatty acids which may be saturated or unsaturated and this determines their physical and chemical properties.

Saturated Fatty Acids

Saturated with hydrogen atoms

- No carbon double bonds to react with oxygen.
- Slow to react with other chemicals.
- Tend to aggregate or stick together.



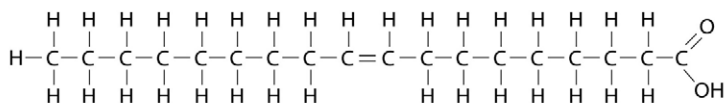
Coconut Oil

- This fatty acid has strong antifungal and antimicrobial properties.
- Coconut oil protects tropical populations from bacteria and fungus so prevalent in their food supply.
- As third-world nations in tropical areas have switched to polyunsaturated vegetable oils, the incidence of intestinal disorders and immune deficiency diseases has increased dramatically.
- Because coconut oil contains lauric acid, it is often used in baby formulas.

Ref: Rushton, Joanna. All Things Coconut: A Simple Guide To Using and Cooking With All Things Coconut. The Energy Coaching Institute, 2014

Monounsaturated Fatty Acids

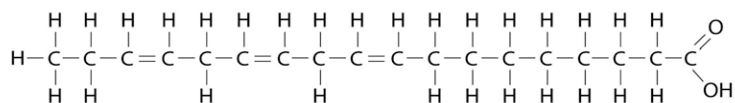
Monounsaturated: Only one carbon double bond.



- Oleic acid (OA) found in olive, almond and some other oils.
- Quite fluid, stimulates bile flow, thought to help control yeast overgrowth.
- May have a cardiovascular-protective effect.

Polyunsaturated Fatty Acids

Polyunsaturated: More than one double bond between the carbon atoms.



- Contains the 2 essential fatty acids linoleic (LA) and linolenic (LNA).
- As well as prostaglandin precursors; gamma-linoleic acid (GLA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Essential Fatty Acids

- Several 'essential fatty acids' must be acquired from the diet.
 - LA (linoleic acid) (omega-6)
 - LNA (linolenic acid) (omega-3)
- From these two essential fatty acids we can make all of the other fatty acids we need.

Source of Essential Fatty Acids

- Fresh seeds, fresh nuts, legumes and lentils, sprouted grains, green leafy vegetables and fresh cold water fish.
- Flax, pumpkin, sesame, sunflower & safflower seeds and oil.



Fat Type	Sources	Ancestor's Diet	1990's Diet
Omega 3	Fish, Nuts	50%	3%
Omega 6	Dairy, Animal Meats, Veg. oils	50%	97%

Table 3. Fat Type, Sources and Diet Comparisons.

Ref: S. Boyd Eaton, M.D. The Paleolithic Prescription. Harper Collins, 1989.

Additional Reading - EPA/DHA - Ω3 Fatty Acids

- Fatty acid composition of cell membranes affect insulin sensitivity.
 - Saturated fats and trans fats decrease membrane fluidity and decrease binding of insulin to its receptors.
 - When omega-3 fatty acids are substituted into a high fat diet, insulin resistance in skeletal muscle may be prevented.
- EPA & DHA reduce chronic inflammation, platelet aggregation, triglycerides and other risk factors for chronic disease.

Essential Fat Imbalances

For example, organic eggs from hens allowed to feed on insects and green plants can contain omega-6 and omega-3 fatty acids in the beneficial ratio of approximately one-to-one; but commercial supermarket eggs can contain as much as nineteen times more omega-6 than omega-3!

Chemically Altered Unsaturated Fatty Acids

- Hydrogenation alters a liquid unsaturated oil into a more solid, more saturated fat, with a longer shelf life.
 - Plasticizes fats!
- Constitutes approximately 1/3 of the North American 'edible' oil production.
- Includes margarines, shortenings, salad dressings, baked goods, ice cream, chocolate, snack foods etc.

Hydrogenation

Alters the form of the fatty acid from 'cis' to 'trans'.

- Potentially carcinogenic
- Disrupts normal metabolism
- Interferes with prostaglandin synthesis
- Banned or restricted in many European countries

The Lipid Hypothesis?

The theory – called the lipid hypothesis – that there is a direct relationship between the amount of saturated fat and cholesterol in the diet and the incidence of coronary heart disease, was proposed by a researcher named Ancel Keys in the late 1950s.

Additional Reading - The Benefits of Saturated Fats

1. Saturated fatty acids constitute at least 50% of the cell membranes. They are what gives our cells necessary stiffness and integrity.
2. They play a vital role in the health of our bones. For calcium to be effectively incorporated into the skeletal structure, at least 50% of the dietary fats should be saturated.
3. They lower Lp(a), a substance in the blood that indicates proneness to heart disease. They protect the liver from alcohol and other toxins, such as Tylenol.
4. They enhance the immune system.
5. They are needed for the proper utilization of essential fatty acids. Elongated omega-3 fatty acids are better retained in the tissues when the diet is rich in saturated fats.
6. Saturated 18-carbon stearic acid and 16-carbon palmitic acid are the preferred foods for the heart, which is why the fat around the heart muscle is highly saturated. The heart draws on this reserve of fat in times of stress.
7. Short- and medium-chain saturated fatty acids have important antimicrobial properties. They protect us against harmful microorganisms in the digestive tract.
8. The scientific evidence, honestly evaluated, does not support the assertion that "artery-clogging" saturated fats cause heart disease. Actually, evaluation of the fat in artery clogs reveals that only about 26% is saturated. The rest is unsaturated, of which more than half is polyunsaturated.

Stress Hormones Kick-start the Yo-yo Pattern

- Glucocorticoids are a natural stress hormone produced by the adrenal glands.
- Under-eating and over exercising ⇒ catabolic stressors stimulate the release of glucocorticoids ⇒ dropping body weight.
- But once the adrenals burn out the loss can't actually be maintained; and that's when the yo-yo weight gain/loss cycle tends to start.

The Framingham Heart Study

- Began in 1948 and involved some 6,000 people from the town of Framingham, Massachusetts.
- Two groups were compared at five-year intervals – those who consumed little cholesterol and saturated fat and those who consumed large amounts.
- After 40 years, the director of this study had to admit:
"In Framingham, Mass, the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person's serum cholesterol. . . we found that the people who ate the most cholesterol, ate the most saturated fat, ate the most calories, weighed the least and were the most physically active."
- The study did show that those who weighed more and had abnormally high blood cholesterol levels were slightly more at risk for future heart disease; but weight gain and cholesterol levels had an inverse correlation with fat and cholesterol intake in the diet.



Studies that Challenge the Lipid Hypothesis

- While it is true that researchers have induced heart disease in some animals by giving them extremely large dosages of oxidized or rancid cholesterol - amounts ten times that found in the ordinary human diet - several population studies squarely contradict the cholesterol-heart disease connection.
- A survey of 1700 patients with hardening of the arteries, conducted by the famous heart surgeon Michael DeBakey, found no relationship between the level of cholesterol in the blood and the incidence of atherosclerosis.
- A survey of South Carolina adults found no correlation of blood cholesterol levels with "bad" dietary habits, such as use of red meat, animal fats, fried foods, butter, eggs, whole milk, bacon, sausage and cheese.
- A Medical Research Council survey showed that men eating butter ran half the risk of developing heart disease as those using margarine.

Additional Reading - What are Eicosanoids?

- Hormone-like substances that are produced from omega-6 and omega-3 fatty acids present in cell membranes.
- Two eicosanoids - prostaglandins and leukotrienes - have both pro-inflammatory and anti-inflammatory effects.

FOUNDATION PRINCIPLES

- Seek not to treat the disease that has the person, but to heal the person that has the disease.
- "This for that" never works in the long run.
- Build your foundation!

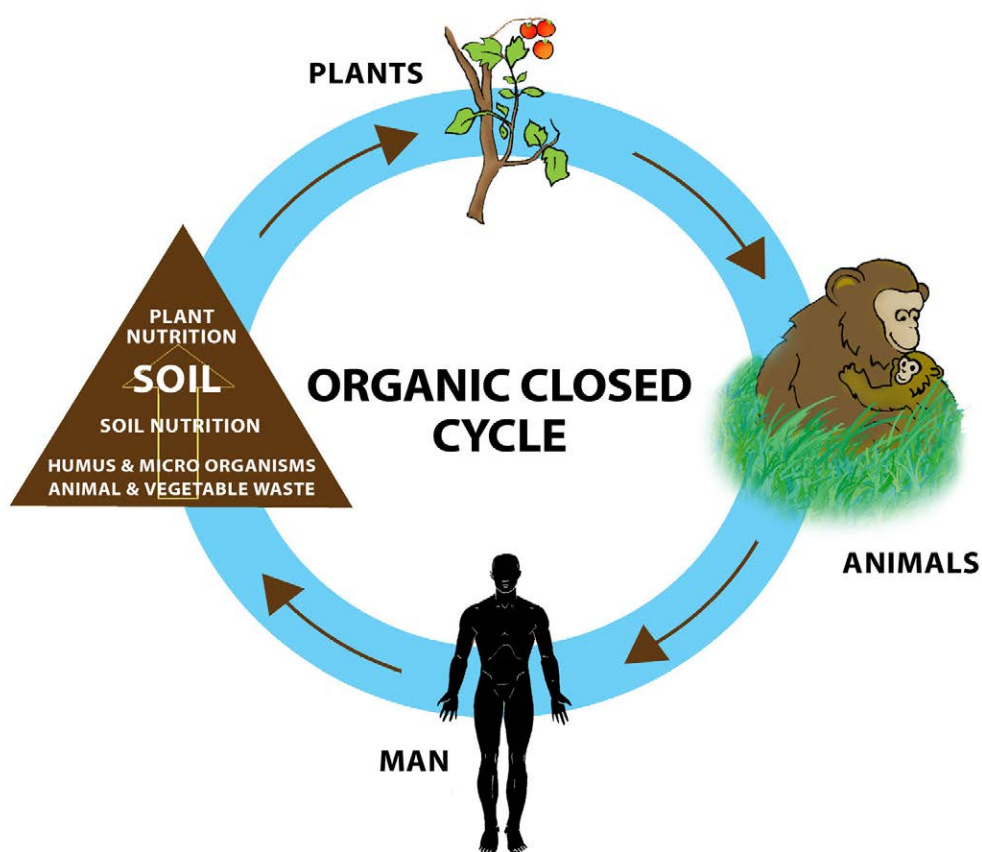
"A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses."

- Hippocrates (460 BC - 377 BC)

IDENTIFYING ROAD BLOCKS TO SUCCESS

ROAD BLOCK 1 YOU ARE WHAT YOU EAT

Don't Feed Lions Leaves and Don't Feed Giraffes Meat!



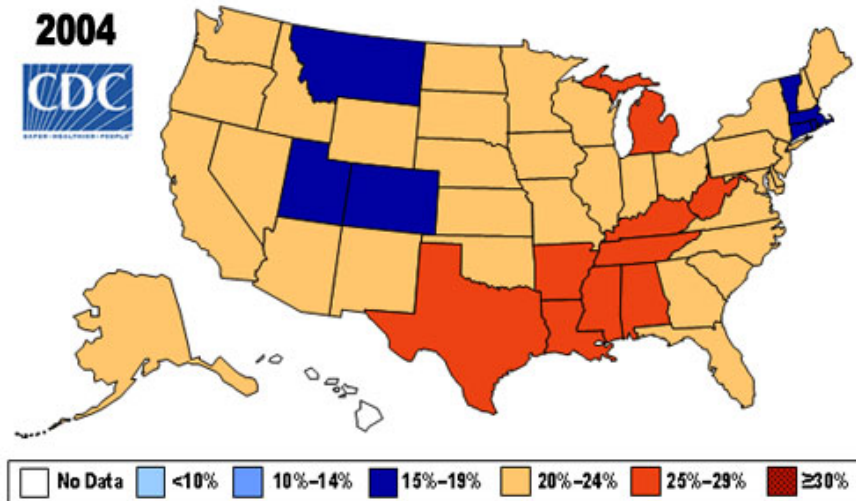
What Are You Making Your Body Out Of?



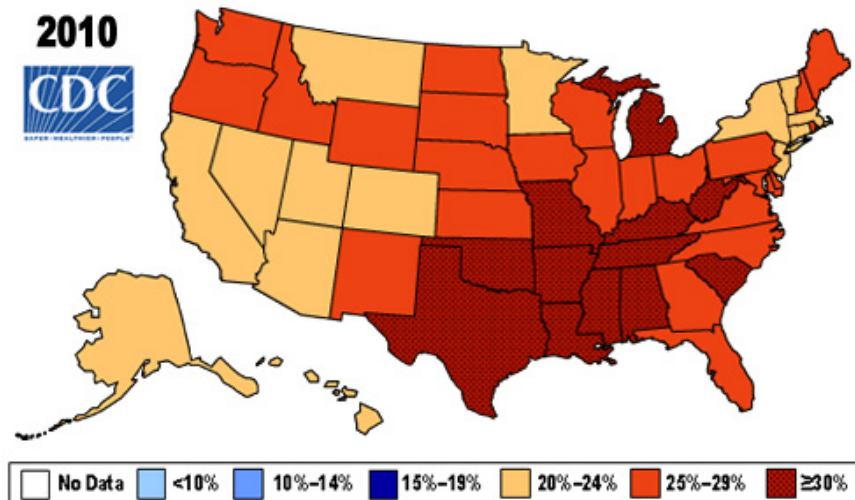
Where Did We Come From?

- Human genome took 45,000 years to evolve.
- What was the average human doing 45,000 years ago?
- 1 billion adults worldwide overweight.
- 300 million are clinically obese.
- 2.8 million die from overweight a year in the world.
- 43 million children under 5 are overweight.
- 1 million Australians have it and 50% unaware they have it..... Diabetes.

Diabetes in the USA



- 4 states with incidence less than 20%
- 10 states with incidence between 25-29%



- 0 states with incidence less than 20%
- 24 states with incidence between 25-29%
- 12 states with incidence greater than 30%

Sugar is in Everything!

- Agave Nectar
- Barley Malt
- Brown Rice Syrup
- Brown Sugar
- Corn Sweetener
- Corn Syrup
- Dextrose
- Fructose
- Fruit Juice Concentrates
- Glucose
- High-fructose Corn Syrup
- Honey
- Invert Sugar
- Lactose
- Maltose
- Malt Syrup
- Molasses
- Raw Sugar
- Sucrose
- Sucanat (pure dried sugar cane juice)
- Syrup
- Turbinado

Stevia is a good choice

Post-Workout Feast - Organic or Processed

- Compare organic steak with processed whey powder
- Cost vs. quality

The Circle of Life

A Worldwide Study of Healthy People

Ref: Weston A. Price. Nutrition and Physical Degeneration. Price Pottenger Nutrition; 8th edition. 2009.

Native Diets

1. No refined or denatured foods.
 2. Consumption of animal protein and fat from fish and other seafood; fowl; animals; eggs; milk products; reptiles; and insects.
 3. 4x calcium and other minerals. 10x the fat soluble vitamins from animal fats as the average American diet.
 4. High food-enzyme content from raw, cold-pressed; unpasteurized; and lacto-fermented.
 5. Seeds, grains and nuts are soaked, sprouted, fermented or naturally leavened.
 6. 30% to 80% fat & 4% of calories from polyunsaturated oils.
 7. Approximately equal amounts of omega-6 & omega-3 fatty acids.
 8. Salt.
 9. Animal bones (bone broths).
 10. Nutrient-rich foods for pregnant women and children.
- Healthy and vital native people studied by Weston Price lived off a wide variety of plant and animal foods.
 - They were skillful hunters and trappers.
 - Research shows that most primitive societies completed their hunting and gathering in 3-4 hours a day.



CHEK Holistic Lifestyle Coach Level 1

Salt

Our bodies contain almost 450 g of salt and it needs to be replenished each day to maintain normal health and alkalinity. Without salt, there is no life. The sodium it contains is a life-sustaining element.

Benefits of Salt

- Stabilizes irregular heartbeats. Add to water and will efficiently quiet a racing “thumping” heart, and lowers blood pressure!
- Strong antihistamine – used to release asthma. Put on tongue after a glass of water. Effective inhaler without toxicity. Stops persistent dry cough and clears the lungs of mucus plugs and sticky phlegm (emphysema and cystic fibrosis)
- Strong antiseptic – extracts excess acidity from inside the cells, particularly brain cells! Vital for kidneys to clear excess acidity.
- Strong anti-stress element for body. Essential in treatment of emotional disorders, essential for preserving the serotonin, melatonin, and tryptamine levels in the brain.
- Prevention and treatment of cancer – cancerous cells thrive in a deprived oxygenated environment. . When body well hydrated and oxygenated, salt expands the volume of blood circulation to reach all parts of the body. The oxygen and active immune cells in the blood reach the cancerous tissue and destroy it.
- Vitally needed for diabetics – helps balance the sugar levels in the blood and reduces the need for insulin.
- Important for sleep regulation – natural hypnotic. Drink a full glass of water, then put a few grains on your tongue and let it stay there. You will fall into a deep, natural sleep.

Ref: www.watercure.com

Weston A. Price's Research

Facial and Dental Structure on Native Diets vs. Westernized Diets

The Law of Thirds

Pottenger's Cats

- Study ran between 1932-1942.
- The experiment extended over 10 years and involved 900 animals.
- The main purpose was a comparison between cooked and raw food.
- The animals who received an all-raw diet, both milk and meat, remained healthy and bred normal healthy litters from generation to generation.
- The animals who received a diet of cooked meat and/or pasteurized milk became progressively degenerate through succeeding generations.
- The animals fed cooked meat and / or pasteurized milk had a 25% abortion rate in the first generation of off-spring, increasing to 70% in the second generation.
- By the third generation, kittens had become so degenerate they failed to survive for six months!

What generation do you think humankind is currently in?

- In later experiments, cats whose metabolism had become deranged by the cooked food were returned to a raw food diet.
- Complete regeneration, where it was not too late to achieve, took four generations!

Ref: F.M. Pottinger, Jr., MD. Pottenger's Cats: A Study in Nutrition. Price Pottenger Nutrition; 2nd edition, 1995.

Ref: F.M. Pottinger, Jr., MD. "Feeding experiment on cats." American Journal of Orthodontics and Oral Surgery, XXXII, 8, August 1946.

The French Paradox

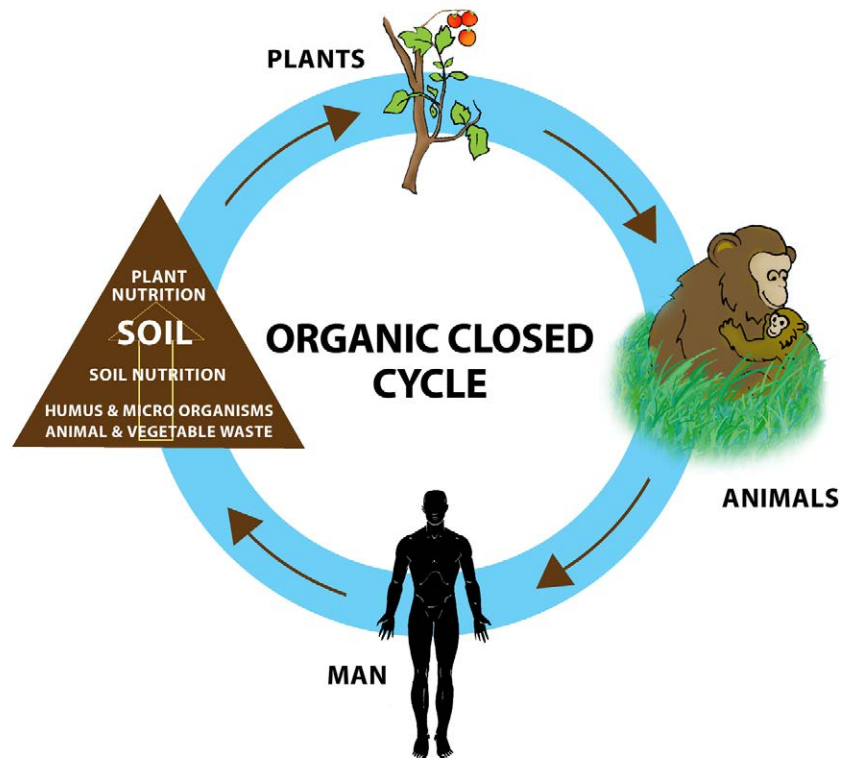
- Anyone who has eaten his way across France has observed that the French diet is loaded with saturated fats in the form of butter, eggs, cheese, cream, liver, meats and rich patés.
- Yet the French have a lower rate of coronary heart disease than many other western countries.
- In the United States, 315 of every 100,000 middle-aged men die of heart attacks each year
- In France the rate is 145 per 100,000.
- In the Gascony region, where goose and duck liver form a staple of the diet, this rate is a remarkably low 80 per 100,000.
- This phenomenon has recently gained international attention as the French Paradox.
- (The French do suffer from many degenerative diseases, however. They eat large amounts of sugar and white flour and in recent years have succumbed to the time-saving temptations of processed foods.).

A Brief History of Medicine

200 BC	Here, eat this root.
1000 AD	That root is heathen. Here, say this prayer.
1850 AD	That prayer is superstition. Here drink this potion.
1940 AD	That potion is snake oil. Here swallow this pill.
1985 AD	That pill is ineffective. Here, take this antibiotic.
2000 AD	That antibiotic is ineffective, the bacteria are resistant. Here, eat this root.
2010 AD	Don't eat that root. It is very likely toxic. Here, eat this root. It came from an organic farm!

What Is Organic Farming?

The Closed Organic Cycle



Organic vs. Conventional

A 21 year study comparing organic vs. non-organic farming presented in the British Soil Association's report titled "Organic Farming Food Quality and Human Health" (p.10-11) showed that the microorganism population responsible for soil fertility and delivering nutrients to the plant roots was 85% higher in organically managed fields than in the non-organically managed fields.

Ref: The Soil Association. Organic farming, food quality and human health: A review of the evidence. 2001. ISBN 0 905200 80 2.

Soil Depletion & Nutrient Loss

- The average American farming family depletes 7,000 acres of land every 100 years!
- We are running out of farming land in consideration of population growth.
- An estimated world population of 10 billion people by 2030.
- 6% organic matter is ideal, yet in most conventionally farmed soils, there is between 0-1.5%!

Electromagnetic Nutrition

Paramagnetic = magnetic attraction (but not ferromagnetic or magnetizable)

Diamagnetic = magnetic repulsion

- Antenna systems
- Energy storage
- Energy conversion
- Energy release
- Commercial farming...
- Human consumption
- Human health!?

Understanding the Soil

Microorganism Function

- Liquefy minerals and convert non-organic compounds into organic compounds for the plants.
- Produce amino acids, organic acids, organometallic nutrients.
- 40-80% of bacteria in a plants rhizosphere produce vitamins.
 - Soil microbes produce NUMEROUS vitamins...everything you can find in a human body is found in the rhizosphere!
- Numerous enzymes.
- Steroids and many other hormones.

Soil Depletion & Nutrient Loss

	Magnesium	Iron	Copper	Sodium	Potassium
Vegetable Ratio	-60%	-80%	-20%	-60%	-90%
Fruit Ratio	-90%	-70%	-60%	-90%	-80%

Table 4.

Average % loss of mineral content in traditionally grown fruits and vegetables over an approximately 50 year period

Ref: Shukla, V.K.S. "Organic Foods: present and future developments". Inform. Vol. 12. May 2001.

Recommended Reading

- Peter Tompkins & Christopher Bird. The Secret Life of Plants: a Fascinating Account of the Physical, Emotional, and Spiritual Relations Between Plants and Man. Harper & Row, 1989.
- Joseph Mercola. Dr. Mercola's Total Health Program. Mercola.com, 2010.
- Mary G. Enig, Know Your Fats. Bethesda Press, 2000.
- The Future of Food, DVD. 2005.



ORGANIC STUDIES

Adapted from the *Nutritional Quality of Organic Versus Conventional Fruits, Vegetables, and Grains* study by Virginia Worthington, M.S., Sc.D., C.N.S.-, The Journal of Alternative and Complementary Medicine, Volume 7, Number 2, 2001, pp.161-173

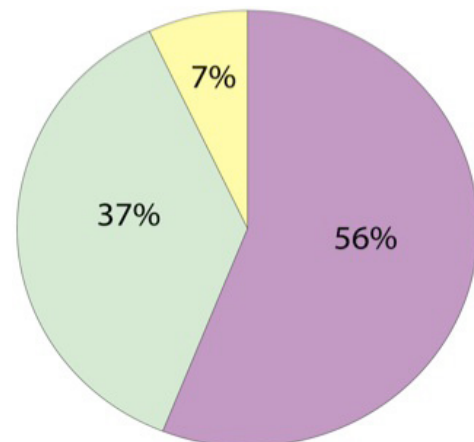
Vegetable	Vitamin C	Iron	Magnesium	Phosphorus
Lettuce	+17	+17	+29	+14
Spinach	+52	+25	-13	+14
Carrot	-6	+12	+69	+13
Potato	+22	+21	+5	0
Cabbage	+43	+41	+40	+22

Table 5. Differences in Nutritional Content Between Organic and Conventional Vegetables: Mean Percent Difference for Four Nutrients In Five Frequently Studied Vegetables

*Plus and minus signs refer to conventional crops as the baseline for comparison. For example, vitamin C is 17.0% more abundant in organic lettuce (conventional 100%, organic 117%).

A summary of 1230 published comparisons between organically grown and conventionally grown crops.

Ref: Virginia Worthington MS, Sc.D., CNS originally appeared in *Biodynamics* 224, July/August, 1999.

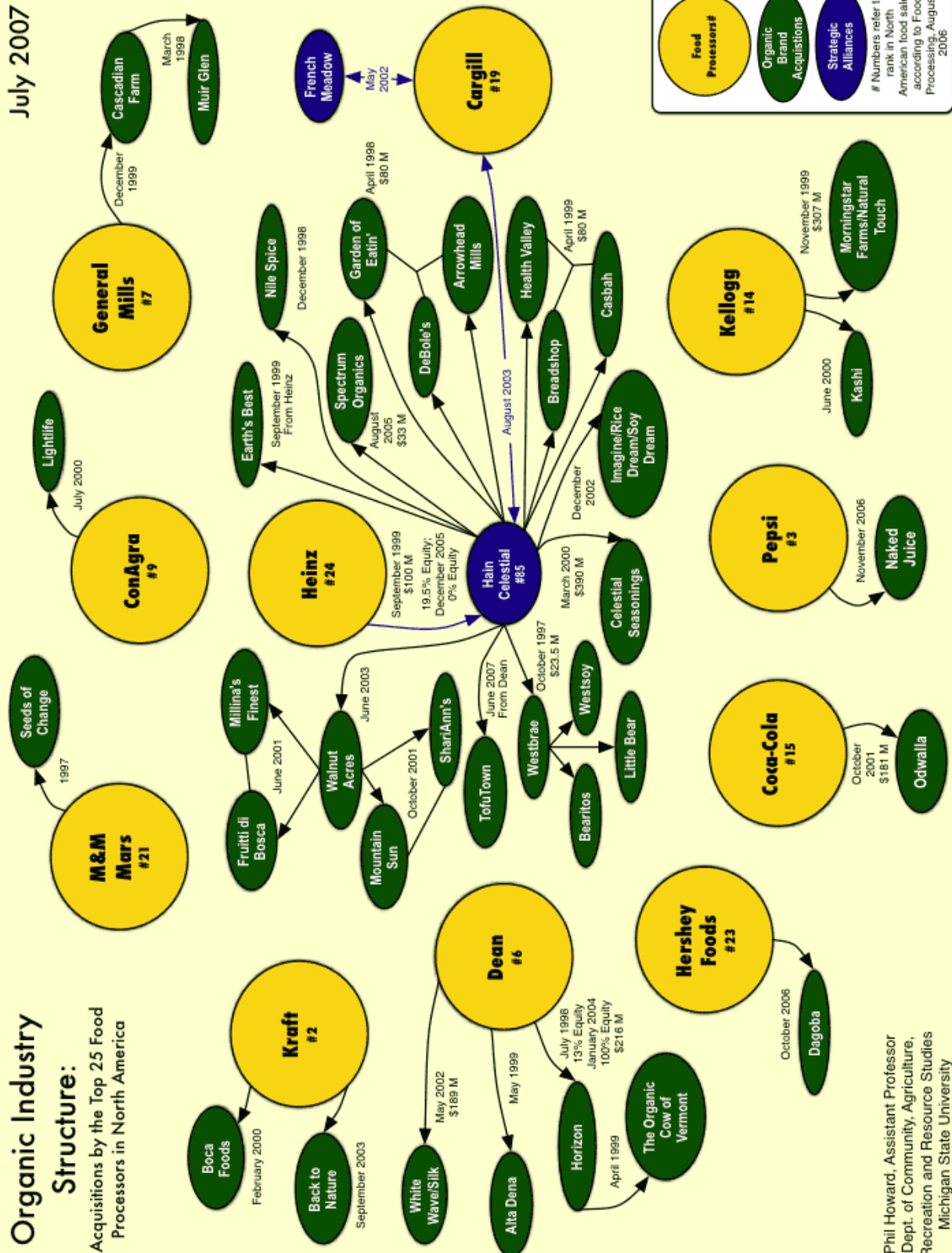


Organic Better = 56%
Conventional Better = 37%
No Difference = 7%

July 2007

Organic Industry Structure:

Acquisitions by the Top 25 Food Processors in North America



Phil Howard, Assistant Professor
Dept. of Community, Agriculture,
Recreation and Resource Studies
Michigan State University

Charts created by Dr. Phil Howard, an Associate Professor in the Department of Community Sustainability at Michigan State. www.comucopia.org.



SECONDARY NUTRIENTS

There are some 5,000 - 10,000 secondary compounds in plants, also referred to as 'secondary metabolites' or 'phytonutrients'.

The four general categories of secondary compounds are:

- Phenolics
- Terpenes
- Alkaloids
- Sulfur-containing compounds

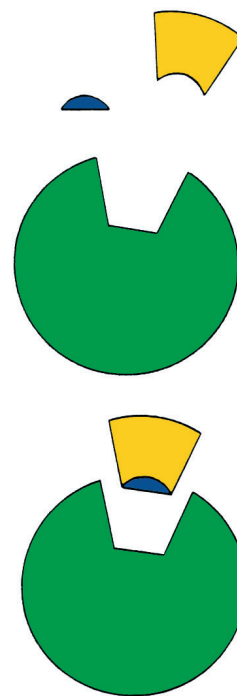
Additional Reading - Secondary Nutrients

Phenolics: Act as signaling molecules and agents of defense. Examples include flavonoids, capsaicin, cannabinoids, estradiol, salicylic acid. They are 10x more efficient at mopping up cancer-causing free radicals in the body than antioxidants like vitamins C and E.

Terpenes: conifer (pine) resins, essential oils – aromatic.

Alkaloids: Bitter taste. often have pharmacological effects and are used as medications, recreational drugs, or used in rituals. Examples include local anesthetic, stimulants (cocaine, caffeine and nicotine), the analgesic morphine, the psychedelic Psilocin (DMT), the antibacterial berberine, the anti-asthma therapeutic ephedrine, the anti-malarial drug quinine.

Sulfur-containing compounds: (rotting eggs). Fumes used as fumigants; made into medicinal mixtures as balms and antiparasitic; used to make black gunpowder, fertilizers, matches, insecticides and fungicides.



PROCESSED FOODS

Life-Force

- Food vs. non-food
- Genetically modified
- Irradiation (microwaved)

We must understand the concept of “*Electric Nutrition*”

Organics foods and vitamins always have a greater life-force!

Dead, depleted food diminishes your life-force.



GMO FOOD CROPS

Top GMO Crops

1. Soy
2. Corn (not popcorn)
3. Cottonseed (for oil)
4. Canola/Rapeseed (for oil)
5. Sugar beets (for sugar)
6. Papaya (Hawaiian and Chinese)
7. Zucchini yellow crookneck squash
8. Alfalfa (for hay)

Derivatives found in:

Canola oil, corn flour, corn masa, corn meal, corn oil, corn sugar, corn syrup, cornstarch, cottonseed oil, dextrin, dextrose, glucose, HFCS, hydrolyzed vegetable protein, maltodextrin, protein isolate, soy flour, soy isolates, soy lecithin, soy milk, soy oil, soy protein, soy protein isolate, soy sauce, sugar (unless specified as cane sugar), tamari, tocopherols (vitamin E), tofu, vegetable fat, vegetable oil, aspartame, spices

Apps for Avoiding GMO-containing foods

- Non-gmo project shopping guide
- Healthy food, allergens, GMOs and nutrition scanner
- Buycott
- True food
- ShopNOGMO
- GMO checker
- ipiit, The food Ambassador
- Chemical Maze
- Barcode and PLU Label reader
- Fruit Checker

FUNGUS AND PARASITES

Who's Along for the Ride?

- The hookworm latches on the walls of the colon with its sharp teeth where it feeds on blood.
- The tapeworm is the longest parasite. A mature adult can lay a million eggs a day.
- Tapeworm eggs embedded in the colon.
- The roundworm can grow to be 20 inches (50 cm) long and lay 200,000 eggs per day.
- Pinworms migrate outside the colon during the night to lay their eggs around the anus. This causes the nightly itching of many unsuspecting victims.

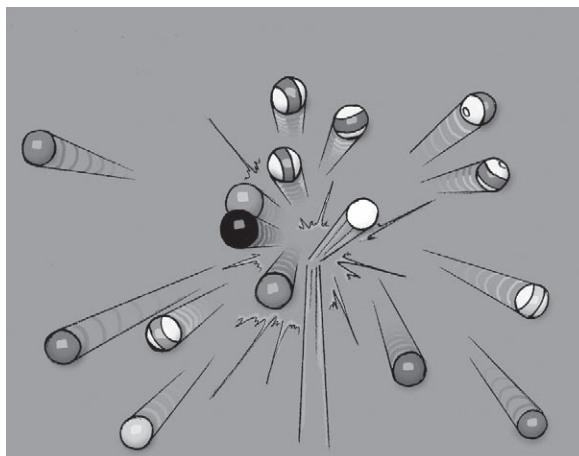
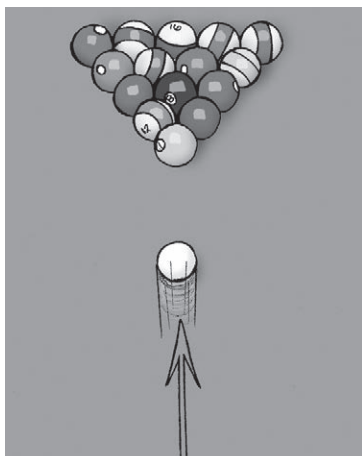
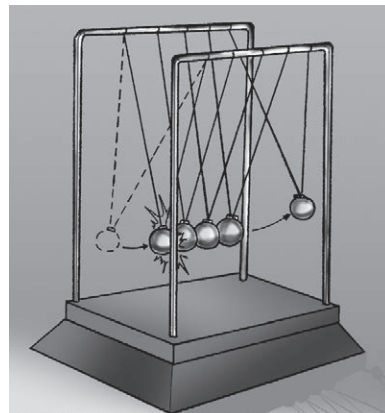
Ref: Chek, Paul. Healing Fungus and Parasite Infections: The Absolute Essentials, DVD & correspondence course. C.H.E.K Institute, 2013.

THE VITAMIN & DRUG MENTALITY

Most people prescribing both drugs and vitamins are of the false assumption that their effects and affects are linear-- this for that (Vitamin C for colds, *Aspirin* for headaches, *Tums* for hyper-acidity etc.)

Specific vitamin and drug therapies for living animals and human beings are linear inputs (cue ball) to harmonic systems (racked pool balls).

Linear inputs in a non-linear system can only produce random, unpredictable results. The functional status and specific dominance of a client's control systems and control centers will dictate the unpredictable.

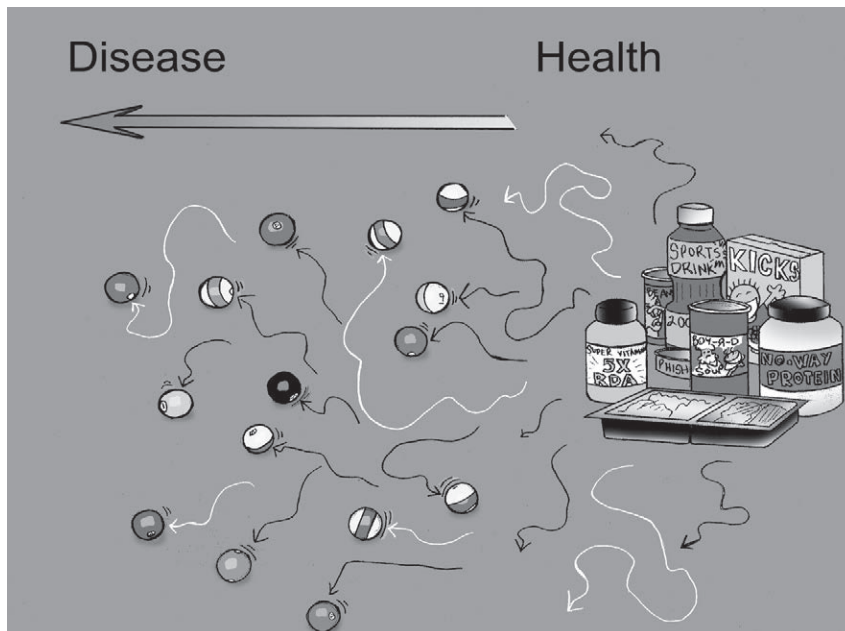




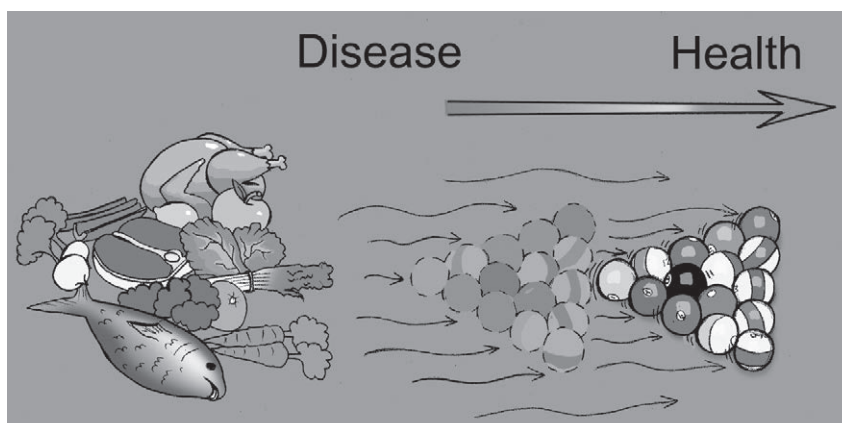
Impersonating Food and Nutrition

Synthetic vitamins, food colorings, preservatives and additives and denatured fats and proteins are random and radical linear inputs, creating chaos in our systems.

Parasites are decomposers; they come to decompose what you can't digest and eliminate!



Organic Foods = Harmonic Input

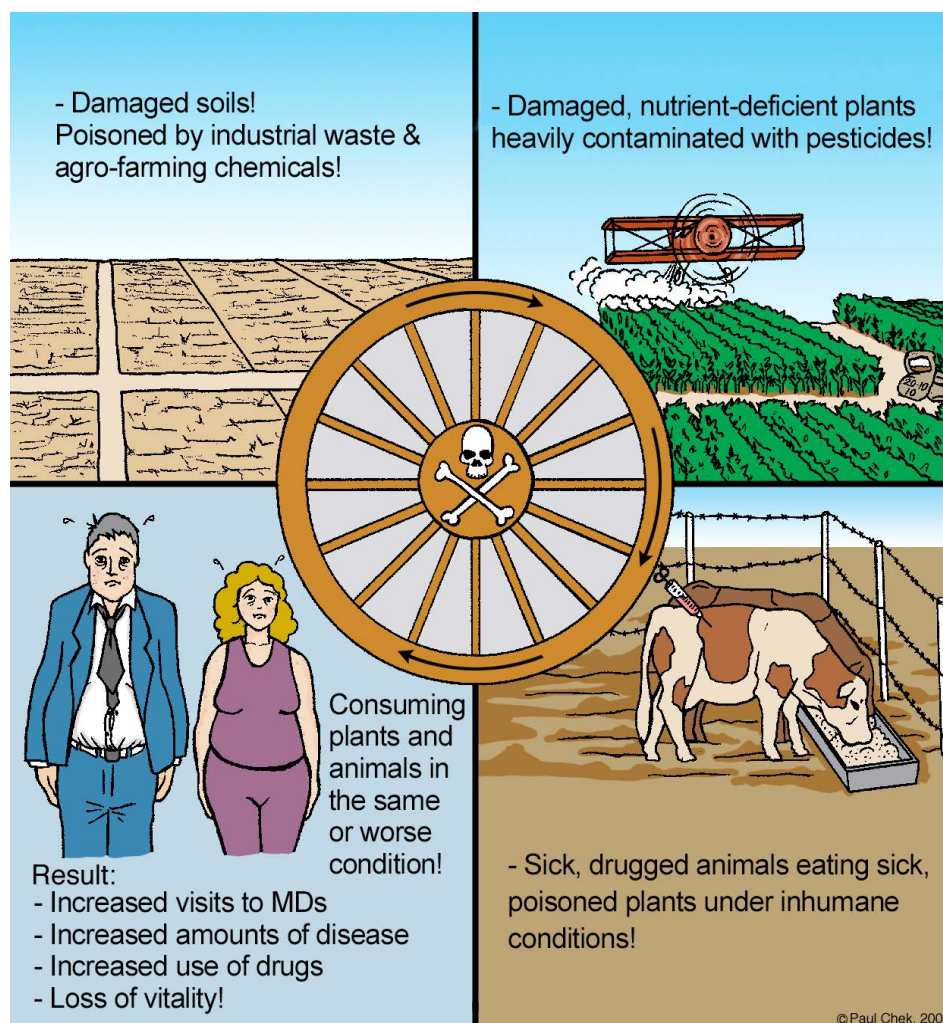


Food Intolerances

- Food antigens result in inflammation and visceromotor and viscerosensory reflexes.
- Immune system over activation and fatigue.
- Inflammation results in capillary leakage, fluid retention and cellulite formation.

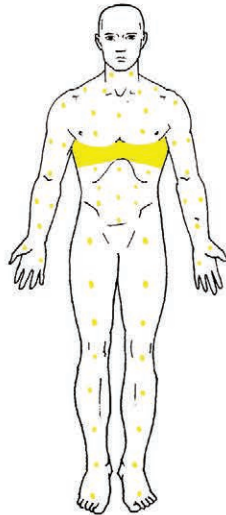
Ref: Roger Deutsch & Rudy Rivera M.D. Your Hidden Food Allergies Are Making You Fat. Prima Lifestyles, 2002.

The Wheel of Death





ZONE 3 EXERCISES



T5 - 9

Zone 3

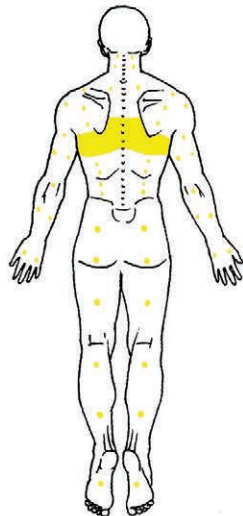
Pancreas, Adrenals, Digestive System, Muscles of Body, Liver & Gall Bladder.

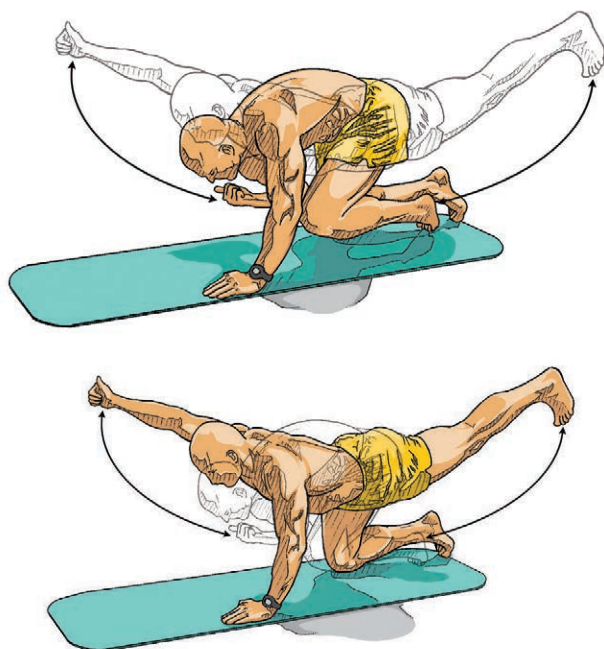
Physical Dysfunctions

-Stomach ulcers, digestive problems, chronic fatigue, allergies, diabetes.

Emotional Dysfunctions

-Oversensitive to criticism, need to be in control, low self-esteem.

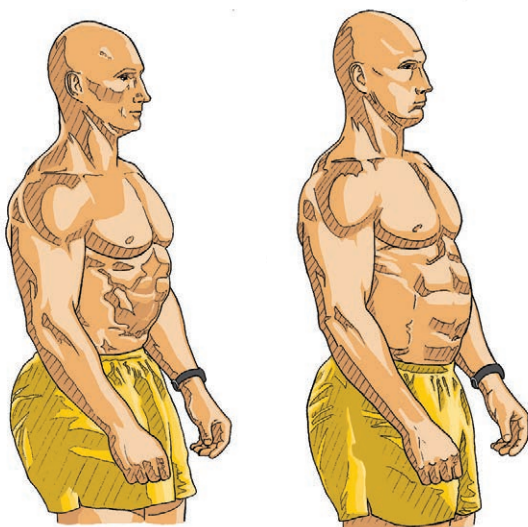




Horse Stance Dynamic

- On your hands and knees, place your wrists directly below the shoulders and your knees directly below the hips.
- Your legs should be parallel and elbows should remain turned back toward your thighs with your fingers directed forward.
- Inhale and raise your right arm up and out to a 45-degree angle and lift your left leg as high as you can without your pelvis swaying to the side.
- Exhale and tuck your elbow and knee in under your torso so that the elbow goes past the knee. Use your abdominals to pull you to the end of the movement.
- Repeat set on one side, rest and repeat on other side.

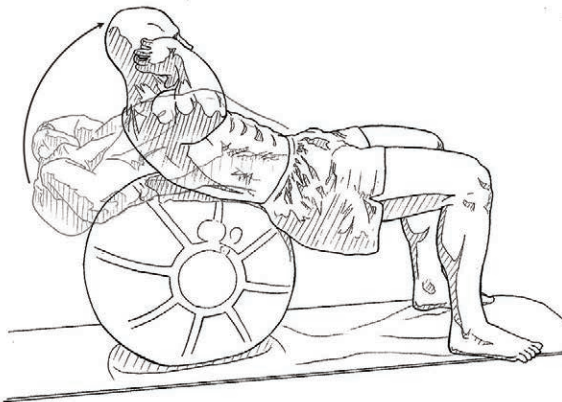
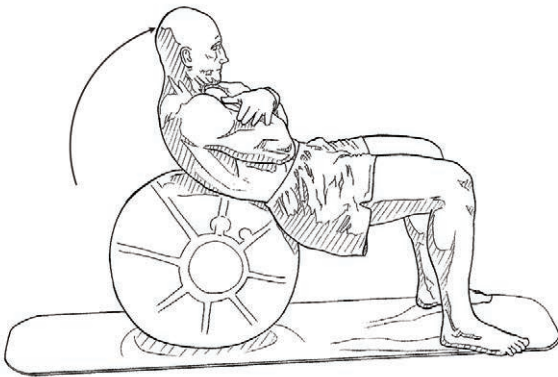
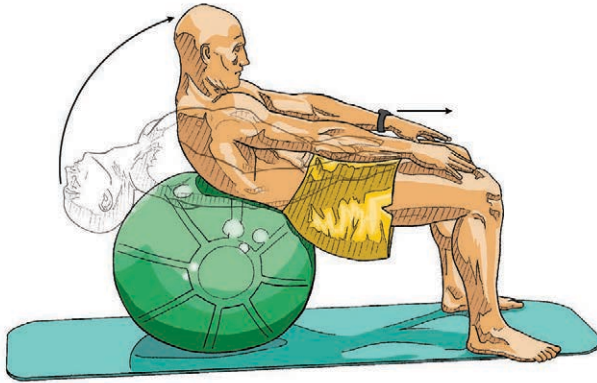
Tempo	breathing pace
Reps	10 each side



Piston Breathing

- Stand in a relaxed posture.
- Take a deep breath in, allowing your belly to expand.
- Exhale forcefully through your nose. (If you cannot breathe through your nose, exhale through your mouth while pursing your lips like a trumpet player.)

Tempo	slow inhalation, pulsing exhalation
Reps	up to 100 pulses



Swiss Ball Crunch

Caution: If you get dizzy when looking up at the sky or reaching into cupboards overhead, you may move a little more forward on the ball to perform this exercise. Stop this exercise immediately if you feel dizzy. This indicates a decrease in the blood supply to the brain and may be a symptom of vertebral artery occlusion. Consult your medical professional or C.H.E.K Practitioner.

- Lie over a Swiss ball so that your back is comfortably on the ball. Your head should be extended back and touching the ball.
- Your tongue should be on the roof of your mouth.
- As you slowly crunch up, imagine rolling your spine from head to pelvis.
- On the way back, unwind from the low back to your head, one vertebra at a time.
- Exhale on the way up and inhale on the way back.

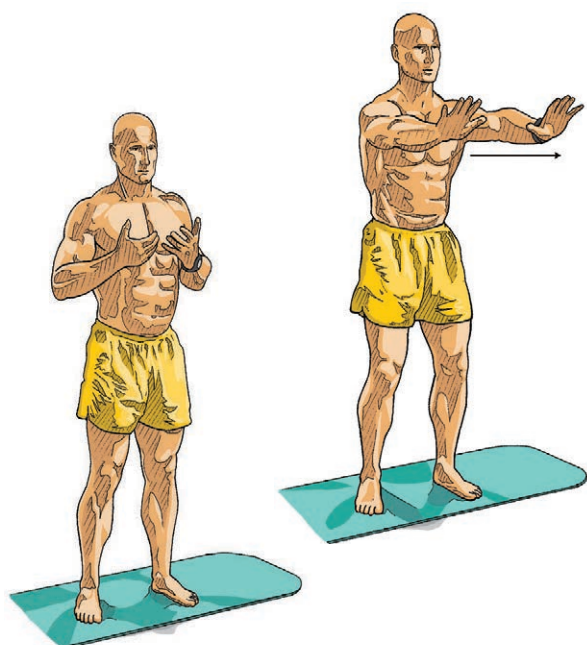
Arm positioning:

Beginner - arms reaching forward

Intermediate - arms across chest

Advanced - finger tips behind ears (do not support your head and neck with your hands)

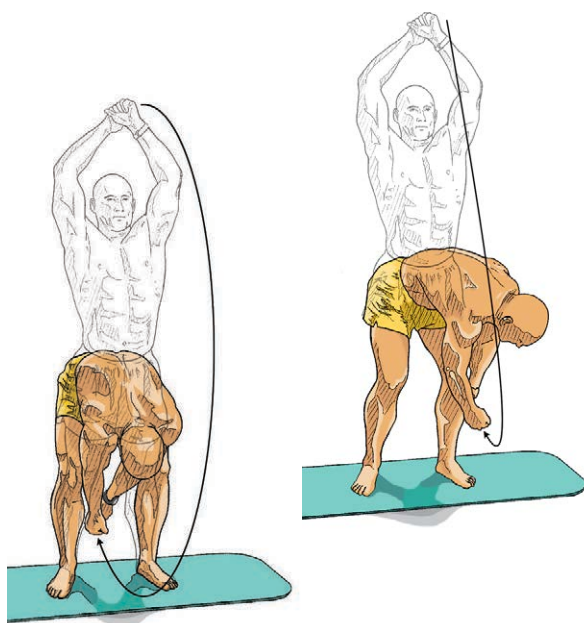
Tempo	slow, breathing pace
Reps	up to 20



Energy Push

- Stand with your arms raised straight out in front of you.
- Inhale and bring your hands back in towards your body.
- Exhale and push your arms straight out with the intent of projecting energy from your core out of your arms and hands.
- Repeat, pushing to the center, front left, front right and back left and right.
- As you push to the sides and back, keep your feet planted and turn your body towards the direction you are pushing.
- For the back position, only go as far as you comfortably can. Do not over-rotate your spine.
- The motion through the rib cage massages the organs of digestion.

Tempo	slow, breathing pace
Reps	20 total



Wood Chop

- Stand upright and bring your arms over your head as you inhale.
- Exhale as you come down, bending at the waist, as if you were chopping wood.
- There should be a natural pause at the end of the movement.
- Alternate your chopping; left, right and center.

Tempo	slow, breathing pace
Reps	21 total



Healthy Eating Action Items

- Eat right for your Primal Pattern® Diet Type
- Avoid the four white devils.
 - White sugar
 - White flour
 - White processed dairy
 - White table salt
- If you can't pronounce a word on the label, don't eat it!
- If it wasn't here 10,000 years ago, don't eat it.
- Juicing: Drink freshly squeezed juice only.
- The longer the shelf life, the worse it is for you.
- Drink water
 - 1/2 your body weight in oz. per day
 - \geq 300 ppm Total Dissolved Solids (TDS)
 - Hardness \geq 170 mg/L
 - pH 7 or greater
 - Choose top brands if drinking bottled water
- Live by the "80/20" Rule.
 - If you live and eat in accordance with the natural principles 80% of the time, your body can absorb insults 20% of the time and remain vital.

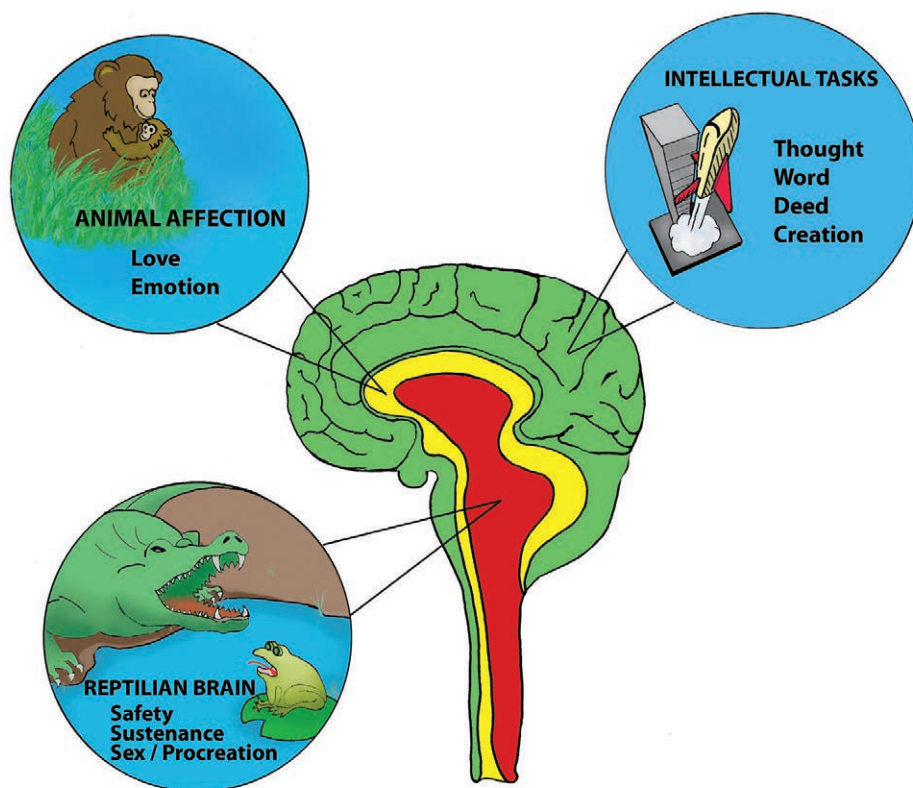
Food Purchasing Preferences

	PRODUCE	MEAT
FIRST CHOICE	Certified Organic Produce	Certified Organic – Free Range
	Organic	Organic
	Pesticide / Spray-free	Locally Farmed - Free Range
	Locally Farmed	Commercial - Hormone Free
LAST CHOICE	Commercial	Commercial

Table 6.
Food Purchasing Preferences for Meat and Produce.

ROADBLOCK 2 IS STRESS MAKING YOUR PANTS TIGHT?

Interpretation of Stressors





AUTONOMIC NERVOUS SYSTEM (ANS) IMBALANCE

What is the ANS?

1. Chek (2003) states:
“The nervous system is a combination of the two systems that work together. The peripheral nervous system controls conscious movement and the autonomic nervous system controls actions in the body that you don’t normally regulate through conscious thought, such as digesting and eliminating food, releasing hormones, sweating or the regulating of blood flow to different muscles and organs.”
 2. The ANS regulates glands, smooth muscle and cardiac muscle and has two divisions:
 - a) The sympathetic system
 - b) The parasympathetic system
- The sympathetic system is a catabolic system, which means it expends energy and destroys tissue.
 - The parasympathetic system is an anabolic system, which means it conserves energy and builds tissue.

In extreme fear or danger both systems act simultaneously to produce a response.

THE SYMPATHETIC BRANCH

When faced with a frightening, challenging, dangerous or fearful situation, the sympathetic branch prepares the body in a “fight or flight response.” The stress hormone cortisol is elevated above normal to make sure you either “fight” the danger or run away from danger in order to remove yourself from the source. It is a survival mechanism.

With a sympathetic response you will see the following:

Sympathetic Indicators

- Poor digestion ▼ Salivation
- Constipation
- Anxiety
- ▲ Respiratory/heart rate
- Poor sleep quality
- Night sweats
- Orgasm/genital inhibition
- Waking un-rested
- Nervousness
- Jittery
- ▲ Muscle tension
- ▲ Inflammatory conditions
- ▲ Susceptibility to infection

Sympathetic = Catabolic

THE PARASYMPATHETIC BRANCH

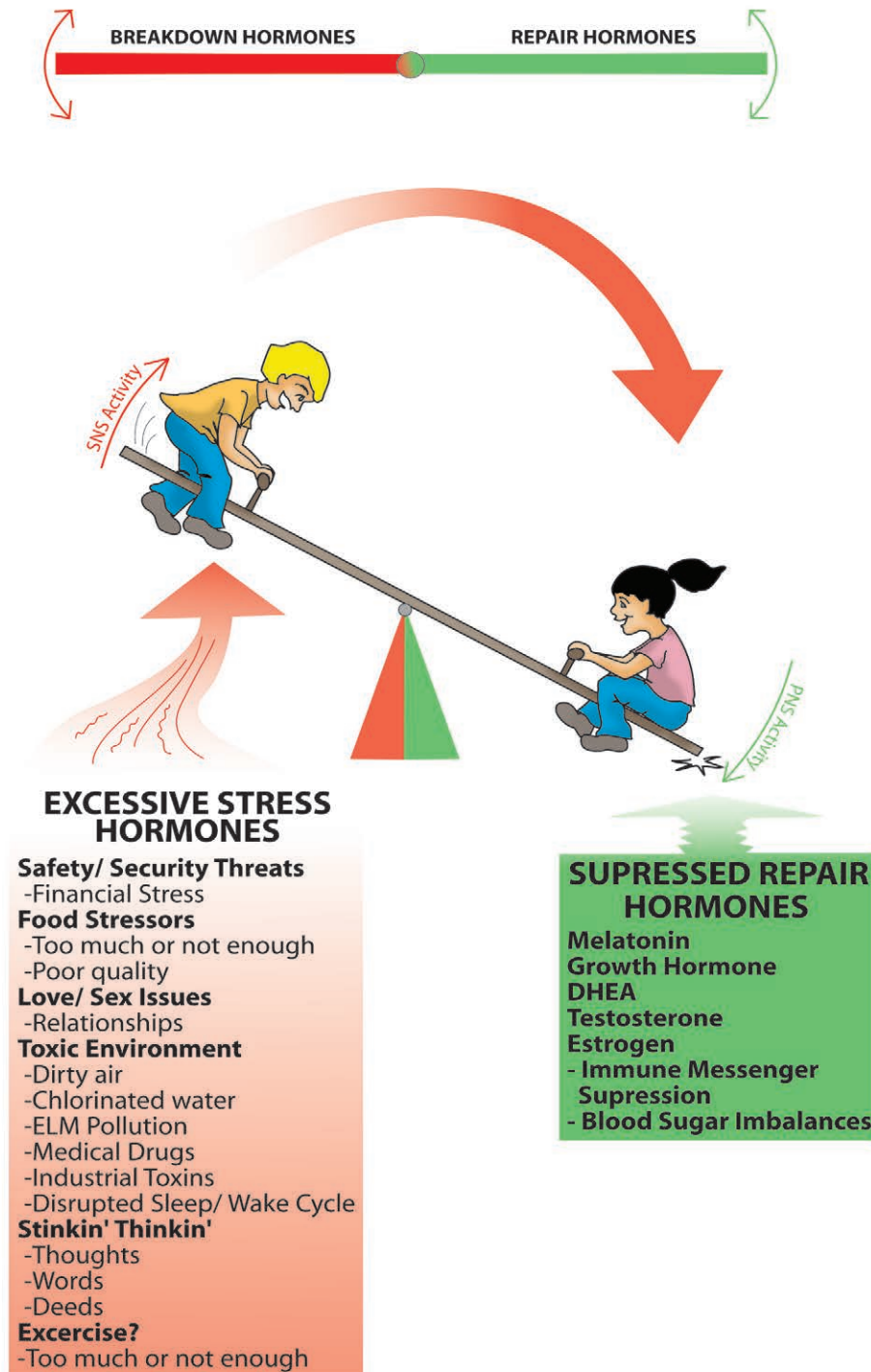
The parasympathetic branch facilitates digestion, elimination, immune function, growth and repair processes and often produces antagonistic effects (opposes the effects) of the sympathetic nervous system.

It releases tissue building hormones (DHEA, growth hormone, testosterone, estrogen, etc.) and controls metabolism. When the sympathetic nervous system is activated, the parasympathetic nervous system is suppressed.

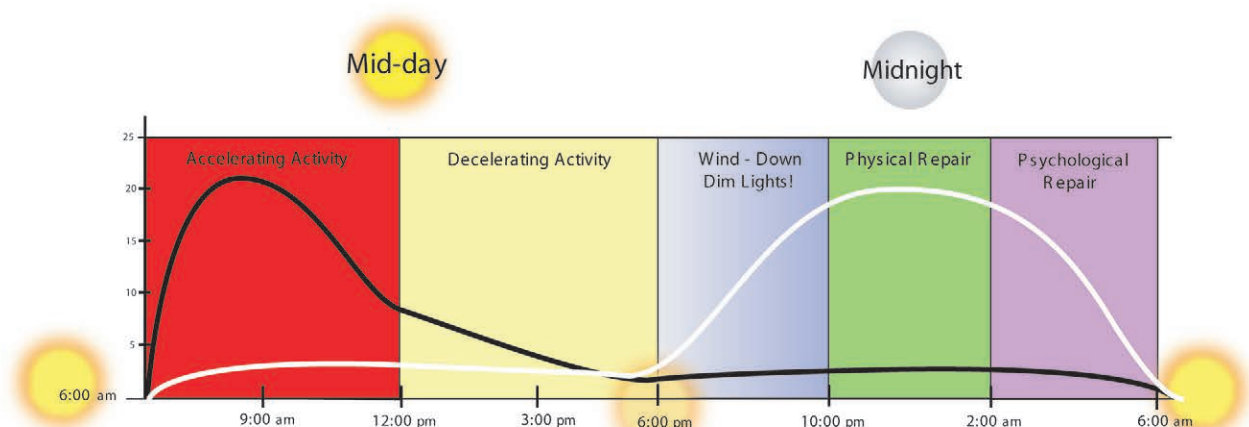
Parasympathetic Indicators:

- Strong or excessive digestion
- Hyperactive bowel, colicky
- Incontinence
- Orthostatic failure upon rising
- ▼ Respiratory rate
- ▼ Perspiration
- Poor sleep quality, hibernation
- Mucus secretions
- Nervousness, depression, somnolence
- Hands warm and dry
- ▲ Gag reflex
- ▲ White blood cell count and greater allergies

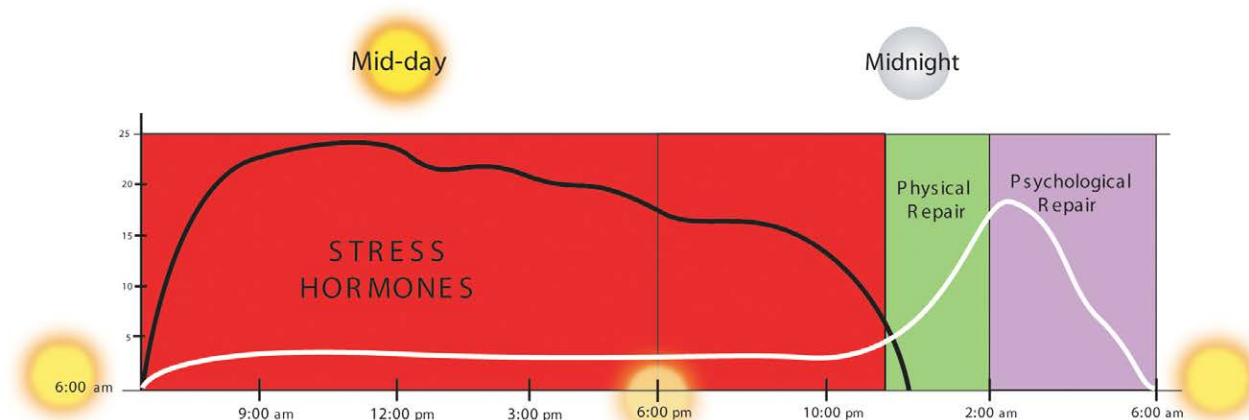
Parasympathetic = Anabolic



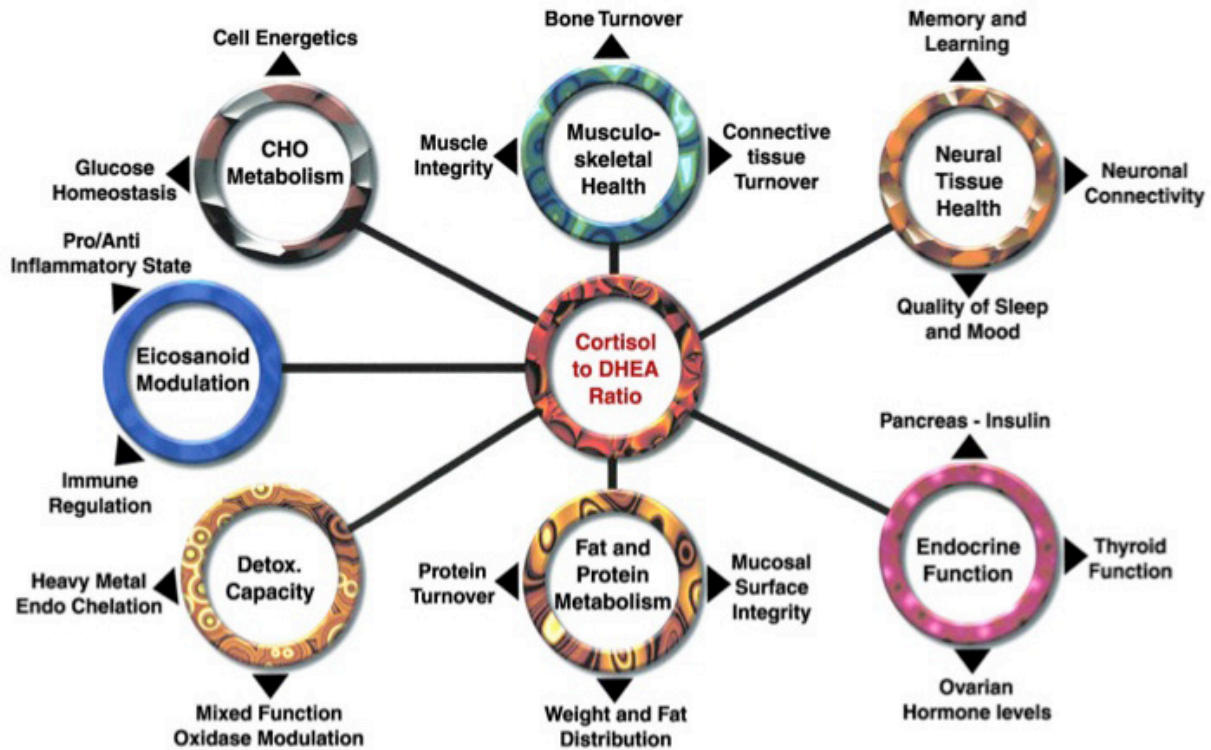
NORMAL ANABOLIC/CATABOLIC HORMONE LEVELS



EXAGGERATED STRESS RESPONSE

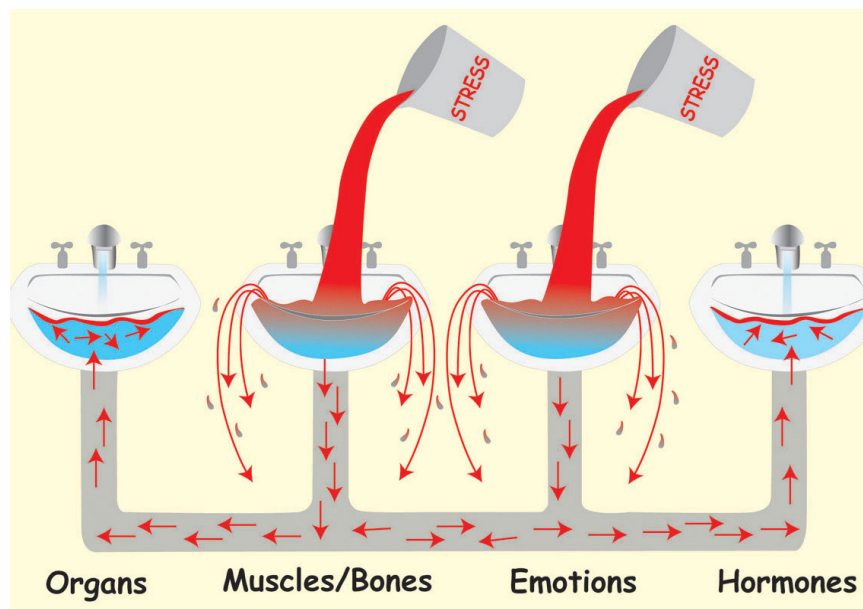


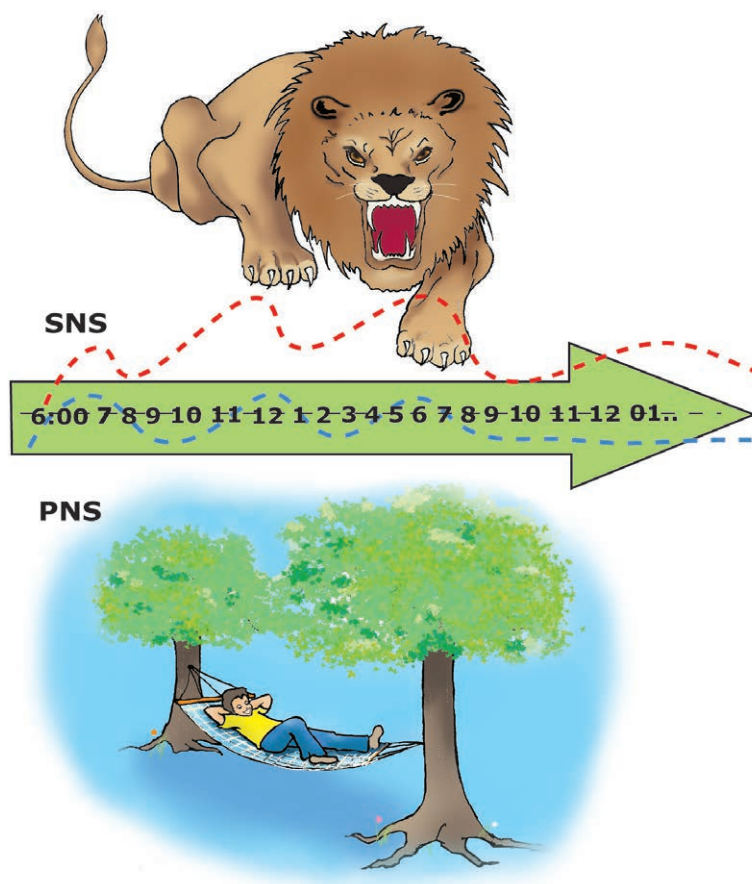
PHYSIOLOGICAL ASPECTS OF CORTISOL AND DHEA



Ref: Biohealth Diagnostics, 2000.

ASSESSING PHYSIOLOGICAL LOAD





- Are you being chased by a lion all day?
- Chronic fight/flight stress response leads to dis-ease!
- You get stronger while resting!

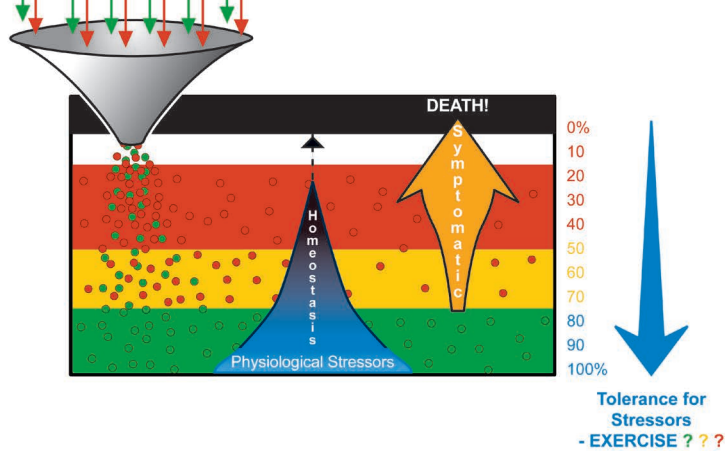


Differentiating the good, the bad and the ugly.

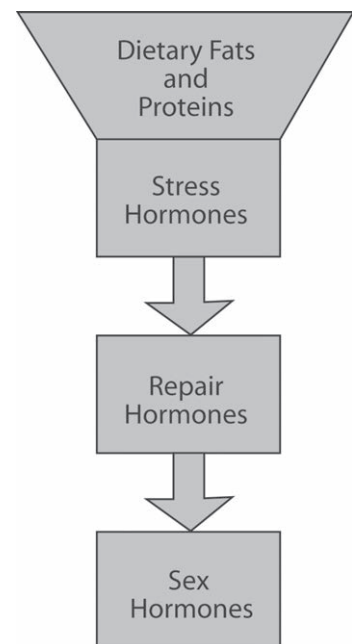
Are you gaining or draining?

STRESSORS

1. Physical
2. Chemical
3. Electromagnetic
4. Psychic
5. Nutrition
6. Thermal



STRESS hormones are more important to survival than SEX hormones!
- Pregnenolone steal



HOW STRESSED ARE YOU?

Nutrition and Lifestyle Questionnaires Score Sheet

Total Score	Detoxification System Health Zones 3 & 4	Fungus & Parasites Zones 3 & 4	Digestive System Health Zones 1, 2 & 3	You Are When You Eat Zone 3	Circadian Health Zone 2	Stress Zone 4	You Are What You Eat Zones 1, 2 & 3
715	88	195	81	50	90	81	130
—	—	—	—	—	—	—	—
☹	60	—	—	—	—	—	—
—	—	—	—	—	—	—	—
300	40	60	40	20	50	40	50
—	—	—	—	—	—	—	—
☺	30	—	—	—	—	—	—
—	—	—	—	—	—	—	—
170	20	40	20	10	30	20	30
—	—	—	—	—	—	—	—
☺	10	—	—	—	—	—	—
—	—	—	—	—	—	—	—
Score 1							
Score 2							

High Priority

CAUTION! Must select exercises / exercises to stimulate anabolic response. Low intensity / duration

Moderate Priority

Carefully balance catabolic and anabolic stressors with intent to stimulate anabolic response.

Low Priority

Can freely choose catabolic exercises based on client's needs, abilities and conditioning level

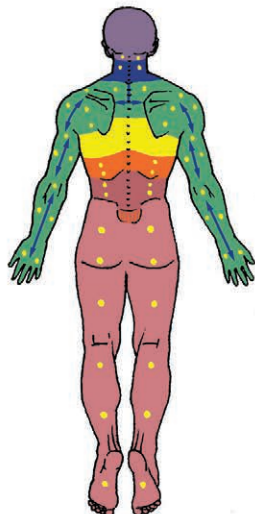
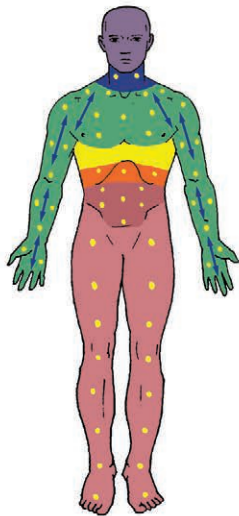
Name: _____ Date 1: _____ Date 2: _____



EXERCISE AND STRESS

Zone Exercises for Stress Reduction

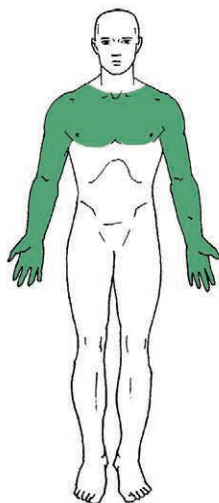
- Burn-out
- Inflammation (...itis), pain and spasm are indicators of blocked/excessive energy.
 - Target zone with exercises at PNS intensity that move fluids through the zone of concern.
 - Use movements that move fluids through the zone of concern to cool and nourish.
- Brown-out
- Hardening (...osis), tissue hardening, edema, atrophy, chronic trigger points represent energy depletion.
 - Target zone with exercises that move fluids to the zone of concern at work-in intensity.
 - Intensity is PNS > SNS.



Cerebral C1 - 2	Zone 6 C1 & Head, Cerebral Cortex and Central Nervous System. Eyes, Pineal Gland, Pituitary Gland.
C3 - 7	Zone 5 Thyroid & Parathyroid Gland, Neck, Shoulders, Arms & Hands. Also Adrenal Communication (C3, 4, 5).
T1 - 5	Zone 4 Heart, Thymus Gland, Lungs, Pericardium, Arms & Hands. Circulation & Breathing.
T5 - 9	Zone 3 Pancreas, Adrenals, Digestive System, Muscles of Body, Liver & Gall Bladder.
T9 - 12 + Sacral Plex	Zone 2 Gonads, Womb, Genitals, Kidney, Bladder, Low Back, Adrenal.
L1 - 5 + Sacral Plex	Zone 1 Adrenal, Legs, Feet, Bones, Large Intestines.

©Paul Chek, 2002

ZONE 4 EXERCISES



T1 - 5

Zone 4

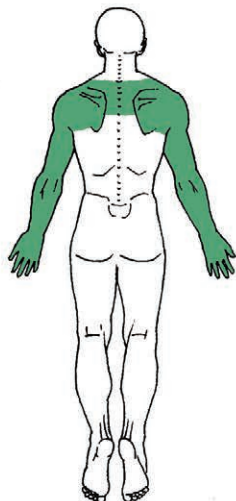
Heart, Thymus Gland, Lungs,
Pericardium, Arms & Hands.
Circulation & Breathing.

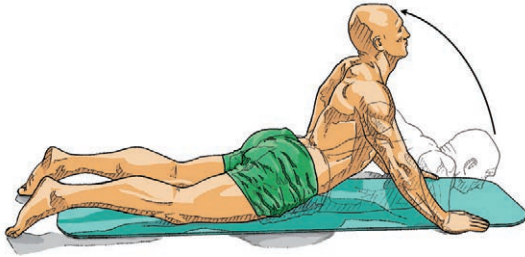
Physical Dysfunctions

-Shallow breathing, high blood
pressure, heart disease, cancer.

Emotional Dysfunctions

-Fears about betrayal, co-dependent,
melancholic.

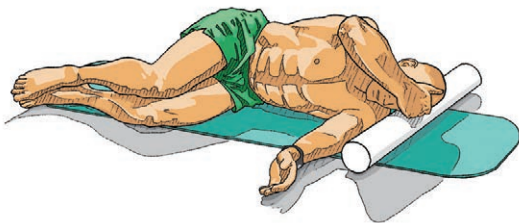




McKenzie Press-up

- Lie face down with your hands just outside the top of your shoulders.
- As you exhale, push yourself up, keeping your pelvis on the floor.
- Relax your back and butt.
- Inhale on the return.

Tempo	slow, breathing pace
Reps	10



Feldenkrais Shoulder/Spine Integrator

Phase I

- Lie on your side with a foam roller, or towel just big enough to maintain good neck alignment, placed under your head. Your neck should be parallel with the floor.
- Your hips and knees should be at 90-degree angles, with your feet on top of each other.
- Place your top hand on your forehead and gently rotate your neck backwards as you inhale.
- Exhale as you return to the start position.
- Perform 10-20 reps, allowing your neck to rotate a little further and your arm drop a little closer to the floor each time.

Phase II

- Assume the same starting position as Phase I, but place your arms out in front and on top of each other.
- Inhale as you slide the top hand across the bottom arm and your body.
- Exhale as you return, sliding as far forward as you comfortably can, allowing your top hand and wrist to glide over your bottom hand.

Tempo	slow
Reps	10 - 20 each side



Prone Cobra

- Lie face down with your arms at your sides.
- As you inhale, pick your chest off the floor while simultaneously squeezing your shoulder blades together and rotating your arms out so that the your palms face away from your body.
- Keep your head and neck in neutral alignment, with your toes on the floor.
- You should feel the muscles between your shoulder blades doing the work. If you feel stress in your low back, squeeze your butt cheeks together prior to lifting your torso.
- Hold until you need to breathe out, and exhale as you lower your torso to the floor.

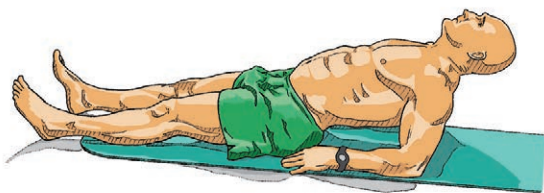
Tempo	slow, breathing pace
Reps	10 - 20

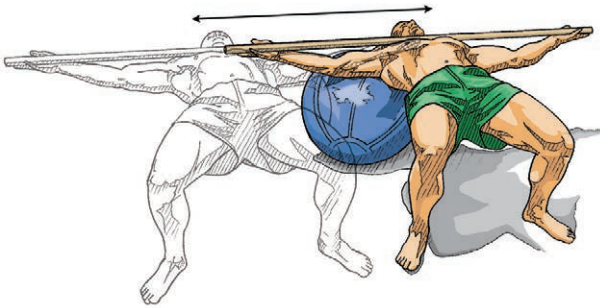


The Fish

- Lie back, resting on your arms.
- Inhale, pick your chest up as high as you can.

Tempo	10 seconds and relax
Reps	10





Supine Lateral Ball Roll

- From a sitting position on a Swiss ball, roll back so that your head, shoulders and upper back are supported by the ball.
- Lift your hips up so that they are in line with your knees and shoulders.
- Place your tongue on the roof of your mouth.
- Hold your body in perfect alignment (hips and arms should stay parallel to the floor) and shuffle your feet as you roll across the ball to one side.
- Pause, then return back to the center.
- Move only as far to the side as you comfortably can, while holding perfect alignment. You may find that you can only move an inch or two; that is fine.

Tempo	hold end position for 3 seconds
Reps	5 each side

STRESS REDUCTION ACTION ITEMS

The Law of Attraction

1. You are a living magnet and you inevitably attract into your life, the people, circumstances, ideas and resources in harmony with your dominant thoughts. (*The Luck Factor* by Brian Tracy).
2. Your body, life and situations are physical manifestations of your thoughts, words and deeds.
3. Address reptilian behaviors:
 - Safety/security?
 - Sustenance?
 - Sex/procreation?
4. Set clear goals to overcome your obstacles!
5. Seek assistance as needed!
 - Mentors, books, tapes or therapists can help!
6. Eat right to think right.
7. Drink right to think right.
8. Move right to think right.
9. Carefully balance exercise programs to avoid overexposure to catabolic stressors.
 - How you eat, drink and move are massive influences on how you feel and your interpretation of stressors.
 - Be very careful not to let clients with addictive personalities dictate exercise selection, more of the same = more of the same.
 - Use Zone Exercises.

References and further study:

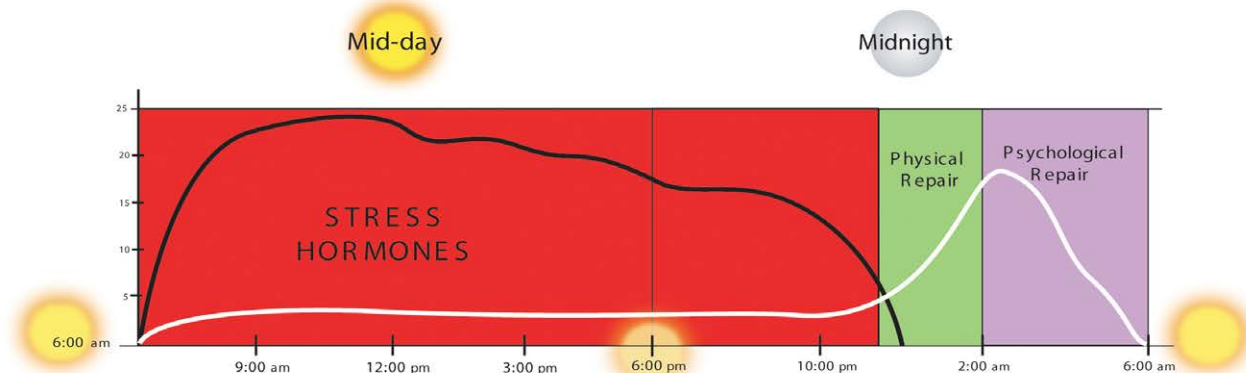
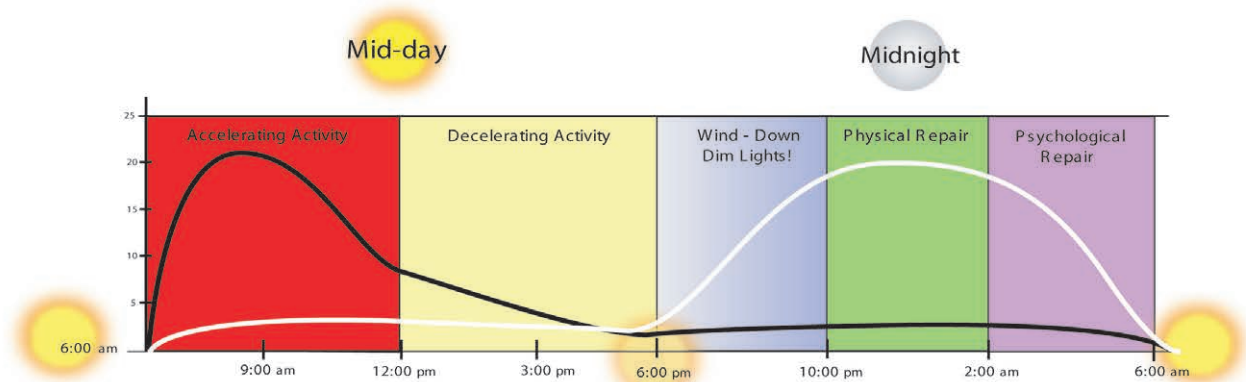
- Tracy, Brian. The Luck Factor. Audio program, Nightingale Conant.
- Murphy, Joseph. The Power Of Your Subconscious Mind. Wilder Publications, 2008.
- Study Bob Proctor's works – www.proctorgallagherinstitute.com
- Paul Chek's Personal-Professional-Spiritual Success Mastery Program.



ROADBLOCK 3 CIRCADIAN HEALTH

Considerations

- Scheduling
- Diet
 - Blood sugar?
 - Stimulants?
 - Caffeine
 - Sugar
 - Alcohol
 - Additives
- Lighting
- Inflammation?
 - Parasites
 - Bacterial toxicity
- ELM stressors
 - Unplug everything and test!
 - Electronics and beds don't mix



Circadian Stress Action Items

1. Try to sleep and wake with the sun.
 - Get to sleep no later than 10:30pm.
2. Avoid bright lights for 2 hours before bed if possible.
 - Fluorescent lights
 - Bee's wax candles are best if you are using candles
3. Avoid stimulants such as caffeine after 3:00pm.
 - The half-life of caffeine is 6 hours
4. Avoid alcohol near bed time, as it stresses the body causing cortisol release!
5. Eat right for your Primal Pattern® Diet Type.
 - Calculate desserts.
 - Avoid blood sugar crashes at night
6. Clear all sources of ELM pollution:
 - Electric blankets
 - Electric water bed heaters
 - Electrical appliances close to your bed
 - Electrical circuits in walls and floors
 - Power lines
 - Consider an ELM pollution conversion device (Tesla)
7. Geopathic stress:
 - Fault lines
 - Underground streams
8. Control noise
9. Keep your curtain closed at night
 - Light on skin can wake you.
10. Exercise
 - Exercise can elevate cortisol levels high enough to disrupt sleep.
 - Make sure you have adequate wind down time.

HOMEWORK DAY 2

1. Create a 4 Day Rotation Diet for each Primal Pattern® Diet Type.
2. Write down an action plan for implementing what you have learned at this course in your own practice or business.
3. Find something to laugh about.



DAY 3

HOMEWORK REVIEW AND DISCUSSION

The Healing Power of Laughter

ROADBLOCK 4 YOU ARE WHEN YOU EAT!

What is your Primal Pattern® Diet Type?

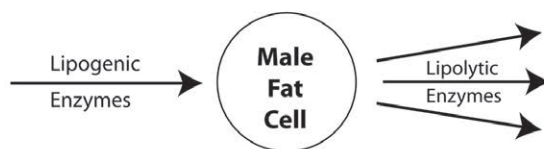
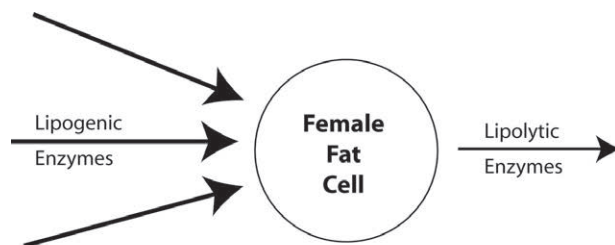
What are your goals?

Body fat reduction

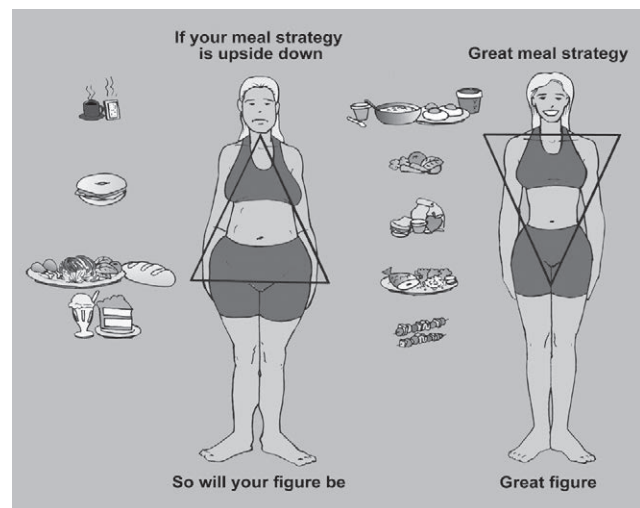
Lean mass

Outsmarting the female fat cell

Ref: Debra Waterhouse



Lipogenic = Fat Storing
Lipolytic = Fat Burning



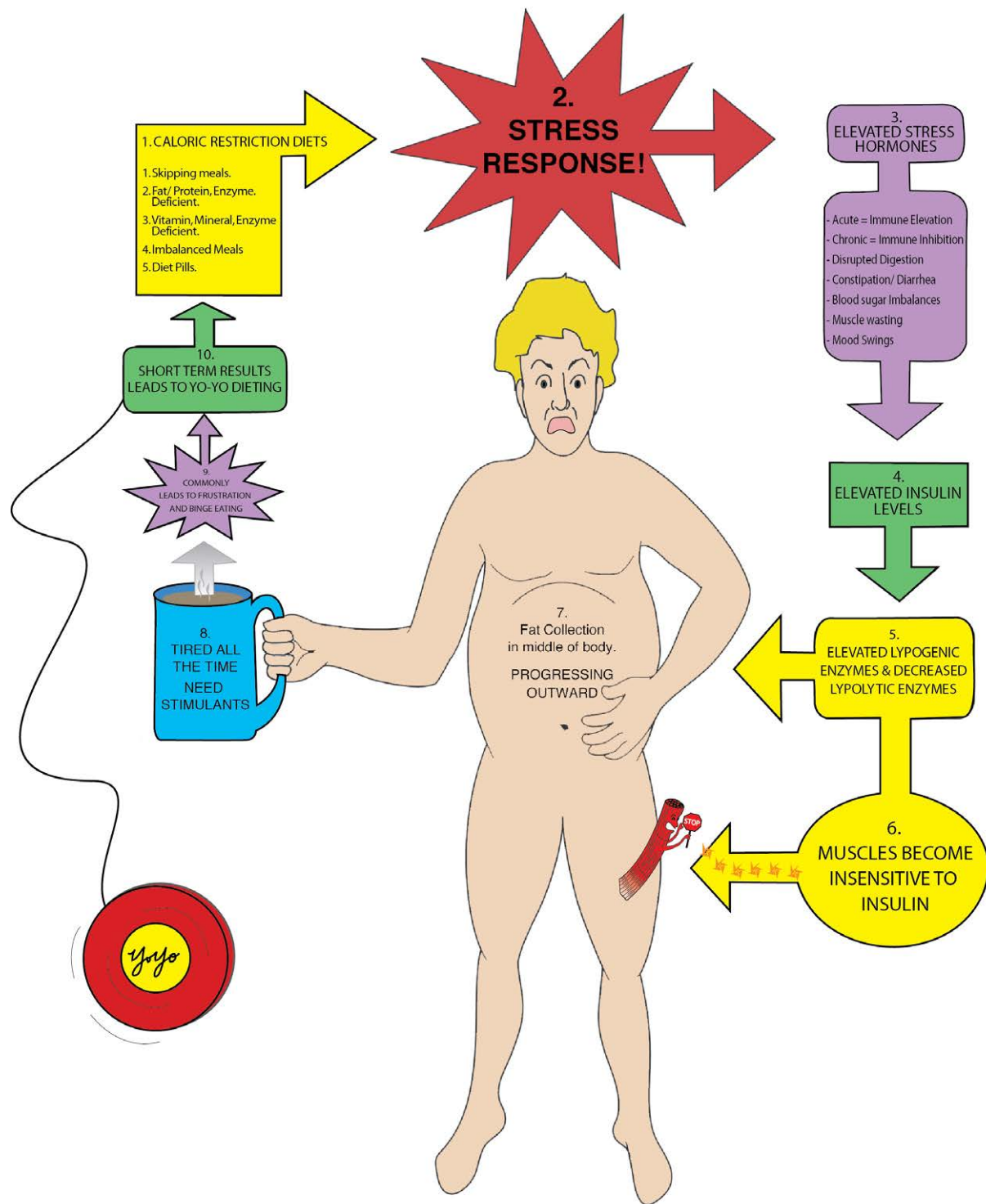
Never Diet! Common issues include:

Skipping meals

Eating wrong for your Primal Pattern® Diet Type

Eating displacing foods

Calorie reduction

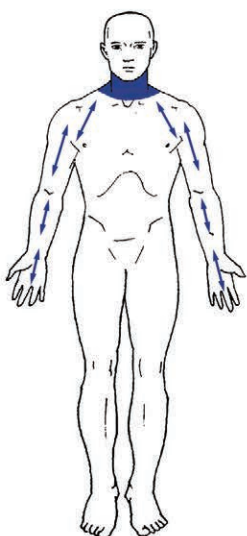




You Are When You Eat Action Items

1. Never skip meals
2. Always proportion meals and snacks for your Primal Pattern® Diet Type.
3. Never cut calories.
 - If you eat correctly and exercise regularly, you shouldn't over-eat.
4. Eat as soon after exercising as possible.
 - You may proportion post-workout meals with slightly more carbs than your Primal Pattern® Diet Type calls for to stimulate insulin activity.
 - If you listen to your body you don't have to "calculate."
5. Eating displacement or non-foods is worse than skipping meals.
 - Cows fed a diet of only straw die sooner than those fed nothing (metabolic expense).

ZONE 5 EXERCISES



C3 - 7

Zone 5

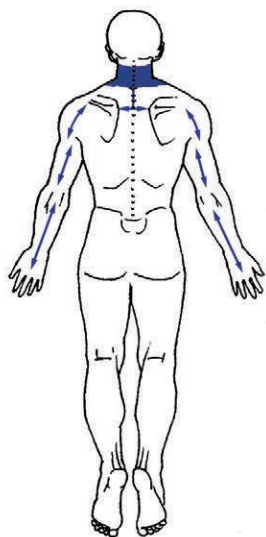
Thyroid & Parathyroid Gland,
Neck, Shoulders, Arms &
Hands. Also Adrenal
Communication (C3, 4, 5).

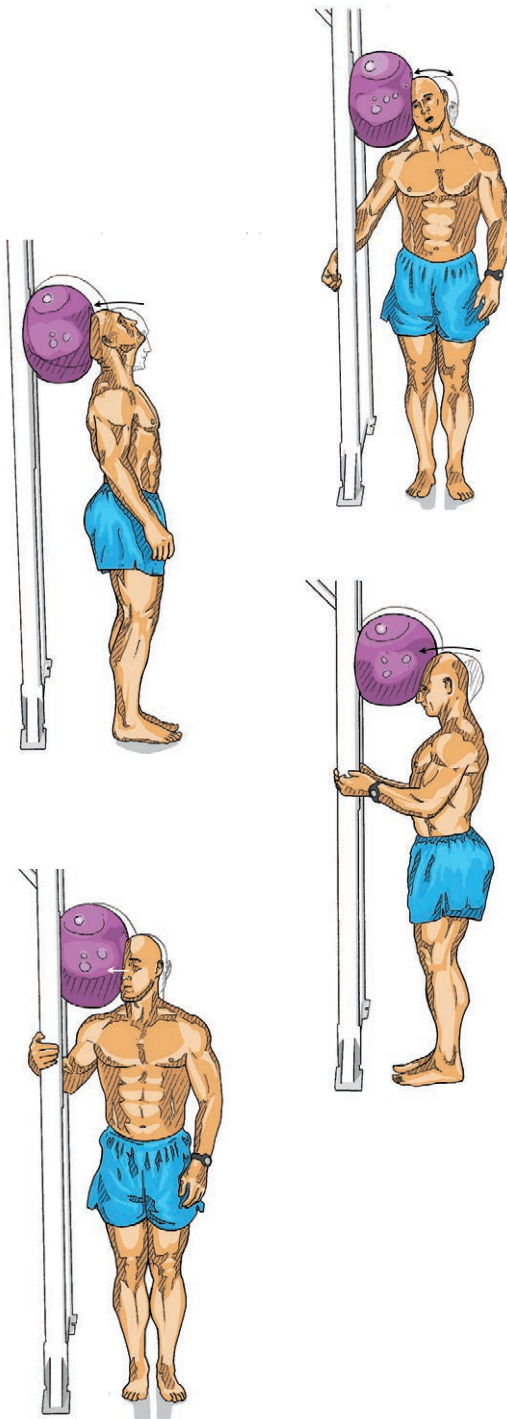
Physical Dysfunctions

-Sore throats, neckache, thyroid
problems, tinnitus, asthma.

Emotional Dysfunctions

-Perfectionism, inability to express
emotions, blocked creativity.





Neck Ball Exercises

- Stand next to a wall or post.
- Use 50% effort for the following exercises.

Tempo	breathing pace
Reps	10 each side

Neck side bend

- Place the side of your face slightly under the ball.
- Bend your head into the ball as you exhale.

Neck extension

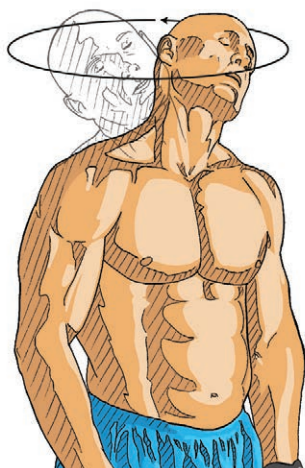
- Place the back of your head against the ball.
- You may hold onto the doorway for support.
- Press your head into the ball as you exhale.

Neck flexion

- Face ball.
- Place your tongue on the roof of your mouth.
- Push your head into the ball as you exhale.

Neck rotation

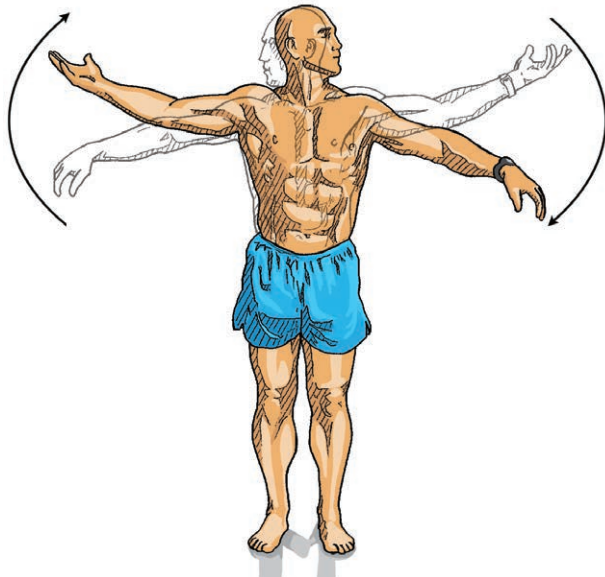
- Place the side of your head behind the apex of the ball.
- Turn your head into the ball as you inhale and back out as you exhale.



Neck Rotations

- Let your head drop down naturally as you exhale.
- Rotate it around slowly, letting it follow your natural range of motion barrier, inhale as you begin moving to the side and back.
- Spend extra time in tight zones; imagine that you are breathing through the tight muscles.

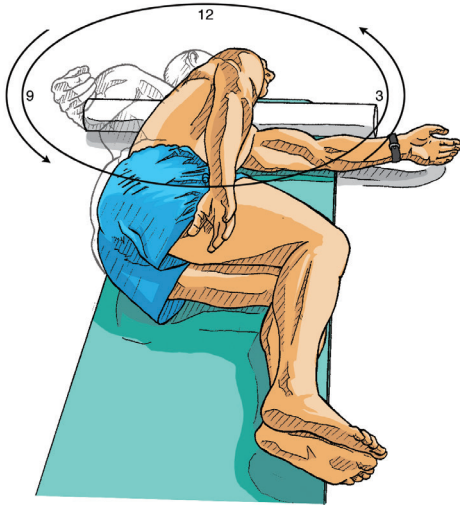
Tempo	slow, breathing pace
Reps	up to 20 each direction



Thoracic Mobilization

- Hold arms straight out to the side, stay relaxed.
- Turn your right arm up and left arm down.
- As you look down the left arm, slightly contract the right arm as you turn the palm up and inhale at the same time.
- When you naturally want to exhale, turn your head to the other side and reverse positions, repeating to the opposite side.

Tempo	breathing pace
Reps	10 each side

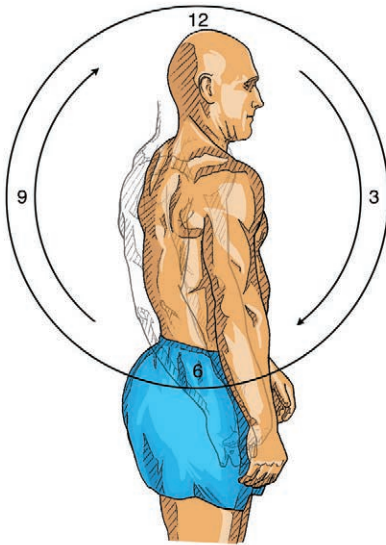


Lying Shoulder Clock

Shoulder Clocks

- Stand or lie down on your side with your knees bent.
- Visualize that your shoulder is in the middle of a clock.
- Elevate your shoulder toward your ear (12 o'clock), then roll your shoulder either forward (1, 2, 3 o'clock) or backward (11, 10, 9 o'clock) around the clock. Inhale as you move through the back half of the clock (7 - 12 o'clock) and exhale as you move through the front half of the clock (1 - 6 o'clock).
- Keep your head looking forward and hand relaxed.

Tempo	breathing pace
Reps	10 circles each direction



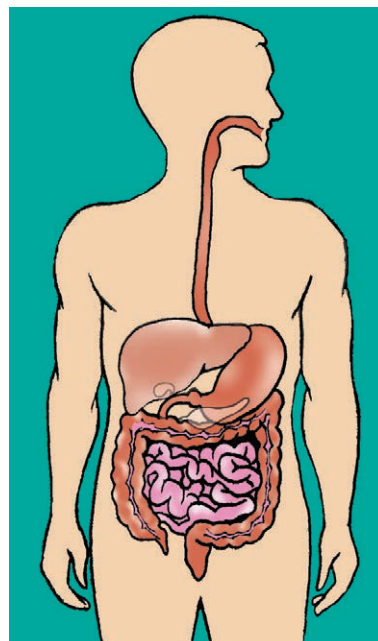
Standing Shoulder Clock

ROADBLOCK 5 DIGESTIVE SYSTEM HEALTH

- Digestion
- Absorption
- Utilization
- Elimination

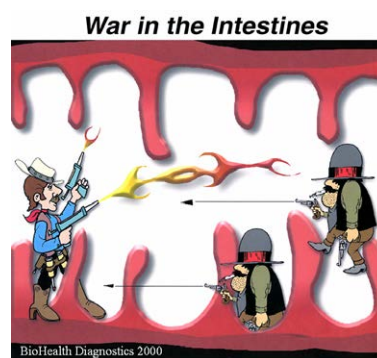
G.I. Inflammation

- Stress
- Dehydration
- Medical drugs
- Food additives
- Food allergy/intolerance and food chemicals
- Irradiated & GM foods
- Sugar (acid/alkaline balance)
- Dysbiosis
- Parasite/fungal infections



Gluten-containing Grains

- Wheat
- Barley
- Rye
- Brown flour
- Kamut
- Semolina
- Udon
- Couscous
- Graham flour
- Spelt
- Oats*



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* Most commercial oats are processed in facilities that also process wheat, barley, and rye. The gluten in these ingredients can contaminate oats. Contamination can also happen in the field, when oats are grown side-by-side with fields of wheat.

All foods made from these grains therefore contain gluten including most pastas and udon noodles.

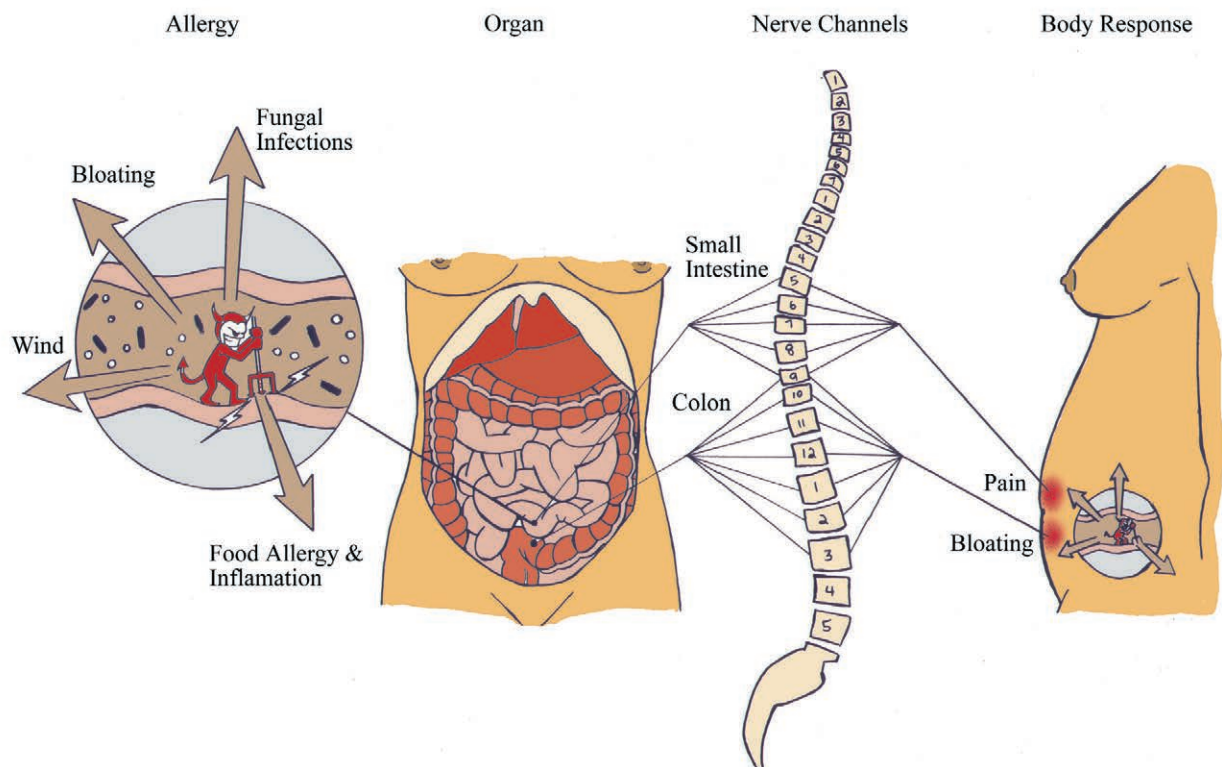
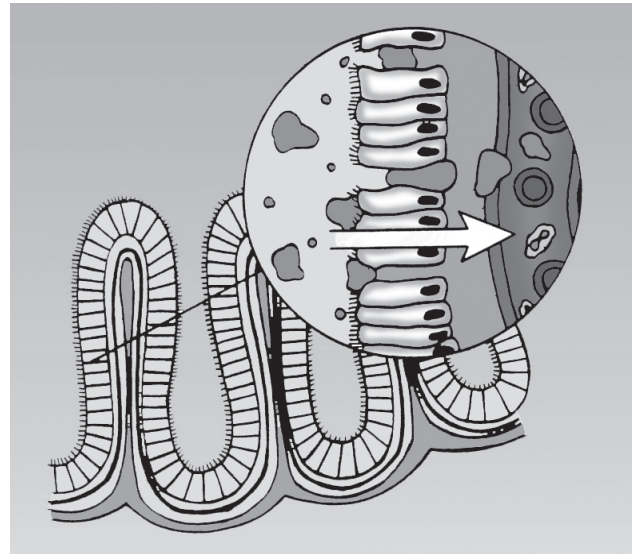
Gluten-free alcohol

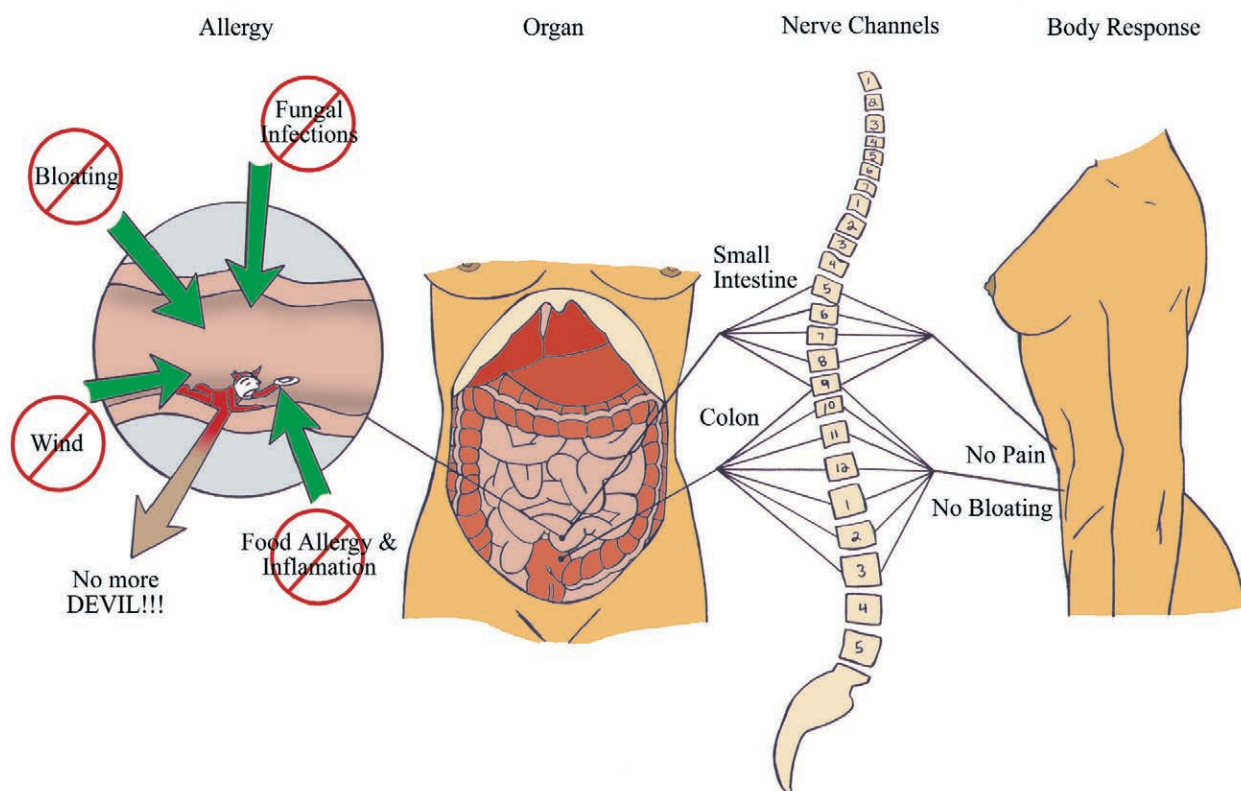
- | | | |
|------------------------|----------------|----------------------------------|
| • Vodka (potato-based) | • Rum | • “Gluten Free Beer” |
| • Wine | • Cognac | • Japanese and Korean rice beers |
| • Gin | • Jägermeister | • Absinthe |
| • Tequila | • Vermouth | • Whisky (?) |

Leaky Gut Syndrome

Stress + G.I. Inflammation = Leaky Gut Syndrome

- Overloads liver
- Causes MANY seemingly unrelated symptoms
- Stresses the immune system
- Causes fatigue
- Alters mental function (thoughts-words-deeds)





The Poopie Policeman



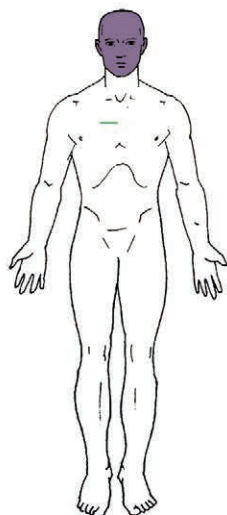
Never suppress the urge to poop!



Digestive Health Action Items

1. Drink 1-2 glasses of water around 15 minutes prior to each meal.
2. Avoid processed foods and foods that are enzyme and nutrient deficient.
3. If digestion is poor, test for food allergy/intolerance.
4. Eat as much raw and minimally processed whole foods as possible.
5. Use digestive enzymes as needed.
 - HCl deficiency?
6. Beware of phytic acids and enzyme inhibitors in seeds and grains - soak these foods before consuming.
7. Chew your food until it is liquefied - parasites love undigested proteins and sugars.
8. If digestion is challenged, eat smaller meals more frequently.
9. Food combining basics:
 - Whenever possible, start meals with live foods and greens for enzyme support.
 - Avoid mixing starches (root vegetables) and fruits with flesh foods.
 - Raw pineapple and papaya can be an aid to flesh food digestion for some people.
10. Avoid consuming more liquid than needed to wash foods down while eating.
11. Avoid all stressful situations while eating.
 - Don't watch the news.
 - Play relaxing music.
12. Those with digestive troubles should NOT read while eating:
 - Vision is very energy demanding.
 - Eyes are reflexively linked to digestion.
13. Good digestion depends on good bowel habits.
14. Use unprocessed sea salt as needed:
 - This supports HCl production.
15. Exercise stimulates digestion and metabolism.
 - People who do not move enough tend to get constipated.
16. Avoid dehydrated foods unless fully rehydrated.
 - Often they are dead foods.
 - Frequently highly processed.
 - Many contain sulfites and other stabilizer chemicals that can irritate the gut.
 - Read labels carefully and keep a *Food Additives Dictionary* handy so you are aware of what you are putting into your body.
17. Avoid alcohol and sweet drinks/foods before and during meals.
 - Elevating blood sugar rapidly causes an insulin surge, followed by a crash and a cortisol release, which stimulates the SNS.
 - Can easily disrupt your Primal Pattern® Diet proportioning and energy conversion.
18. If your gut is healthy and you like to enjoy alcoholic beverages, it is best to:
 - Seek organic sources.
 - Eat fat and/or protein sources with your drinks.
 - Buffers the alcohol.
 - Protects the stomach.
 - Aids in blood sugar control.
19. Coffee concerns:
 - Avoid on an empty stomach unless you add a fat source such as butter, cream, nut oils
 - Espresso / Americano is better than drip coffee for the body as it has less caffeine
 - Don't let coffee sit longer than 10 minutes due to oxidization of nutrients.
 - Use only organic beans!

ZONE 6 EXERCISES



Cerebral
C1 - 2

Zone 6

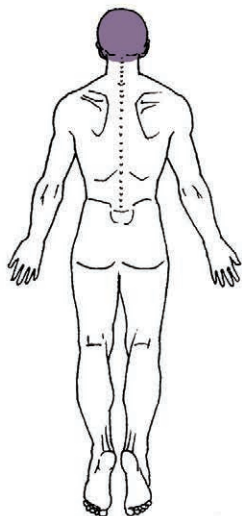
C1 & Head, Cerebral Cortex
and Central Nervous System.
Eyes, Pineal Gland, Pituitary Gland.

Physical Dysfunctions

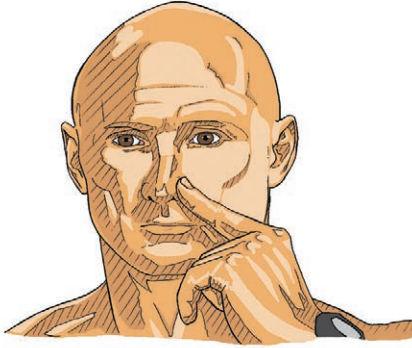
-Sensitivity to pollutants, chronic
exhaustion, epilepsy, Alzheimer's,
Headaches, poor vision, neurological
disturbances, glaucoma.

Emotional Dysfunctions

-Depression, obsessional thinking,
confusion, Nightmares, learning
difficulties, hallucinations.



©Paul Chek, 2002



Alternate Nostril Breathing

- Plug one nostril with a finger or your thumb.
- Breathe in—your chest should rise in the last 1/3 of your breath only.
- Breathe out through your nostril, keeping the other one plugged.
- Try to breathe in and out for the same amount of time; i.e. 5 seconds in and 5 seconds out.
- Alternate nostrils with each complete breath or with each inhalation.

Tempo	slow
Reps	10 times each side

This exercise balances the left and right sides of your brain and the autonomic nervous system.



Eye Rolling

- Look to the left and inhale as you roll your eyes around in a circle.
- Start breathing out as your eyes look downward and inhale as they move upward.
- You may find one direction is harder or that your head wants to move in one direction; work in that direction more.

Tempo	breathing pace
Reps	5 - 10 each direction

Precaution: If you get a headache from this exercise, consult an optometrist.



Cross Crawl

- Raise your arms up.
- Pick up your left leg and bring your right elbow to the left knee as you exhale.
- Alternate sides.

Tempo	breathing pace
Reps	10 - 20 each side

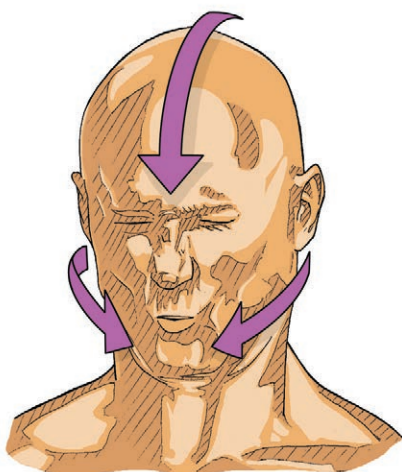


Face Energizer

- Breathe in and look up toward the ceiling.
- Open your mouth and eyes wide and stick your tongue out.
- Exhale and look down, contracting your face muscles as you sigh a big sigh of relief.

Tempo	slow
Reps	10

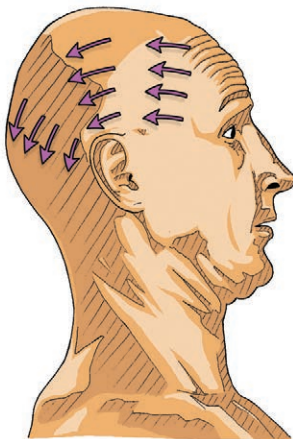
This exercise helps improve your energy if you feel tired.



Scalp Shifting

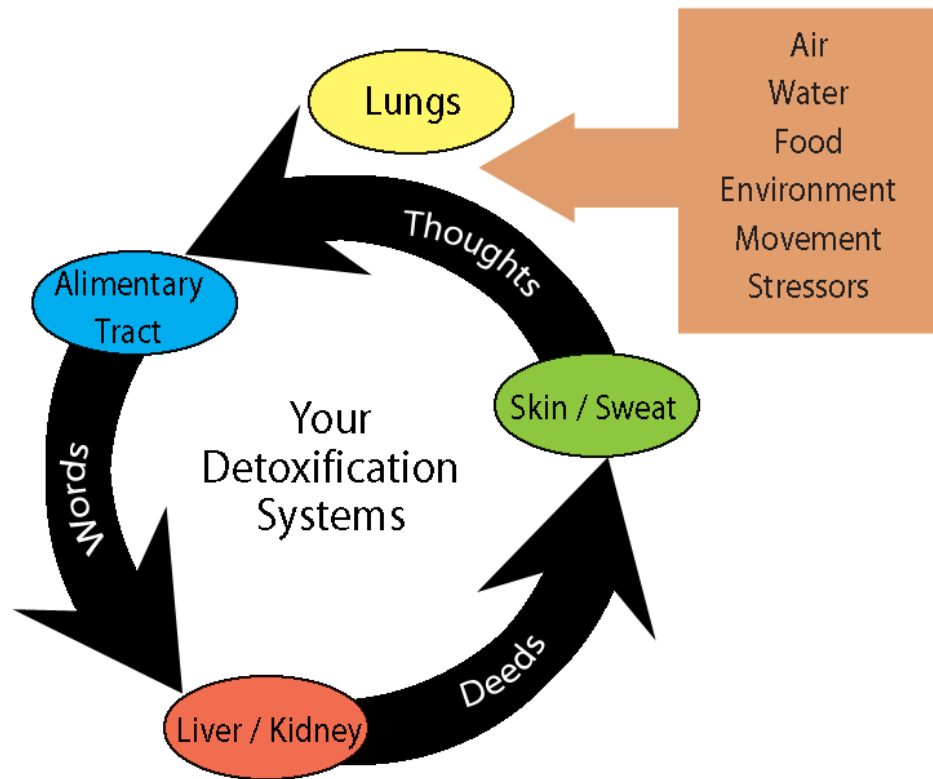
- Contract your scalp muscles as you inhale and relax your scalp as you exhale.
- Looking up with your eyes as you contract your scalp muscles improves the energy flow.

Tempo	2 seconds up and back, 2 seconds down and in
Reps	10





ROADBLOCK 6 DETOXIFICATION SYSTEM HEALTH



Detox Must Begin In Your Mind!

- Our thoughts are the ground-substance from which our choices are made; choosing to clean the internal and external environments is the first step!
- Our words express our thought-perceptions; if our mind is sick, that illness is reflected in our bodies.
- A sick body-mind naturally makes sick choices...actions.

Detoxification

The process of neutralizing the toxic properties of a substance.

- Exogenous toxins: Xenobiotics-chemical substances which are foreign to our biological system.
- Endogenous toxins: Potentially toxic waste by-products of our own metabolic processes (CO₂, lactic acid, urea, etc.)

Organs of Detoxification

- Lungs - CO₂
- Breath
- Large intestine - acidophilus
- Skin - sweat
- Liver - urea
- Kidneys - ammonia

“This is the first time in history that humans have been exposed to so many environmental toxins. Additionally we are eating foods with minimal nutritional value.”

- Sherry Rogers, MD

Complicating Factors

Decreased nutritional value of our foods

- Decreased detoxification capacity!
- The liver's job requires nutrients!
 - Glucosamine Sulphate...If it helps, eat more broth/jello, but you need nutrition!
 - If the liver is short on sulfate nutrition, it will extract it from your joints; are your joint problems a symptom of a nutritional problem?

Fat holds toxins and burning toxic fat is hard on the liver!

- Someone please tell Body Transformation contestants!
- A stressed body produces cortisol that must be detoxified by your liver!

Dysbiosis, stress, lack of movement?

- Antibiotic use?
- Fast and commercially produced foods.
- Commercial body care products!
- A lack of raw, organic produce in the diet.
- Protein deficiency; vegetarians and vegans.
- Unhealthy bacteria in the intestinal tract release toxic by-products that are absorbed, stimulating the SNS, blocking elimination and auto-intoxicating the body.



Liver Detoxification

- The liver's job is to neutralize toxins and render them harmless
- If there are too many toxins or the body's ability to detoxify is diminished, toxins will recirculate in the blood and can affect many functions.
- "Dirty" blood invites parasites and fungi!

The liver is amazing!

- Can lose up to $\frac{3}{4}$ of its cells and still be able to function properly.
- Only internal organ that is able to regenerate itself.
- However, this capacity to regenerate is not unlimited.
- If your liver slows down, toxins can build up.

See infographic from Metagenics on next page.

When the Liver and Kidneys are Overburdened, Toxins Back up into the Body

Impaired Detox Capacity

- You are what you eat
- You are what you absorb
- You are what you don't eliminate

You Are What You Don't Excrete

- Ideal transit time = 12-16hr
- Ideal retention time = 55-72hrs

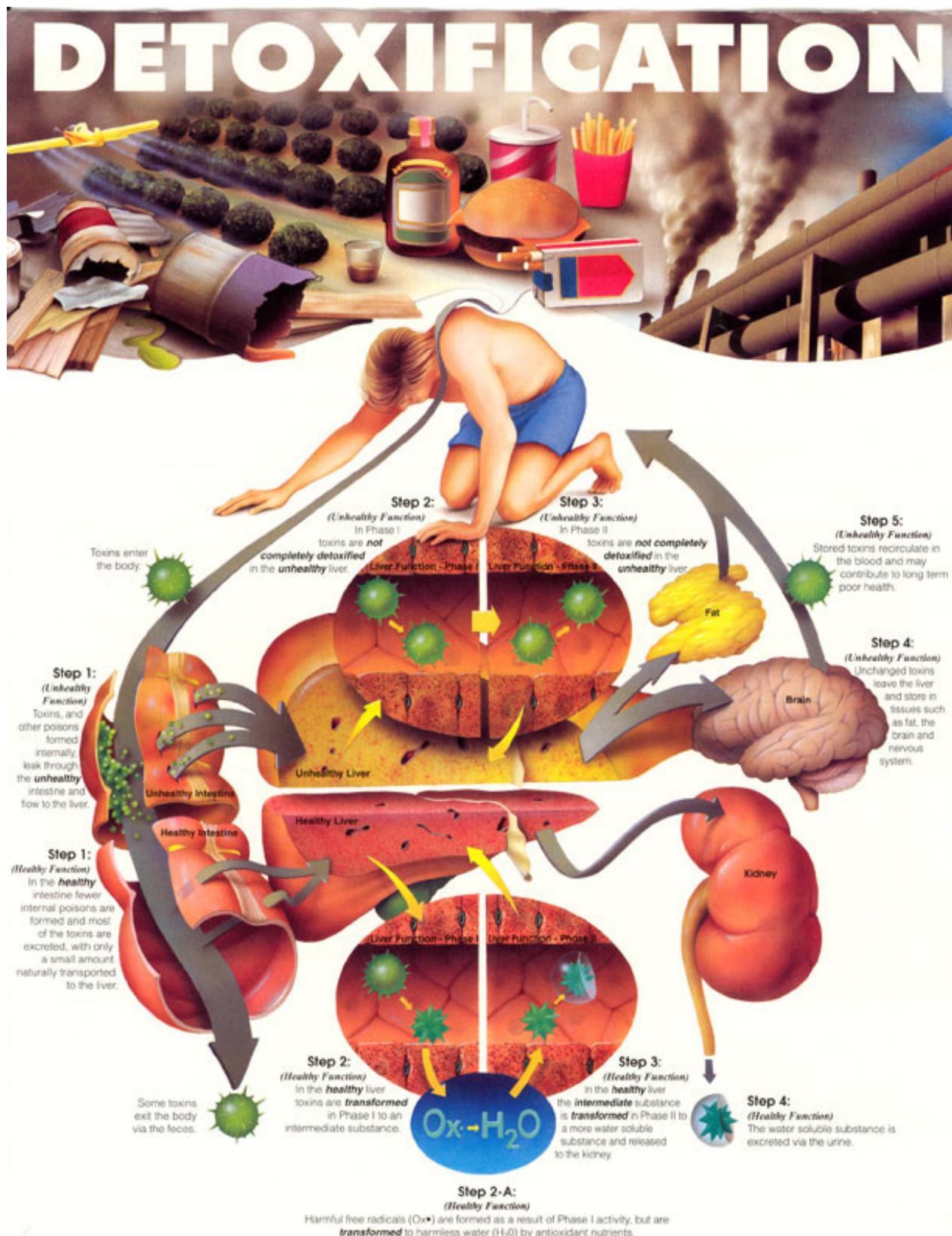
Sources of Toxins

- Processed foods.
- Alcohol, caffeine, artificial preservatives, colorings, flavorings, etc.
- Medications, hormones, antibiotics.
- Chemicals from fertilizers, pesticides, herbicides, etc.
- Heavy metal toxicity from dental fillings, contaminated food and water.

Poisons released into the environment in 1989

- Over 550,000,000 pounds of industrial chemicals were dumped into public sewage.
- Over 1,000,000,000 pounds of chemicals were released into the ground, threatening ground water sources.
- Over 188,000,000 pounds of chemicals were discharged into surface waters.
- More than 2,400,000,000 pounds of air emissions were pumped into the atmosphere.
- The grand total of chemical pollutants released into the environment was 5,705,670,380 pounds.

Ref: The 1989 Toxics Release Inventory National Report. US EPA, 1991



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CHEK Holistic Lifestyle Coach Level 1

Poisons released into the environment in 2013

- Each and every second 310 Kg of toxic chemicals are released into our air, land and water by industrial facilities around the world.
- This amounts to approximately 10 million tons (over 21 billion pounds) of toxic chemicals released into our environment by industries each year.
- Of these, over 2 million tons (over 4.5 billion pounds) per year are recognized carcinogens. This amounts to about 65 Kg each second.

Ref: www.worldometers.info/view/toxchem/

Toxins in our Food

- We allow over 10,000 food and chemical additives into our food supply.
- Average American eats about 14 pounds of additives a year.
- In addition to colorings, preservatives, flavorings, emulsifiers, humectants and antimicrobials, we consume on average 120 pounds of sugar and 8 pounds of salt.

Ref: Cheraskin, E. Do You Know What Your Patients Eat? 1976.

Conventional Animal Farming

Cattle and hogs are fattened with foodstuffs containing everything from:

- ground plastic
- cement powder
- saw dust
- sewage and industrial waste
- dead animal remains!

Sir Albert Howard warned of foot and mouth disease 70 years ago!

Steers are commonly fattened using Stilbestrol, which alters protein metabolism, resulting in metabolic imbalances that cause:

- Methionine deficiency
(dtx, G & D, B6, neuro T's)
- Lysine deficiency
(G & D, fat metabolism., immune)

⇒ Fatty degeneration of the liver:

- You eat imbalanced meats
- You eat diseased liver
- You get

Ref: Ehrenfried Pfeiffer Himself. Audio lecture series from www.acresusa.com

Factory Fish Farming Concerns

- Fish farming is unregulated and chemical/drug use is unparalleled!
- Eating farmed fish can be very toxic to your body, weakening your immune system.
- Unhealthy fish are far more likely to carry parasites than healthy wild caught fish.

You Are What You Eat

Developing a functional base of knowledge about how to shop, store food, use food intelligently and understand food risks is essential for health & vitality!

Ref: Chek, P. You Are What You Eat. Audio program. C.H.E.K Institute, 2006

Toxic Landmines

1. Smoking
2. Heavy metal toxicity
3. Pathogens
4. Tap water
5. Indoor air pollution

1. Smoking

- Cigarettes cause 2 million preventable deaths (cancer, heart attacks, vascular disease and emphysema) per year.
- Smoking will kill more Americans than AIDS, heroin, crack cocaine, alcohol, car accidents, fire and murder combined.

Tobacco contains:

- Nicotine.
- Carbon monoxide.
- Tar (clogs the alveoli and is a carcinogen).
- Nickel (carcinogen and allergen).
- Cadmium (carcinogen and lowers zinc).
- Lead.
- Arsenic.
- Nitrogen oxides.
- Acetaldehyde (a strong cross-linking agent).

Ref: Keller, W.R. PhD. & Dworkin, A.S. N.D. Surviving the Toxic Crisis. Comprehensive Health. 1996.



Second hand smoke

- Tobacco smoke contains some of the most toxic air pollutants known. Even if you don't smoke, but are around people that do you have similar health risks.
- 4% of the total smoke produced is actually inhaled. 96% becomes side stream waste with twice the concentration of pollutants.
- Passive smoking kills 53,000 nonsmoking Americans every year.
- Children exposed to second hand smoke have an increased incidence of URI's, bronchitis, asthma, pneumonia, and a significant decrease in respiratory function.
- A 38% increase in Otitis Media with episodes lasting longer.

Toxic Smoke

- Cured tobacco (a proprietary process adding yeast and sugars to tobacco) induces lung cancer (fungus).
 - The added yeast and sugar in cigarettes feeds fungal infections and is toxic to the body.
- Organically grown tobaccos, smoking herbs, and use of a vaporizer significantly reduce toxic burden.

Cigarette smoke (with cadmium and nickel) destroys the conductivity of the electronic schematics of the body and the cell.

Ref: Dr. Merrill Garnett. Electrogenetics Biological Liquid Crystal Theory. www.electrogenetics.net

Cured Tobacco (a proprietary process adding yeast and sugars to tobacco) induces lung cancer (fungus).

Ref: Kaufmann, D. The Fungus Link. Mediatriation, 2000.

2. Heavy Metal Toxicity

- Lead, mercury, cadmium, arsenic, nickel, and aluminum
- Can collect inside cells and disrupt their ability to carry out their functions
- Worse yet, it can cause the cells to act in abnormal ways, increasing the risk to cancer
- Cadmium, mercury and lead impair 5' deiodinase

Refs: Gupta P, Kar A.; Cadmium induced thyroid dysfunction in chicken: hepatic type I iodothyronine 5' monodeiodinase activity and role of lipid peroxidation. Comp Biochem Physiol C Pharmacol Toxicol Endocrinol 1999; 123:39-44.

Ref: Chaurasia SS, Kar A. Protective effects of vitamin E against lead-induced deterioration of membrane associated type-I iodothyronine 5'-monodeiodinase (5'D-I) activity in male mice. Toxicology 1997; 124:203-209.

Ref: Barreard L, Lindstedt G, Schutz A, Sallsten G. Endocrine function in mercury exposed chloralkali workers. Occup Environ Med. 1994;51:536-540.

Smoking Teeth

Toxic Effects of Lead

- Lower IQ.
- Impaired memory.
- Poor reaction time.
- Poor concentration.

Ref: Huseman C, Varma M, Angle C. Neuroendocrine effects of toxic and low blood levels in children. Pediatrics. 1992;90: 186-189

"The American Journal of Pediatrics has stated that three to four million children in America have lead poisoning. Lead currently affects one in every six children younger than 6 years of age in the United States."

Ref: Lyon, Michael, MD Functional Toxicology, AFMCP 1999 pg. 9

The bones of modern humans contain 1000x the lead of pre-industrial humans.

Ref: Patterson C, Ericson J, Manea KM, Shirahata H. Natural skeletal levels of lead in Homo sapiens uncontaminated by technological lead. Sci Total Environ. 1991; 107: 205-236.



3. Pathogens

Not just a Third World problem

Common sources include:

- Food and water
- Handling money
- Shaking hands
- Sharing dishes
- Acts of intimacy
- Public rest rooms
- Pets
- Children

4. Water

Tap Water

- Municipal water systems are repositories for millions of tons of chemicals, waste products, fertilizers, herbicides and pesticides from water run-off.
- Medical drug excretions can't be filtered out of tap water.
- These toxins find their way into our food supply and bodies.

Water Quality

- Eliminate **chlorine** and **fluorine** from household water supplies.
 - Useful to prevent contamination, but chlorine and its by-products are not suitable for human consumption.
 - Health risks of fluoride.
 - Our skin and lungs readily absorb chlorine and its carcinogenic metabolites.
 - Much of our exposure to these substances comes from showering and bathing.
 - Install filtering devices to remove chlorine from your drinking and bathing water.
- If it's on your skin, you're drinking it!
 - When soaking in a fluid medium, you will absorb approximately 60% of the chemical substances you would drinking it!

Ref: D. Getoff, N.D., Clinical Nutritionist. Personal communication.

Water Safety

- Until recently copper pipes were soldered with lead.
- Protect yourself from the thousands of chemical compounds that are finding their way into our water table.
- Protect yourself from pathogens.

5. Indoor Air Pollution

- EPA reported to Congress that U.S. indoor air contains the nation's worst pollution.
- Toxic chemicals in common household cleaners (often in the form of fumes) are three times more likely to cause cancer than are other air pollutants.
- Commercial household air scenting chemicals are very toxic and dangerous. They should be completely avoided!
- Air pollution kills more people every year than automobile accidents.
- Typical American home has chemical contamination levels seventy times greater than levels found in the air outside.
- The average person spends up to 90% of their time indoors.

Allergies and Lung Damage

- Vacuum cleaners are one of the leading causes of indoor air pollution.
- 50 million Americans suffer from allergic diseases, or 1 out of every 5 people.
- Lung damaging particles between .5 microns and 9 microns are so small that they can pass through the body's defenses, yet they are large enough to be caught in the lungs.

Kitchen Toxicity

- Most cookware leaches toxic metals into foods.
- Many have Teflon coatings, which are very toxic to your body.
- Cheap cookware is often made with porous metals, making it hard to clean effectively.
- Microwave ovens don't cook evenly, leaving meats with uncooked regions that allow parasites to survive cooking!

Recommended Resource: Saladmaster cooking system
www.chekinstitute.com/CHEKResources/Saladmaster.php



THE TOXIC HOME CHECKLIST

Kitchen

- ☐ aluminum cookware
- ☐ ammonia/all-purpose cleaners
- ☐ artificial sweeteners
- ☐ asbestos-vinyl floor tiles
- ☐ chlorinated scouring powder
- ☐ dishwasher detergent
- ☐ dish washing liquid
- ☐ drain cleaners
- ☐ dried fruits
- ☐ fish and seafood
- ☐ gas appliances
- ☐ insecticides
- ☐ microwave ovens
- ☐ no-stick cookware
- ☐ oven cleaner
- ☐ particleboard cabinets
- ☐ plastic clock
- ☐ plastic drinking glasses
- ☐ plastic food wrap and storage containers
- ☐ plastic lighting fixtures
- ☐ plastic telephone
- ☐ processed foods
- ☐ rat and mouse killers
- ☐ silver polish and other metal cleaners
- ☐ supermarket eggs
- ☐ supermarket meat
- ☐ supermarket milk
- ☐ supermarket produce
- ☐ vitamin and mineral supplements
- ☐ canned food
- ☐ tap water
- ☐ chocolate and coffee
- ☐ store-bought water in plastic bottles

Living Room

- ☐ alcoholic beverages
- ☐ artificial light
- ☐ ionization-type smoke detectors
- ☐ fireplace
- ☐ furniture/floor polish
- ☐ gas heater
- ☐ houseplants
- ☐ kerosene heater
- ☐ particleboard furniture
- ☐ electromagnetic fields
- ☐ wood stove
- ☐ spot remover
- ☐ synthetic wall-to-wall carpet
- ☐ carpet/upholstery shampoo
- ☐ tobacco smoke
- ☐ urea-formaldehyde foam insulation

Laundry Room

- ☐ chlorine bleach
- ☐ do-it-yourself dyes
- ☐ fabric softeners
- ☐ laundry detergents
- ☐ spray starch

Bathroom

- ☐ aerosol hair spray
- ☐ air fresheners
- ☐ antiperspirants
- ☐ astringents
- ☐ bubble bath
- ☐ contact lenses
- ☐ cosmetics
- ☐ dandruff shampoo
- ☐ denture cleaners
- ☐ deodorant soap
- ☐ drugs and medications
- ☐ feminine deodorant spray
- ☐ feminine douches
- ☐ fluoride mouthwash
- ☐ fluoride toothpaste
- ☐ germ-killing disinfectants
- ☐ glass cleaner
- ☐ hair color
- ☐ hair-removal products
- ☐ hair-styling mousse
- ☐ mold and mildew cleaners
- ☐ nail polish/nail-polish remover
- ☐ perfume and aftershave
- ☐ permanent waves
- ☐ scented toilet paper
- ☐ super absorbent tampons
- ☐ talcum powder
- ☐ vinyl shower curtain

Bedroom

- ☐ children's sleep wear
- ☐ contraceptives
- ☐ disposable diapers
- ☐ dry-cleaning
- ☐ fireproofed synthetic mattresses
- ☐ mothballs
- ☐ no-iron bed linens
- ☐ nylon stockings
- ☐ permanent-press clothing
- ☐ plastic baby pants
- ☐ plastic baby toys
- ☐ plastic raincoat and umbrella
- ☐ vinyl shoes and handbags

Backyard

- ☐ Pesticides
- ☐ Herbicides
- ☐ Fungicides
- ☐ Rodent poisons
- ☐ Chemical fertilizers
- ☐ Industrial supplies
- ☐ Paints
- ☐ Thinners
- ☐ Solvents
- ☐ Tap water
- ☐ Pool cleaning agents



THE TOXIC OFFICE CHECKLIST

- ☐ asbestos building materials
- ☐ cleaning products, including:
 - ☐ air fresheners
 - ☐ ammonia and all-purpose cleaners
 - ☐ chlorinated scouring powder
 - ☐ dish washing liquid
 - ☐ disinfectant
 - ☐ drain cleaner
 - ☐ furniture and floor polish
 - ☐ glass cleaner
 - ☐ mold and mildew cleaner
 - ☐ rug shampoo and spot remover
- ☐ electromagnetic fields
- ☐ junk food snacks, instant meals, and other processed, packaged foods
- ☐ microwave ovens
- ☐ paper towels and napkins
- ☐ pesticides
- ☐ radon
- ☐ synthetic wall-to-wall carpet
- ☐ tap water
- ☐ urea-formaldehyde foam insulation

You will also want to check and change the following hazards:

- ☐ adhesives
- ☐ artificial lighting
- ☐ coffee
- ☐ computers
- ☐ copy machines and computer printers paper
- ☐ particleboard furniture and space dividers
- ☐ permanent ink pens and markers
- ☐ polystyrene cups
- ☐ second-hand tobacco smoke
- ☐ synthetic office carpet
- ☐ typewriter correction fluid
- ☐ ventilation systems

KEEPING YOUR DETOXIFICATION SYSTEM HEALTHY

Water! 1/2 your body weight in ounces daily!

Soda and artificial drinks?

- Sports drinks?
- Stimulants = SNS...
- Alcohol/sugar?
- Smoking/sugar!

Radioactive fallout

- Another reason to keep yourself well nourished and clean inside.

Digestion?

Food intolerance?

Processed foods?

- GMO's
- Irradiated foods?
- Microwaved foods?

Deep fried foods?

- Bad fats!

Prescription Drugs?

Dental work?

Environmental stressors?

- ELM
- Cleaners/soaps
- Mold / fungus in the house
- Make-up & cosmetics
- New houses & cars
- Bug killers...grass, golf courses...
- Swimming pools and jacuzzis



Detoxification Action Steps

1. **SLEEP:** Follow the *How to Eat, Move and Be Healthy!* sleep recommendations. A toxic body is a tired body! Without adequate sleep, you are unlikely to ever have enough anabolic/healing energy to effectively detoxify your body!
2. **HYDRATION:** Improve kidney function by drinking adequate water – water, I said WATER!
3. **NUTRITION:**
 - Decrease the toxic load by avoiding exposure to chemicals and eating fiber-rich foods; within the scope of your Primal Pattern® Eating plan. Extra fiber supplements can be used with specific cases.
 - Consume adequate levels of anti-oxidants; natural organic sources should be first choice.
 - A,C,E,S from organic sources, not synthetic
 - Improve liver function by eating dark green vegetables.
 - Garlic, onions, cabbage, broccoli, milk thistle.
 - Liver support herb formulas are often helpful.
 - Organic eggs.
 - Organic and / or free range animal sources of protein as needed for Primal Pattern® Diet Type.
4. **BREATHING:** Practice deep diaphragmatic breathing (belly breathing) each day. By getting adequate movement, your breathing apparatus helps effectively detoxify your body.
5. **THINKING:** Focus on your chosen DREAM, and live your chosen 4 Doctors core values. Use optimal choices as often as possible to reduce stress in relationships.
6. **MOVEMENT:** Get at least 20-30 minutes of active movement daily. Use a combination of work-out and work-in exercise as per *How to Eat, Move and Be Healthy!* Practice lifestyle habits that promote good intestinal health.
7. Avoid alcohol and other recreational drugs; consume only in moderation; how healthy are you?
 - If using coffee, use only organic (add clay?); green teas.
 - Notice that most people using recreation and/or medical drugs are less healthy than those that don't.
 - Choose organic alcoholic beverages whenever possible.
8. Reduce excess weight if necessary
 - Fortify the body with *How to Eat, Move and Be Healthy!* methods and your 6 Foundation Principles to avoid stressful weight loss.

Detoxification Support Products

North American Herb and Spice

www.americanwildfoods.com Ph: 866-626-6214

Ask for your C.H.E.K Institute-Trained Professional discount when ordering

Gastrointestinal Support:

Total Body Purge

Gastronex

IntestiClenz

Health-Bac

Oreganol P73

Liver/Gallbladder Support:

Greens Flush

Total Body Purge

LivaClenz

Cuminol

Kidney/Urological Support:

CranFlush

Lingonol

GreensFlush

Sumac Surprise

Pumpkinol

ProstaClenz

General Toxicity:

Total Body Purge

Purely-Min

Greens Flush

ToxiPurge Capsules

Coffee/Tea Replacement:

Chag-o-Charge

ChagaBlack

ChagaWhite

Rosey Rich

Wild Power Tea

Heavy Metal Detoxification

Metal Free from BodyHealth

http://www.chekinstitute.com/CHEKResources/Resource_Nutrition.php



DETOX CONCLUSIONS

1. Our immune system can resist a certain degree of toxic exposure before it becomes exhausted or overwhelmed.
2. Endeavor to reduce toxic stress on the immune system.



MODIFIABLE FOUNDATIONAL LIFESTYLE FACTORS

Sympathetic Dominance: Symptoms and Solutions

Symptoms

- Need for stimulants: sugar, grains, caffeine.
- Poor sleep.
- Extended warm-up needed.
- Inability to adapt to training.
- Nagging injuries.
- Constant infections.
- Decreased sex drive.
- Decreased appetite for whole fresh food.
- Irritable.
- Deviation from normal personality.
- Fatigue and/ or inability to relax.

Solutions

6 Foundation Principles

- Thoughts
- Breathing
- Hydration
- Nutrition
- Movement
- Rhythm/sleep

Your 4 Best Doctors

- Dr. Diet
- Dr. Movement
- Dr. Quiet
- Dr. Happiness

CHEK APPROACH TO NUTRITION IN A NUTSHELL

1. Drink adequate clean water:
 - Total Dissolved Solids (TDS) = >300
2. Eat right for your Primal Pattern® Diet Type and eat organic whenever possible!
3. If it wasn't here 10,000 years ago – don't eat it!
4. The longer it lasts on the shelf the worse it is for you!
5. Live by the 80/20 rule!
6. If you can't pronounce a word on the label, your liver won't like it!

Also see handout.

**TO “COACH” IS TO TEACH A MAN TO FISH...
AND FEED HIM FOR A LIFETIME!**



THANK YOU FOR COMING!

For more advanced training:
CHEK Exercise Coach
CHEK Holistic Lifestyle Coach Level 2



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Also based on personal communication with:

William Wolcott at Healthexcel, Inc. www.healthexcel.com.

Dr. Timmins N.D. at BioHealth Diagnostics. www.biodia.com.

Dr. Clifford Oliver D.C. in San Diego, CA.

David Gettoff, Naturopath and Clinical Nutritionist www.naturopath4you.com

Robert A. Rakowski, DC, CCN, DACBN, DIBAK D.C in Houston, TX. www.thedrbob.com

Additional Resources:

- www.rxlaughter.com (UCLA study on laughing)
- www.worldometers.info/view/toxchem/
- Bob Proctor – www.proctorgallagherinstitute.com
- Paul Chek's PPS Success Mastery Programs - www.ppssuccess.com
- www.watercure.com
- Saladmaster cooking system - www.chekinstitute.com/CHEKResources/Saladmaster.php
- *Metal Free* from BodyHealth - http://www.chekinstitute.com/CHEKResources/Resource_Nutrition.php
- North American Herb and Spice www.americanwildfoods.com Ph: 866-626-6214 - Ask for your C.H.E.K Institute-Trained Professional discount when ordering



CHEK NUTRITION AND LIFESTYLE QUESTIONNAIRES FOR HLC 1

You Are What You Eat

1. Do you shop less frequently than every four days?
☐ Yes (1) ☐ No (0)
2. Do you eat more packaged (frozen or canned) fruits and vegetables than fresh?
☐ Yes (3) ☐ No (0)
3. Do you eat more cooked vegetables than raw?
☐ Yes (3) ☐ No (0)
4. Do you eat vegetables with less than two meals daily?
☐ Yes (5) ☐ No (0)
5. Do you buy more non-organic vegetables than organic vegetables?
☐ Yes (5) ☐ No (0)
6. Do you use a microwave oven?
Yes (check option below) ☐ No (0)
☐ 1-2 times per week (2)
☐ 3-4 times per week (5)
☐ more than 4 times per week (10)
7. Do you eat quick cook grains such as Rice-aroni, Quaker Oats or Minute rice more often than slow cooked organic whole grains?
☐ Yes (5) ☐ No (0)
8. Do you eat white bread more often than whole grain breads?
☐ Yes (5) ☐ No (0)
9. Do you drink pasteurized/homogenized milk, or eat cheeses frequently?
Yes (check option below) ☐ No (0)
☐ 1-2 times per week (1)
☐ 3 times per week (3)
☐ more than 3 times per week (5)

10. Do you eat non-organic yogurts that are low fat, presweetened or have fruit added?

- Yes (check option below) ☐ No (0)
☐ 1-2 times per week (1)
☐ 3 times per week (3)
☐ more than 3 times per week (5)

11. Do you eat typical store bought eggs from cage raised chickens (as apposed to free range, grain fed eggs)?

- ☐ Yes (5) ☐ No (0)

12. Do you eat red meat more than once every four days?

- ☐ Yes (3) ☐ No (0)

13. Do you commonly eat meats (beef, chicken, turkey) from sources other than a free-range and hormone-free source?

- ☐ Yes (3) ☐ No (0)

14. Do you eat canned fish more frequently than fresh fish?

- ☐ Yes (3) ☐ No (0)

15. Do you use commercial salad dressings?

- Yes (check option below) ☐ No (0)
☐ once a week (1)
☐ twice per week (2)
☐ more than 2 times per week (3)

16. Do you use Mayonnaise or products containing hydrogenated oils?

- Yes (check option below) ☐ No (0)
☐ once a week (1)
☐ twice per week (2)
☐ more than 2 times per week (5)

17. Do you eat nuts and/or seeds that are roasted and/or salted?

- ☐ Yes (1) ☐ No (0)



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18. Do you use white table sugar as a sweetener?

- Yes (check option below) _____ No (0)
____ once a week (1)
____ 2-3 times per week (3)
____ more than 3 times per week (5)

19. Do you use artificial sweeteners such as Sweet-n-Low, Equal or Nurtasweet?

- Yes (check option below) _____ No (0)
____ once a week (1)
____ 2-3 times per week (5)
____ more than 3 times per week (10)

20. Do you use standard white table salt?

- ____ Yes (5) _____ No (0)

21. Do you eat TV dinners or other highly processed foods more than three times a week?

- ____ Yes (5) _____ No (0)

22. Do you eat from fast food restaurants like McDonald's, Arbey's, Wendy's, etc...?

- Yes (check option below) _____ No (0)
____ 1-2 times per week (2)
____ 3 times per week (5)
____ more than 3 times per week (10)

23. Do you eat from vending machines?

- Yes (check option below) _____ No (0)
____ 1-2 times per week (2)
____ 3 times per week (5)
____ more than 3 times per week (10)

24. Do you drink tap water?

- ____ Yes (10) _____ No (0)

25. Do you eat some form of store bought dessert, such as ice cream, cookies, donuts, cakes or pies after dinner most nights?

- ____ Yes (check option below) _____ No (0)
____ once a week (1)
____ 2-3 times per week (3)
____ more than 3 times per week (5)

Total Score: _____

Stress

1. Do you eat more or less when stressed than when not stressed?
☐ Yes (10) ☐ No (0)
2. Do you worry over job, income or money problems?
☐ Yes (10) ☐ No (0)
3. Are any of your relationships causing you stress?
☐ Yes (10) ☐ No (0)
4. Do you often feel anxious?
☐ Yes (5) ☐ No (0)
5. Do you often feel upset when things go wrong or feel that things go wrong often?
☐ Yes (5) ☐ No (0)
6. Do you lash out at others?
☐ Yes (5) ☐ No (0)
7. Do you feel your sex drive is lower than normal for you?
☐ Yes (5) ☐ No (0)
8. Do you feel stressed due to lack of intimacy in one or more relationships?
☐ Yes (5) ☐ No (0)
9. Have you had reduced contact with friends (feeling antisocial) or an increase in contact because you feel you need to vent your frustrations or stresses to others?
☐ Yes (3) ☐ No (0)
10. Do you feel isolated or suffer from loneliness?
☐ Yes (3) ☐ No (0)



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11. Do you take any form of medication prescribed by a physician directly or indirectly related to stress in your life or a psychological disorder?

___ Yes (15)

___ No (0)

12. Do you lose more than two days of work a year due to illness?

___ Yes (5)

___ No (0)

Total Score: _____

Circadian Health

1. Do you live in the same time zone you were born in?

☐ Yes (0)

☐ No (5)

2. Do you travel across time zones more than once a month?

☐ Yes (10)

☐ No (0)

3. Do you wake up feeling un-rested and in need of more sleep?

Yes (check option below)

☐ No (0)

☐ once a week (1)

☐ 3 times per week (5)

☐ more than 3 times per week (10)

4. Do you commonly go to bed after 10:30 PM?

☐ Yes (10)

☐ No (0)

5. Are the times you have bowel movements consistent and predictable on a daily basis?

☐ Yes (0)

☐ No (5)

6. Do you suffer from reduced memory since moving to a new time zone or since traveling across time zones?

☐ Yes (10)

☐ No (0)

7. Has your sense of hunger changed from being hungry at breakfast (upon rising), lunch (mid-day) and dinner times (sunset) since moving to a new time zone or traveling across time zones frequently (> 1 x Mo.)?

☐ Yes (10)

☐ No (0)

8. Do you wake up at night between 1:00 am and 4:00 am and have a hard time falling back to sleep?

Yes (check option below)

☐ No (0)

☐ once a week (1)

☐ 3 times per week (5)

☐ more than 3 times per week (10)



CHEK Holistic Lifestyle Coach Level 1

9. Do you tend to have a hard time staying awake in the afternoon after eating lunch?

- Yes (check option below) ☐ No (0)
- ☐ once a week (1)
- ☐ 3 times per week (5)
- ☐ more than 3 times per week (10)

10. Do you do shift work that requires you to stay up late at night?

- ☐ Yes (10) ☐ No (0)

Total Score: _____

You Are When You Eat

1. Do you frequently skip meals?
☐ Yes (3) ☐ No (0)
2. Do you typically go more than four hours without eating?
Yes (check option below) ☐ No (0)
☐ 1-2 times per week (1)
☐ 3 times per week (2)
☐ more than 3 times per week (3)
3. Do you sometimes skip breakfast?
Yes (check option below) ☐ No (0)
☐ 2 times per week (1)
☐ 3 times per week (5)
☐ more than 3 times per week (10)
4. Do you avoid fats when eating?
☐ Yes (5) ☐ No (0)
5. Do you frequently eat carbohydrates (i.e. breads, bagels, cookies, pasta, fruit, cereals, muffins, crackers, chocolate, or candy) by themselves?
☐ Yes (5) ☐ No (0)
6. Do you get hungry or crave sweets within two hours after eating a meal?
☐ Yes (5) ☐ No (0)
7. Do you use caffeine and/or sugar containing drinks (i.e. coffee, tea, sodas, fruit juices with sucrose, corn syrup or added sugar)?
Yes (check option below) ☐ No (0)
☐ 1 cup a day (1)
☐ 2 cups per day (3)
☐ more than 2 cups per day (5)



CHEK Holistic Lifestyle Coach Level 1

8. Have you tried diets to lose weight?

Yes (check option below)

___ No (0)

___ once (1)

___ twice (2)

___ three-five times (5)

___ more than five times (10)

9. Do you have difficulty burning fat around your belly, hips or thighs even with regular exercise?

___ Yes (3)

___ No (0)

10. Do you eat your largest meal at night?

___ Yes (1)

___ No (0)

Total Score: _____

Digestive System Health

1. Do you experience lower abdominal bloating?

Yes (check option below) _____ No (0)
____ 1-2 times per week (3)
____ 3 times per week (5)
____ more than 3 times per week (10)

2. Do you frequently have loose stools or diarrhea?

Yes (check option below) _____ No (0)
____ once a week (1)
____ 3 or more times per week (5)

3. Do you experience constipation or stools that are compact/hard to pass?

Yes (check option below) _____ No (0)
____ 1-2 times per week (3)
____ 3 or more times per week (5)

4. Do you find that you often burp/belch after meals?

____ Yes (3) _____ No (0)

5. Do you frequently have gas?

____ Yes (3) _____ No (0)

6. Do you crave certain foods, such as bread, chocolate, certain fruit, and red meat, if you have not eaten them in a day or two?

____ Yes (5) _____ No (0)

7. Do you have a poor appetite and/or feel worse after eating?

Yes (check option below) _____ No (0)
____ 1-2 times per week (3)
____ 3 times per week (5)
____ more 3 times per week (10)

8. Do you have an excessive appetite and/or sweet cravings?

____ Yes (5) _____ No (0)



CHEK Holistic Lifestyle Coach Level 1

9. Do you frequently (more than twice a week) experience abdominal pain, cramps or general abdominal discomfort?

___ Yes (20)

___ No (0)

10. Do you have indigestion, heartburn or upset stomach?

Yes (check option below)

___ No (0)

___ 1-2 times per week (3)

___ 3 times per week (5)

___ more than 3 times per week (10)

11. Do you get a headache after eating?

Yes (check option below)

___ No (0)

___ 1-2 times per week (3)

___ more than 3 times per week (5)

Total Score: _____

Fungus & Parasites

1. Have you ever been given general anesthesia?
☐ Yes (10) ☐ No (0)
2. Have you ever taken antibiotics?
☐ Yes (10) ☐ No (0)
3. Have you been or are you being treated for any condition requiring that you take medical drugs?
☐ Yes (10) ☐ No (0)
4. In general, are your bowel movements loose, hard or foul smelling?
☐ Yes (10) ☐ No (0)
5. Would you consider your life to be:
☐ Stress free (0) ☐ Mildly stressful (5)
☐ Very stressful (10)
6. Do you currently suffer from any digestive disorder or frequently have pain in the region above or below the navel?
☐ Yes (10) ☐ No (0)
7. Do you have mercury amalgam fillings in your mouth?
☐ Yes (10) ☐ No (0)
8. Do you have two different kinds of metal in your mouth; i.e., gold and silver or mercury amalgam and gold or silver?
☐ Yes (5) ☐ No (0)
9. Do you experience itching in the ears, nose or rectum area?
☐ Yes (10) ☐ No (0)
10. Do you have or have you had dandruff in the past year?
☐ Yes (10) ☐ No (0)
11. Do you regularly eat or drink products containing sugar, white flour, processed dairy products?
☐ Yes (5) ☐ No (0)



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12. Do you crave sugar, fruit or milk if you don't have either of these items for more than three days?

___ Yes (10)

___ No (0)

13. Do you find that regardless of how much you eat you get hungry quickly?

___ Yes (5)

___ No (0)

Total Score: _____

Detoxification System Health

1. Are your eyes sensitive to bright light?
☐ Yes (3) ☐ No (0)
2. Do you suffer from irritability and have difficulty relaxing?
☐ Yes (10) ☐ No (0)
3. Do you often feel fatigued and sluggish?
☐ Yes (10) ☐ No (0)
4. Do you suffer from frequent headaches?
Yes (check option below) ☐ No (0)
☐ once a week (1)
☐ 3 or more per week (5)
5. Do you have dark circles and/or puffiness under eyes?
Yes (check option below) ☐ No (0)
☐ once a week (3)
☐ 2-3 times per week (5)
☐ more than 3 times per week (10)
6. Are you sensitive to perfumes, paint fumes, traffic fumes, detergents or cigarette smoke?
Yes (check option below) ☐ No (0)
☐ mildly (3)
☐ moderately (5)
☐ very (10)
7. Have you been unable to lose cellulite with diet and/or exercise?
☐ Yes (10) ☐ No (0)
8. Are you currently, or have you in the past, been frequently exposed to industrial or agricultural chemicals, such as solvents, cleaning fluids, paint fumes, plant sprays and fertilizers?
Yes (check option below) ☐ No (0)
☐ brief exposure (3)
☐ more than once a week (5)
☐ daily (10)



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9. Do you experience mental sluggishness, poor memory or poor concentration?

- Yes (check option below) _____ No (0)
- ____ 1-2 times per week (3)
- ____ 3 times per week (5)
- ____ more than 3 times per week (10)

10. Do you suffer from skin reactions such as rashes, itching or burning, for which the cause is unknown?

- Yes (check option below) _____ No (0)
- ____ 1-2 times per month (3)
- ____ 3 times per month (5)
- ____ more than 3 times per month (10)

Total Score: _____

Nutrition and Lifestyle Questionnaires Score Sheet

	Total Score	Detoxification System Health Zones 3 & 4	Fungus & Parasites Zones 3 & 4	Digestive System Health Zones 1, 2 & 3	You Are When You Eat Zone 3	Circadian Health Zone 2	Stress Zone 4	You Are What You Eat Zones 1, 2 & 3
High Priority	715	88	195	81	50	90	81	130
	—	—	—	—	—	—	—	—
	☹️	60	120	60	35	70	60	60
	—	—	—	—	—	—	—	—
Moderate Priority	300	40	60	40	20	50	40	50
	—	—	—	—	—	—	—	—
	😊	30	50	30	15	40	30	40
	—	—	—	—	—	—	—	—
Low Priority	170	20	40	20	10	30	20	30
	—	—	—	—	—	—	—	—
	😊	10	20	15	5	15	10	15
	—	—	—	—	—	—	—	—
Score 1								
Score 2								

Name: _____ Date 1: _____ Date 2: _____



PRIMAL PATTERN® DIET TYPE QUESTIONNAIRE

This questionnaire is designed to help you determine the optimal macro nutrient ratio (fats:proteins:carbohydrates) to begin the process of fine-tuning your body's feedback mechanisms. For those of you not sure what a fat, protein or carbohydrate is, let me simplify that for you. If the food comes from something that has a set of eyes, it is going to be higher in fats and proteins; fats and proteins most often come together in nature. For example, cows, sheep, birds and fish all have eyes and all provide higher protein/fat foods. Foods like vegetables, breads and cereals do not come from a source that had a set of eyes and are generally much higher in carbohydrates and lower in fat and protein. There are a few exceptions to this rule; such as, nuts and avocados, which have no eyes, yet are high fat foods.

When answering the questions, circle the answer that best describes the way you feel, not the way you think you should eat! If none of the answers suit you with regard to a particular question, simply don't answer that question. If the answer **A** suits you some of the time (in the morning, but not the evening for example), and answer **B** suits you other times, you may circle both provided that the answers refer to how you may feel on any given day, not within a period of over 24 hours.

1. I sleep best:
 - A. When I eat 1-2 hours before going to sleep.
 - B. When I eat as much as 3 or 4 hours before going to sleep.
2. I sleep best if:
 - A. My dinner is composed of mainly meat with some vegetables or other carbohydrates.
 - B. My dinner is composed mainly of vegetables or other carbohydrates and a comparatively small serving of meat.
3. I sleep best and wake up feeling most rested if I:
 - A. Don't eat sweet desserts like cakes, candy or cookies. If I eat a rich dessert that is not overly sweet, such as high quality full fat ice cream, I tend to sleep okay.
 - B. Even if I should eat a sweet dessert now and then.

4. After vigorous exercise, I tend to crave:
 - A. Foods or drinks with higher protein and/or fat content such as a bodybuilder's high-protein shake.
 - B. Foods or drinks higher in carbohydrate (sweeter), such as Gatorade, soda, or fruit juice.
5. In order to last 4 hours between meals and maintain mental clarity and a sense of well-being, I prefer to eat:
 - A. A meal predominantly meat based, high in protein and fat (such as roast beef, pork, salmon...) with carbohydrate as a supplement to the meal.
 - B. A meal predominantly carbohydrate based, such as a salad or vegetables with some bread, and a small amount of protein.
6. Which best describes your reaction to sugar or sweet foods such as jelly donuts, candy or sweetened drinks:
 - A. I get a rush of energy, may get the jitters or may feel good for a short time but then I am likely to have a blood sugar crash, resulting in the need for more of the same or having to eat some real food to normalize myself.
 - B. I can do quite well on sweet things and I don't seem to be negatively affected, even though I know that too much is not good for me.
7. My body shape is closest to:
 - A. Mesomorphic or 'V' shaped, like a typical wrestler, gymnast or weight lifter type or Endomorphic or more naturally round shaped but I am naturally quite strong and respond very well to anaerobic sports or strength training type exercises.
 - B. Ectomorphic or long and lean like a rower or triathlete or Endomorphic or more naturally round shaped but I respond better to endurance athletics than to strength training or anaerobic sports.



CHEK Holistic Lifestyle Coach Level 1

8. Which statement best describes your disposition toward food in general:
- A. I love food and live to eat!
 - B. I am not fussed over food in general and I eat to live in general.
9. In general, I prefer:
- A. To salt my foods most of the time.
 - B. To taste my foods and apply salt once in a while, but am not particularly attracted to salty foods.
10. Instinctually, I prefer to eat:
- A. Dark meat, such as the chicken or turkey legs and thighs over the white breast meat.
 - B. Light meat such as the chicken or turkey breast over the dark leg and thigh meat.
11. Which list of fish most appeals to your taste without concern for calories or fat content:
- A. Anchovy, caviar, herring, mussels, sardines, abalone, clams, crab, crayfish, lobster, mackerel, octopus, oyster, salmon, scallops, shrimp, snail, squid, tuna (dark meat)
 - B. Light fish, catfish, cod, flounder, haddock, perch, scrod, sole, trout, tuna (white), turbot
12. When eating dairy products, do you feel best after eating:
- A. Richer full fat yogurts and cheeses or desserts.
 - B. Lighter low fat yogurts and cheeses or desserts.

13. With regard to snacking, do you:

- A. Tend to do better with snacks between meals
- B. Tend to last between meals easily in general

14. Which characteristics best describe you:

- A. Creative, digest food well in general, have a strong immune system and don't get sick often, have an appetite for proteins, feel good when eating fats or fatty foods, more muscular or inclined to gain muscle and/or strength easily
- B. Logical, more lithe of build, tend to be sensitive to temperature changes and flu season and wouldn't really consider your immune system one of your stronger attributes, prefer light meats and lower fat foods, are more inclined toward endurance athletics.

Total A answers: _____ Total B answers: _____

To score your test, add the number of questions you circled **A** and the number you circled **B**.



















If your number of **A** answers is three or more than **B** answers, you are a Polar Type.

If your number of **A** and **B** answers are tied or within two of each other, you are a Variable Type.

If your number of **B** answers is three or more than **A** answers, you are an Equatorial Type.

HANDOUTS

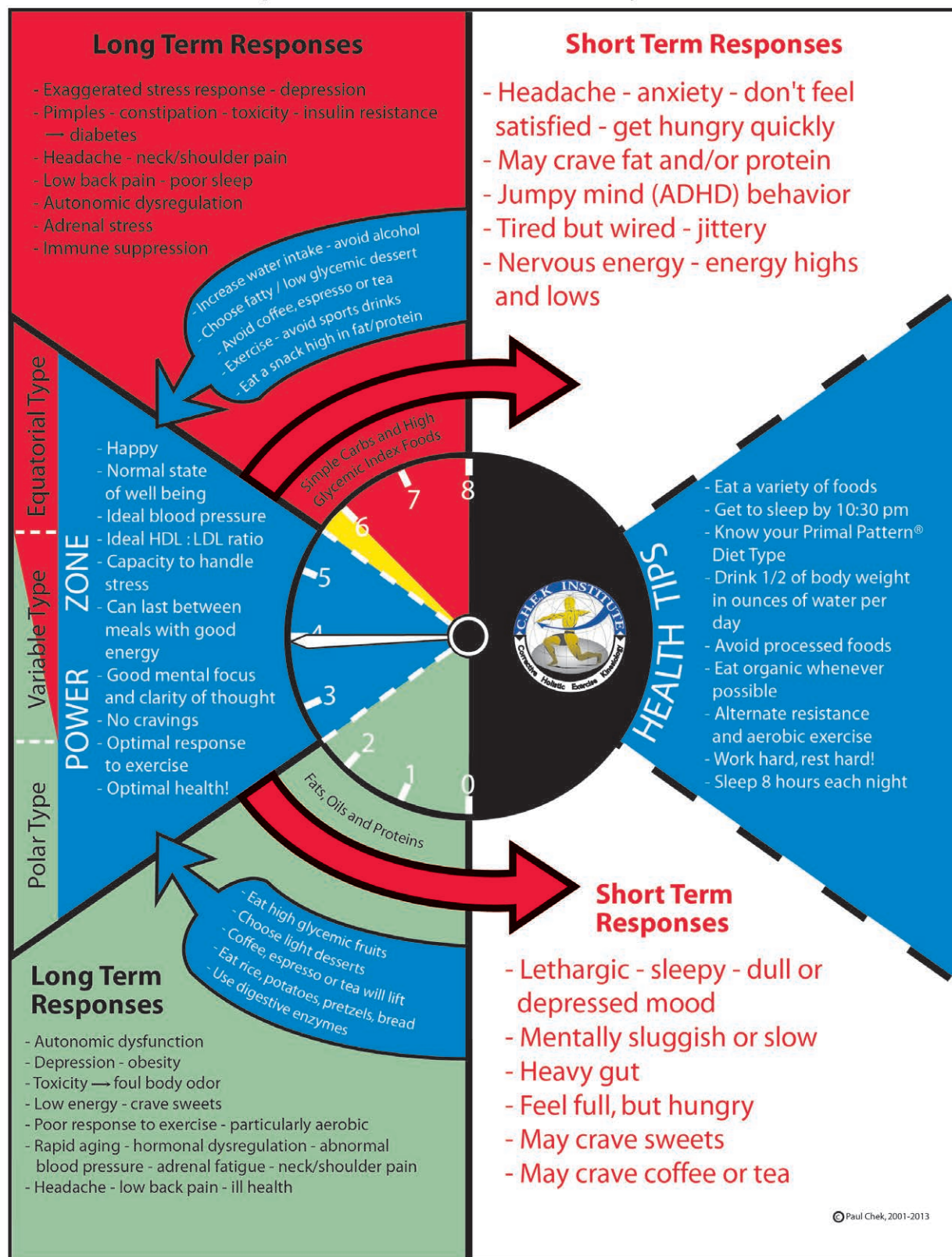
Holistic Lifestyle Coach Level 1

	YOU ARE WHAT YOU EAT	STRESS	SLEEP/WAKE	YOU ARE WHEN YOU EAT	DIGESTION	DETOX	TOTAL SCORE
HIGH							520 -GRUMPY -TIRED ALL THE TIME -OFTEN SICK -SURVIVING
MEDIUM							-BALANCED EXERCISE PROGRAM -SETTING & ACHIEVING GOALS -MAKES BETTER CHOICES 125
LOW							-VITAL -PURPOSEFUL LIFE -FUN TO BE WITH 0
WK 1	60	80	75	35	80	85	415
WK 12	15	10	15	10	10	20	80



CHEK Holistic Lifestyle Coach Level 1

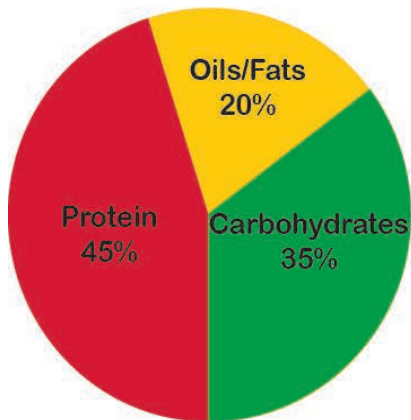
Responses to too much carbohydrate



Responses to too much fat / protein



POLAR TYPE



FOUR DAY ROTATION DIET

When your immune system is weakened or fatigued and you have food sensitivities, it is critical not to reintroduce food from the same food family within three days after eating the food. This is because the food retention time through a healthy body is about 55 hours. Therefore, by allowing 72 hours before reintroducing an offending food or food family, we prevent the immune system from being overworked by repeated exposure. Using the food rotation approach to eating will result in a healthier, better-looking body!

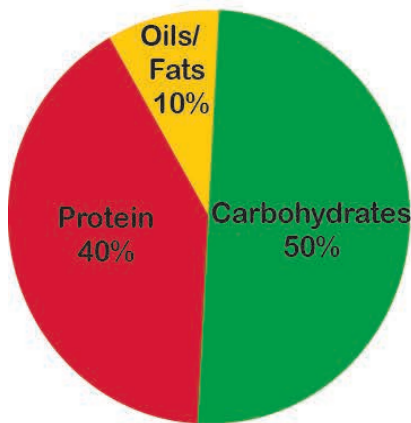
AVOID CIRCADIAN STRESS

Our bodies all have natural built-in clocks. The hormonal system is governed by the hypothalamic - pituitary - adrenal axis. This system is heavily influenced by the rise and fall of the sun and in turn directs our bodies' healing cycles. The body does its physical repair at night between 10:00 PM and 2:00 AM and its psychogenic or mental/nervous system repair between 2:00 AM and 6:00 AM. Frequently going to bed after 10:00 PM will reduce the body's healing time and missing sleep between 2:00 AM and 6:00 AM will result in progressive nervous system fatigue and psychogenic stress. If you compare your current complaints with your sleep habits, you may find that your best treatment approach could be as simple as going to sleep at 10:00 PM and waking up at 6:00 AM or even a little later if you need to catch up on lost sleep!

KNOW YOUR PRIMAL PATTERN® DIET TYPE

Each of us has unique cellular machinery which can be simply categorized into one of three Primal Pattern® Diet Types. Each type needs unique macronutrient proportions (see left column) to facilitate optimal cellular and bodily functions. It is critical to remember that each meal, including fluids, should be balanced. Just as you wouldn't put diesel fuel in the gas tank of your car, you should not put the wrong fuel or mix of fuels in your body if you want to feel and look your best! For further reading see "The Metabolic Typing Diet" by Bill Wolcott, who is a pioneer in Metabolic Typing®.

VARIABLE TYPE



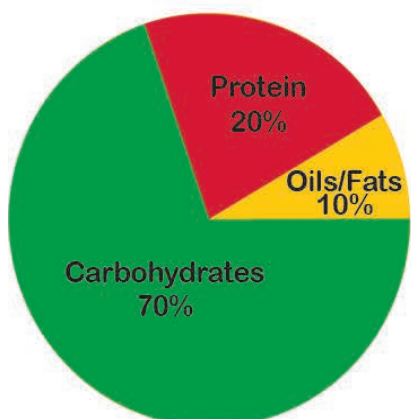
WATER CONSUMPTION

Water makes up approximately 75% of your body and 85% of brain tissue. Almost every enzyme action and chemical interaction in your body is dependent upon water. Your brain is so sensitive to water loss that it begins showing signs of malfunction with only a 1% loss of water. Dry mouth is one of the last cries for water from the body. To maintain optimal body weight and performance, you must drink half your body weight in ounces of water daily and add one pinch of organic salt to each liter bottle to balance water levels inside and outside the cells. If you are not drinking enough clean water each day, chances are good you are spending a lot of unnecessary money at the doctor's office! (See "Your Body's Many Cries for Water" by F. Batmanghelidj, M.D.)

AVOID PROCESSED FOODS WHENEVER POSSIBLE

In the past 100 years, there have been over 10,000 chemicals and non-foods added to our food supply. When we eat processed foods we are eating substances that require detoxification and nullification by the liver. This can easily fatigue the liver, resulting in foreign and toxic substances entering the blood stream. The immune system must then be activated to scavenge the invaders or foreign substances. This can lead to chronic fatigue syndrome and other disease processes related to inefficient body function. A good rule of thumb is, "if it wasn't here 10,000 years ago, don't eat it!"

EQUATORIAL TYPE



EAT ORGANIC WHENEVER POSSIBLE

Organic foods are grown without the use of poisonous chemical pesticides! Foods labeled "Certified Organic" are grown under strict government standards, which is why there are not many "Certified Organic Growers." Organic foods are frequently as much as 40 times more nutrient dense than non-organic foods. They may cost twice as much, but it's not such a bad deal when you consider that you may be getting 40 times as much for your money. Additionally, your liver will not have to work overtime to clear the hormones, pesticides and other residues from the food during digestion! Remember, "You are what you eat!"

ALTERNATE RESISTANCE AND AEROBIC EXERCISE WHENEVER POSSIBLE

The body quickly adapts to aerobic exercise, making you more and more efficient, much like a Honda Civic that gets 50 mpg. This means that for each hour you exercise, you burn fewer and fewer calories. Resistance training builds bigger and stronger muscles that have a BIG appetite for calories, not to mention that resistance training will elevate your metabolic rate for as many as four hours after your training session! This is not the case with aerobic exercise. To keep your heart healthy and maintain a lean, strong and beautiful body, alternate between aerobic exercise and resistance training.

WORK HARD - REST HARD

Many people forget that the body does not get stronger while you are exercising. It gets stronger while you are resting and recovering. Therefore, if you don't allow adequate rest time between workouts, or if you simply work too much (particularly if your job is physical), you are never going to reap the benefits you would if you followed the "work hard - rest hard" principle!

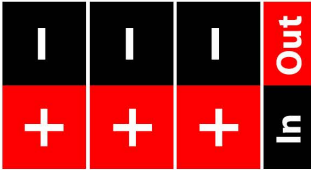
Fine Tuning Chart - Food & Foundation Needs

Process

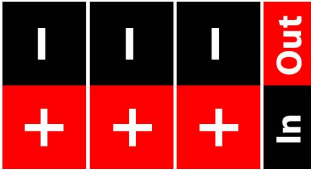
1. Dream
2. Assessment
3. Choose to Balance

Foundation Needs

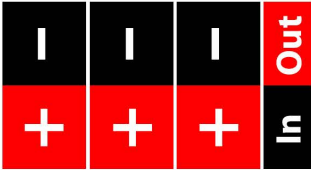
1. Breathing



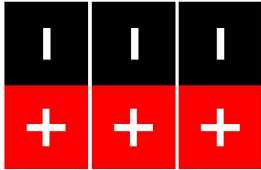
2. Thinking



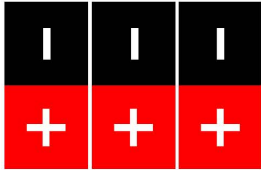
3. Movement



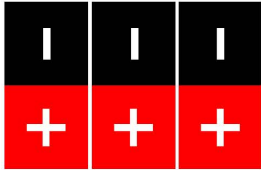
4. Sleep



5. Nutrition



6. Hydration

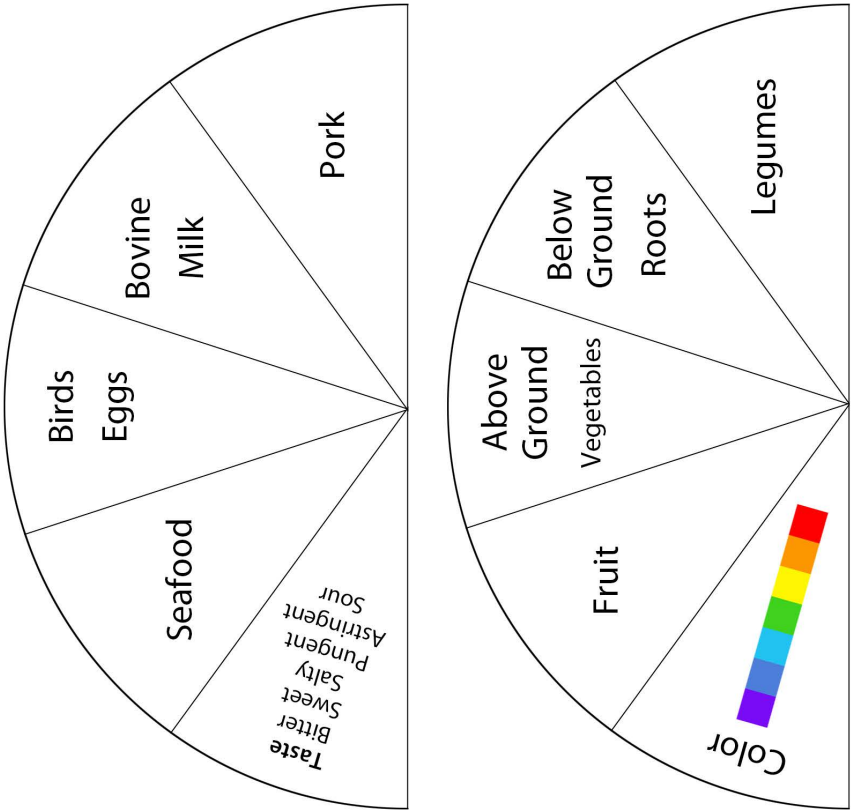


Preparation
COOKED

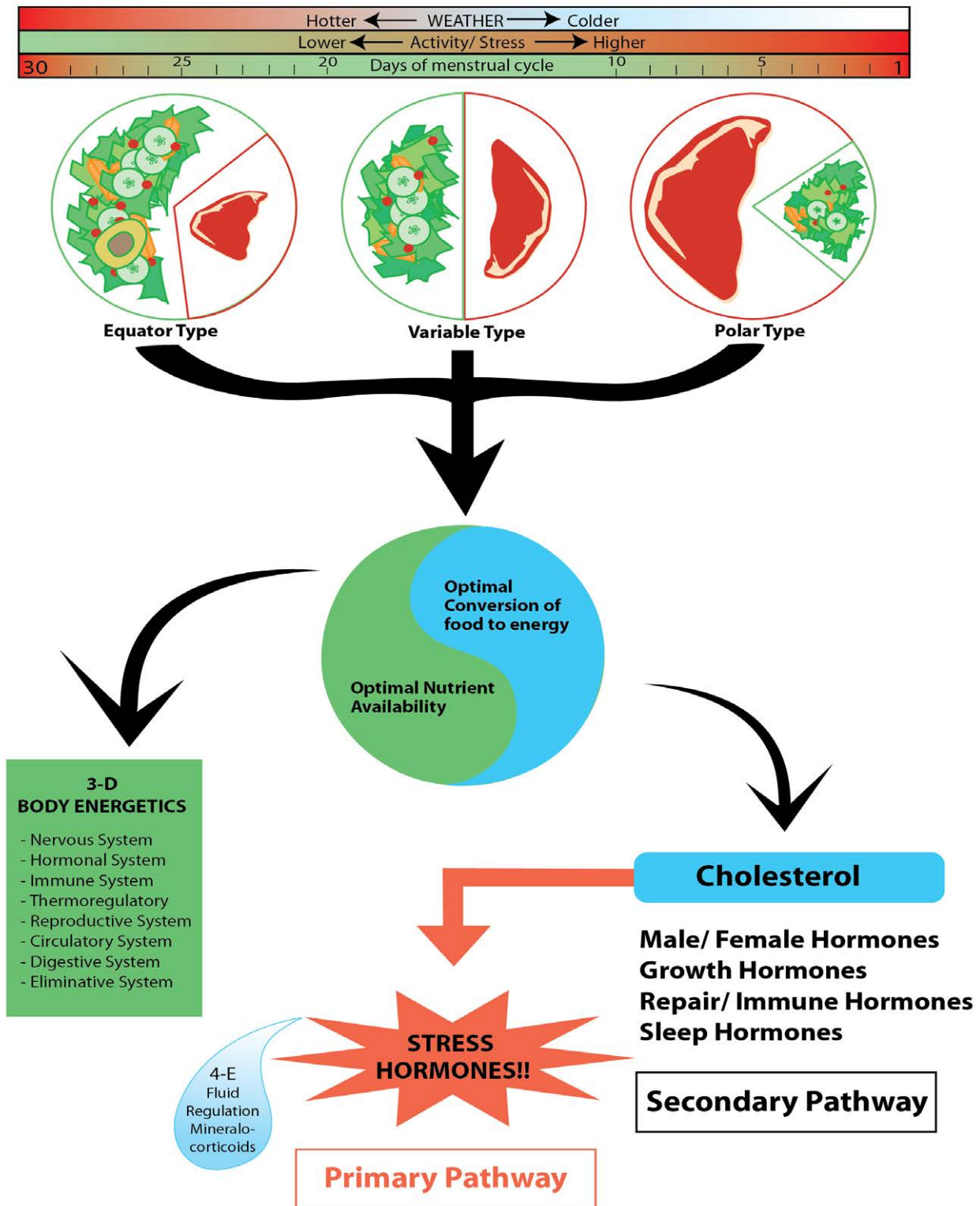
- Fry
- Stir-Fry
- Bake
- Broil
- Open Flame
- Steam
- Boil
- Stew
- Slow

RAW
DRIED
FERMENTED

Food Needs



Nutrient/ Energy Requirements



©Apriori Anatomikos, Inc

THE POOPIE LINE-UP

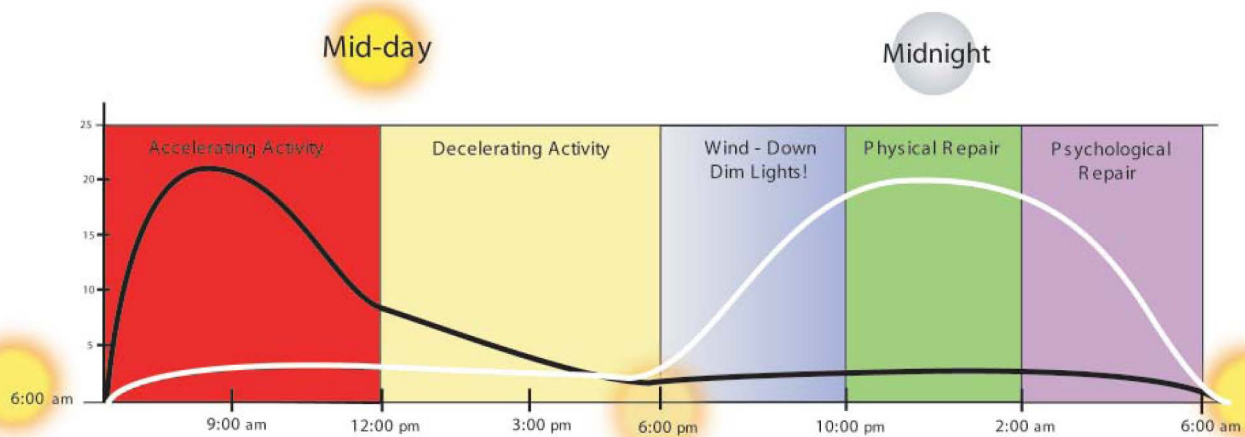


(c) Paul Chek, 2001

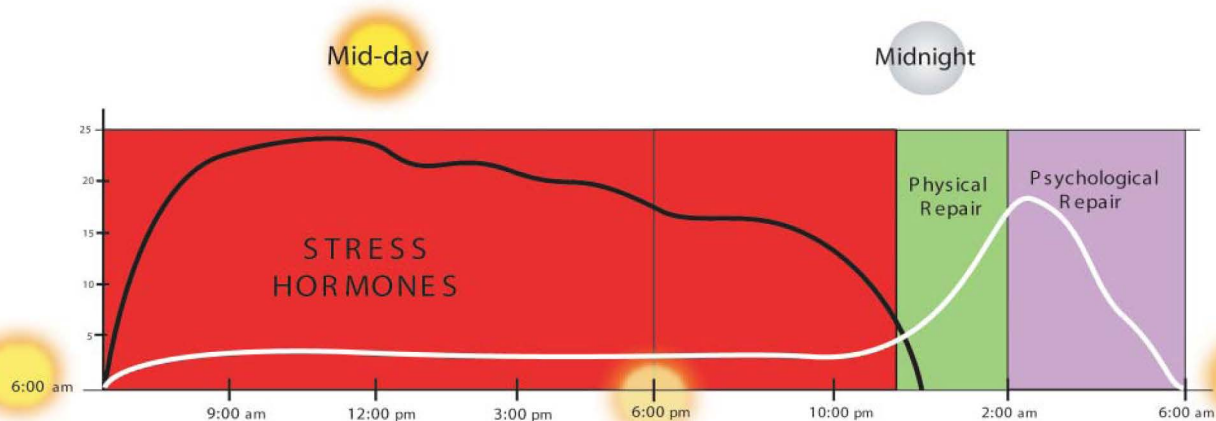


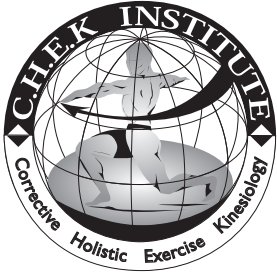
Circadian Health

Normal Anabolic/Catabolic Hormone Levels



Exaggerated Stress Response





CHEK POINTS

for Fitness Professionals

Why Organic?

There is a growing trend worldwide towards organic foods. While some consumers are making an effort to purchase high-quality organic foods, many are still wary about spending the extra money or taking the extra time to find such foods.

The next time you are at the grocery store and have the choice between organic and conventionally grown or raised items consider these key points.

• Nutrient Values

The media generally reports that there is not a significant difference in nutrient values between organic and conventionally grown produce. This is virtually impossible if you consider what organic farming actually entails.

Virginia Worthington MS, ScD, CNS compared organic and biodynamic crops to conventionally farmed crops. She reviewed 1230 published comparisons between organically grown and conventionally grown crops. The results indicated that organic crops had higher nutrient levels or lower levels of toxicity in 56% of the comparisons while the conventional crop was better 37% of the time.

While many of these studies showed that organic foods had more nutrients, it is interesting that such a high percent determined that conventionally grown crops were actually better. You need to look closely at these studies. The British Soil Association analyzed 109 studies on organic and conventionally raised foods. They determined that only 27 of these studies were valid comparisons - almost all of which found organic foods to be significantly better.

• Secondary Nutrients

The nutrients generally mentioned when comparing conventionally grown and organic foods are primary essential nutrients such as water, fiber, proteins, fats, carbohydrates, vitamins and minerals. Among the differences cited between conventional and organic foods are notable differences in the amount of secondary nutrients. Other than primary essential nutrients, there are some 5,000 - 10,000 secondary compounds in plants.

While secondary nutrients have not been classified as, or known to be essential for health, there is a wealth of information suggesting their numerous health benefits. The British Soil Associations "Organic Farming, Food Quality and Human Health" report alone cites 57 references supporting both increased levels of secondary nutrients in organic produce and their beneficial effects.

Research from Copenhagen University suggests that organic food may be better at protecting us from cancer. Organic foods were found to contain high levels of a potent group of antioxidants called phenolic compounds - a group of secondary nutrients. According to the researchers, phenolic compounds are ten times more efficient at mopping up cancer-causing free radicals in the body than other antioxidants such as vitamins C and E.

The beneficial effects of secondary nutrients is also well known among natural medicine doctors and practitioners. There are many doctors and healing clinics that include an organic diet in their treatment approach. The healing effects of these organic foods are associated with the superior secondary nutrient content and quality. Why wait until you are sick to consume high quality foods?

• Protein Quality

One of the largest studies on organic food, the Haughley Experiment, found that cows fed organic produce ate less, but consistently produced more milk. This is believed to be a result of the quality of protein in the grass. Protein is dependent on the range of amino acids composing it. Plant proteins may, or may not, contain certain amino acids that are essential to animal nutrition. Whether they do or not depends largely on the soil conditions in which the plant is grown. The plant is dependent on trace minerals - of which their availability is dependent on soil microorganisms. These essential micro-organisms are depleted as much as 85% in conventionally farmed soils, usually as a result of chemical fertilizers, herbicides and fungicides. The proteins in the plants growing in the depleted soil are thus inferior.

• Less Toxins

While there is much controversy in the professional and lay literature over the nutritional differences between organic and conventionally farmed produce, meats and poultry, one thing is indisputable, even under scientific scrutiny - organically raised foods are free from harmful chemical residues from commercial farming! That alone makes them worth the extra money they may cost and the time they may take to acquire. There is a mass of new information emerging implicating environmental pollutants, farming chemicals and food additives as the source of degenerative diseases, obesity, allergies and mental dysfunction.

• Better for the Environment

From the soil up, organic farming is better for the environment as a whole. It was the way we survived for thousands of years. Modern "advances" in farming

The Life of a Jolly Green Giant Tomato

To give you a sample of what conventionally raised produce goes through, consider the tomato. The plant begins as a hybrid seed developed from a Mexican strain. This seed is planted in soil that was first fumigated with methyl bromide, an ozone depleter 120 times more powerful than CFC-111 - an already potent ozone depleter! Think about that next time you get a sunburn twice as fast as you did as little as 20 years ago. The plant is then treated with pesticides developed and manufactured by the Monsanto Corporation, one of the largest polluters in the world. The Mexican farm workers handling the tomato and his buddies are given no protection from pesticides used - no gloves, masks or safety instructions.

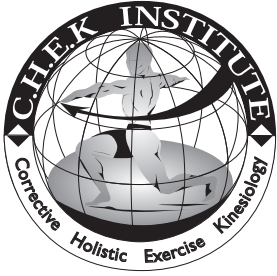
The tomato is harvested when it is still green. It's new home is on a plastic tray, covered in plastic wrap, packaged in cardboard boxes and distributed using refrigerated trucks throughout North America. The tomato, reddened using ether, is tasteless and with no nutritional value.

such as, chemical fertilizers, pesticides, herbicides and fungicides, are destroying our soils which results in destruction of the plants, animals and ultimately humans dependent on them. There are numerous sources of information on the benefits of organic products. Here are just a few to check out. Remember, when you spend a bit more to buy organic, you are not only doing yourself a favor, you are helping improve the environment.

www.mercola.com
www.westonaprice.org
www.soilassociation.org
www.organic-research.com
www.organicconsumers.org

**For more information on the
C.H.E.K Institute or to receive a free catalog
call 800.552.8789 or 760.477.2620
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www.chekinstitute.com**

An ounce of prevention is worth a pound of cure!



CHEK POINTS

for Fitness Professionals

Why Wheat/Gluten Free?

What is gluten?

Many people today are finding out that they are sensitive to wheat and wheat-based products. However, it may not be the wheat that is causing the problem, it is likely to be something in wheat called gluten. You may wonder, what exactly is gluten?

Gluten is a protein molecule not only found in wheat, but also in rye and barley. To be more specific, gluten is the general name for prolamins, a protein fraction found in grains. The prolamins that are often harmful include gliadin (in wheat), secalin (in rye) and hordein (barley).

History of human grain consumption

When one looks at what people ate 2.6 million years ago, until about 10,000 years ago, you will not find grains on the menu. We evolved as humans eating predominately wild game, seafood, worms and insects, seasonal fruits, vegetables, nuts and seeds. It wasn't until about 5,000-10,000 years ago that farming began, and humans began eating grains. Since that time, there has been a progressive increase in the consumption of grains and grain-based products. Yet this time period is but a flash in the scope of human evolution, during which our digestive machinery was formed. An increase in degenerative diseases is often the result when traditional diets are replaced with diets high in processed foods, usually grain based.

Should you eat grains?

Based on how our human digestion systems developed, it could be argued that we are not designed to eat grains at all. Regardless of this, grains have become a staple in many people's diets. The problem today is that we are eating highly-processed grains and lots of them. Many people are finding that they feel much better when they eliminate, or at least decrease, wheat and other grains from their diet.

Should everyone give up wheat and other grains containing gluten?

Not everyone is sensitive to gluten, but many people are and don't know it. Some experts believe that 60% of white-skinned people and 40% of people with colored skin are intolerant to gluten. If you do consume grains, consider avoiding highly processed grains and stick to whole grains.

How do you know if YOU can eat gluten?

You may not think that you are intolerant because you eat wheat all the time and feel "fine." This doesn't mean that you are not being affected at some level. You can find out if you are sensitive to gluten through a variety of blood tests, but the easiest way is to completely eliminate all grains except corn, rice, buckwheat and millet from your diet for two weeks. If you feel better when you are not eating it, you most likely have an intolerance.

What are the differences between gluten sensitivity, allergy, intolerance and Celiac disease?

There is a large range of gluten sensitivity. Some simple definitions to remember are →

Sensitivity: A reaction to wheat/gluten due to an unknown cause. In a sensitive person, eating gluten will cause symptoms, but the long-term consequences are unknown.

Allergy: Wheat or gluten consumption results in an immune response by the body. IgE antibodies are produced, which trigger an allergic response, inflammation and can damage the intestinal tract if repeated often.

Intolerance: An inability to tolerate wheat or gluten with long-term consequences if gluten remains in the diet. Intolerances often occur during periods of excess stress.

Celiac disease: A genetic intolerance to gluten. Long-term consequences can result if gluten is ingested. Damage to the intestines is the most well known consequence, but gluten can also affect the nervous system, hormonal system, liver, blood system and musculoskeletal system of celiacs.

According to the Center for Celiac Research, approximately 1 in 150 people have Celiac disease, yet less than half of these people are diagnosed.

Effects of gluten

When someone with Celiac disease consumes gluten, the lining of their small intestine becomes inflamed, causing the villi to flatten. This reduces the surface area of the

intestine and reduces the ability to absorb nutrients properly. If you find out you are intolerant to gluten, but have been eating it, you should also eliminate dairy from your diet for 3 months as the damage to your intestines will make it difficult to digest the dairy. It is not clear whether or not this happens to people who are sensitive to gluten but do not have Celiac disease.

Conditions that are associated with gluten sensitivity vary greatly. A few symptoms of gluten intolerance are: skin disorders, gas, diarrhea, constipation, cramps, ADD and chronic fatigue. If you are experiencing any of these symptoms, you may have a gluten intolerance. You should consider eliminating gluten from your diet. It may seem hard at first, as wheat is in a lot of foods (make sure to read labels), but the foods you will be giving up for the most part will be processed, sweetened foods that you should avoid anyway.

Tolerable Foods*		Intolerable Foods*	
✓ Amaranth	✓ Arrowroot	✓ Barley	✓ Couscous
✓ Buckwheat	✓ Corn	✓ Brown flour	✓ Graham flour
✓ Chickpea flour	✓ Millet	✓ Kamut	✓ Rye
✓ Bean noodles	✓ Potato flour	✓ Semolina	✓ Spelt
✓ Rice	✓ Sorghum flour	✓ Wheat	✓ Teff
✓ Tapioca	✓ Urad (peas) flour	✓ Udon	✓ Pastas (unless corn or rice)
✓ Taro	✓ Yam flour		

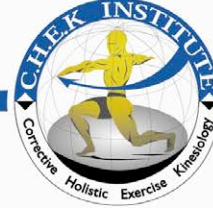
* Tolerance to foods will vary. For a complete list of tolerable/intolerable foods see references 1 & 5.

1. Korn, Danna. Wheat Free Worry Free. Carlsbad, CA: Hay House Inc., 2002.
2. Cordain, Loren. World Rev Nutr Diet, Cereal Grains: Humanity's Double-Edged Sword. 1999. vol 84.
3. Dr. Timmons, William. San Diego, CA: BioHealth Diagnostics. Personal communications.
4. Living Without Gluten. Handout, Nutricia Dietary Products. The Coeliac Society, UK.
5. www.celiac.com.

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7. Gottschall, Elaine. Breaking the Vicious Cycle. Baltimore: The Kirkton Press, 1994.
8. www.glutenfreemall.com

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For more information on the C.H.E.K Institute and other resources, please contact us.
800.552.8789 (int'l +1.760.477.2620)
www.chekinstitute.com.



NUTRITION

The CHEK Approach in a Nutshell

By Paul Chek, Holistic Health Practitioner

For an optimal approach to cultivating nutritional health and well-being, please follow these basic guidelines:

1. Avoid the 4 white devils: *white milk*, *white flour products*, *white sugar*, and *white table salt* (sodium chloride). Choose organic, unprocessed or minimally processed alternatives. **In general, *white foods* are *displacing real foods*!**
2. If you can't pronounce a word on the label—*don't eat it!* Use a food additives dictionary to determine if listed additives are safe; the dangerous ones usually aren't listed, but are usually present in products with *tricky words listed!*
3. If it wasn't here 10,000 years ago, *don't eat it!* It is probably a modern pseudo-food that will displace the *real food* your body *needs!*
4. Avoid all *pasteurized* fruit juices. They are dead sugar water. Be careful with fruit juices in general because of the high sugar content; know your body's needs.
5. The longer a food lasts on the shelf, *the more dangerous it is likely to be.*
 - If irradiated, *don't eat it!*
 - If pasteurized, *don't eat it.*
 - If packaged in plastics, the food will absorb dangerous chemicals.
6. Choose produce and meats in this priority order:

A. Certified organic produce	A. Certified organic free-range meats
B. Organic produce	B. Organic meat
C. Locally farmed produce	C. Locally farmed free-range meats
D. Commercially farmed produce	D. Commercial hormone free meats
	E. Commercial meats
7. Drink half your body weight in ounces of water (or $\text{Kg} \times .033 = \text{liters/day}$)
 - Nothing is a substitute for water! If you can't see through it, it's a food.
 - Store or buy in glass if possible; choose the top brands because they sell faster and don't sit in plastic as long.
 - Health-giving waters in general have a hardness factor of ≥ 170 mg/L and a total dissolved solids (TDS) of 300 or greater. Water with less than 300 TDS are what I call "naked" water and often cause excess urination, disrupting optimal hydration.
 - Adding a pinch of unprocessed sea salt to a bottle of naked water can provide needed minerals and electrolytes. Celtic and New Zealand sea salts have been found to have the lowest mercury levels.
8. Follow the 80/20 rule: If you live Paul Chek's *How To Eat, Move and Be Healthy!* principles 80% of the time, your body can generally absorb reasonable deviations 20% of the time. You don't need to be *rigid*, just *intelligent*.
9. Always eat right for your unique, individual (metabolic) needs; following preconceived diet guidelines diminishes participation in a *relationship* with your body!
10. Respect food as vital *life-force*. It's not simply *fuel to bargain shop for!*



CENTER FOR
FOOD SAFETY



TRUE FOOD SHOPPER'S GUIDE

How to Avoid
Genetically
Engineered Foods

PROTECTING OUR FOOD, OUR FARMS & OUR ENVIRONMENT

Which supermarket foods are genetically engineered?
This is probably the most urgent question the public has about these novel foods. Opinion polls show that up to 90 percent of the American public wants GE foods labeled. But despite this overwhelming demand, almost no foods on U.S. grocery shelves reveal their secret, genetically engineered ingredients.

We've seen that our government, under pressure from the biotechnology industry, has not required the labeling of GE foods. And the biotech industry does not voluntarily identify them, fearing, probably correctly, that the majority of Americans would avoid GE foods if given a choice. As a result, the U.S. public has been deprived of its right to choose whether to buy and consume these engineered foods. However, this is not the case with most of our major trading partners around the globe who have instituted mandatory labeling of all GE foods and ingredients.

This Non-GE Shopping Guide is designed to help you reclaim your right to know about the foods you are buying, and help you find and avoid GE foods.

For more information on GE foods and what you can do to help, visit our website and join our True Food Network! www.centerforfoodsafety.org

This Guide was compiled based on company statements sent to CFS and consumers; statements posted on company websites; and companies and products enrolled in the Non-GMO Project's non-GMO verification program. As ingredients in products change frequently, always check the packages—even of foods you buy often—to be sure to avoid non-organic at-risk ingredients.

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INTRODUCTION & OVERVIEW

HOW TO AVOID GENETICALLY ENGINEERED FOOD



Genetic engineering (GE), or genetic modification (GM) of food involves the laboratory process of artificially inserting genes into the DNA of food crops or animals. The result is called a genetically engineered or genetically modified organism. GE crops can be engineered with genes from bacteria, viruses, insects, animals, or even humans. Most Americans say they would not eat GE food if labeled, but unlike more than 60 other nations around the world, the U.S. does not yet require labeling of GE foods.

The True Food Shoppers Guide is designed to help you reclaim your right to know about the foods you are buying, and help you find and avoid GE foods.

TIPS FOR AVOIDING GE FOODS

TIP #1: Buy Organic

When you purchase products labeled "100% organic," "organic," or "made with organic ingredients," all ingredients in these products are not allowed to be produced from GE crops. For example, products labeled as "made with organic ingredients" only require 70% of the ingredients to be organic, but 100% must be non-GMO.

TIP #2: Look for "Non-GMO" labels

Companies may voluntarily label products as "non-GMO." Some labels state "non-GMO" while others spell out "Made Without Genetically Modified Ingredients." Some products limit their claim to only one particular "At-Risk" ingredient such as soy lecithin, listing it as "non-GMO."

TIP #3: Avoid at-risk ingredients

Avoid products made with any of the crops that are GE. Most GE ingredients are products made from the "Big Five": corn, soybeans, canola, cottonseed, and sugar beets used in processed foods.

Some of the most common genetically engineered Big Four ingredients in processed foods are:

1. **CORN:** Corn flour, meal, oil, starch, gluten, and syrup. Sweeteners such as fructose, dextrose, and glucose; Modified food starch*
2. **BEEF SUGAR:** Sugar not specified as 100% cane sugar is likely from GE sugar beets
3. **SOY:** Soy flour, lecithin, protein, isolate, and isoflavone, Vegetable oil* and vegetable protein*
4. **CANOLA:** Canola oil (also called rapeseed oil)
5. **COTTON:** Cottonseed oil

*Alfalfa has also been genetically engineered. This is primarily for the animal feed market. Seek out organic dairy products to avoid GE alfalfa.

**May be derived from other sources

As you will see throughout the Shoppers Guide, a major rule when recognizing and ducking GE foods is to "Beware the Big Five" and their byproducts.

TIP #4: Buy products listed in this Shopping Guide

Keep this Guide with you whenever you shop. Store it inside your reusable shopping bag, put it into your coupon holder or check book, or leave it in your car.



SUPERMARKETS AND GE FOOD

Most supermarkets now have their own store brand products, but unlike the old days, they don't simply have the name of the Supermarket or "Generic" on them, and it can be difficult to discern what brands are a supermarket's private label brands, much less which ones may use GMOs or not. Additionally, many supermarkets now have private label organic brands to choose from, and a few notable chains have removed GE ingredients from some or all of their non-organic private label products: **Whole Foods Market and 365 brands are non-GMO and all of Trader Joe's store brand products are Non-GMO!**

Store-brand products are often a great way to purchase non-GMO and USDA Certified Organic products in the supermarket as they are often much less expensive than the national brands. Dairy is often sourced regionally for supermarket chains, so not all brands listed as rBGH-free may have rBGH-free milk and dairy in all locations—be sure to check the labels!

Check out the online version of the Shoppers Guide for a full list of supermarket store brands:

www.truefoodshoppersguide.org

FOODS BY CATEGORY

FRUITS & VEGETABLES



Very few fresh fruits and vegetables for sale in the U.S. are genetically modified. Novel products such as seedless watermelons are NOT genetically modified. Small amounts of zucchini, yellow crookneck squash, and sweet corn may be

GM. The only commercialized GM fruit is papaya from Hawaii—about half of Hawaii's papayas are GM.

FISH



FDA is currently considering approval of the first GE animal intended for human consumption, a genetically engineered Atlantic salmon. This approval is pending despite overwhelming consumer opposition and unacceptable risks to human health, the marine environment, wild salmon populations and fishing economies. There are several other GE fish in the pipeline as well. To make matters worse, FDA argues that these GE fish don't even need to be labeled!

To stay up to date on GE salmon, join our campaign, and to take action, visit our campaign website at www.ge-fish.org. However, farm-grown fish (trout, catfish, salmon) can be raised on genetically engineered feed. Look for wild rather than farmed fish to avoid this possibility. Canned tuna may be packed in GE oils; to be safe, buy canned fish packed in water or olive oil.

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MEAT & FOWL



No genetically modified livestock is yet approved for human consumption. However, plenty of non-organic foods are produced from animals raised on GM feed such as grains.

To avoid meat raised on genetically engineered feed crops, look for the phrase "100% grass fed." And buy organic as often as possible. Processed and precooked meat may contain genetically engineered oil-based additives and preservatives. Meats with a marinade may include GE ingredients.

ALTERNATIVE MEAT PRODUCTS

Many alternative meat products are processed and include ingredients that are genetically engineered. Give the ingredients list close attention, to avoid the Big Five, especially soy.



NON-GMO

365 Brand (Whole Foods)
Amy's Kitchen
Bountiful Bean
Chez Marie
Follow Your Heart
Hilary's Eat Well
Nasoya
Nature's Express
Orunch Foods
Small Planet Tofu

MAY CONTAIN GMOs

Boca—unless labeled organic (Kraft)
Gardenburger
Morningstar Farms,
Morningstar Farms Natural
Touch—unless labeled organic (Kellogg)

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DAIRY PRODUCTS

Many dairies feed their cows GE grains and alfalfa. Buy certified organic dairy products to avoid GE animal feed. Some U.S. dairy farms also inject the genetically engineered hormone rBGH, also called rBST, into their cows to boost milk production—so be sure to purchase products with a label that indicates cows free of rBGH or rBST.

CERTIFIED ORGANIC

Alta Dena Organics
Butterworks Farm
Harmony Hills Dairy
Horizon Organic
Morningland Dairy
Natural by Nature
Organic Valley Dairy
Radiance Dairy
Safeway Organic Brand
Seven Stars Farm
Straus Family Creamery
Stonyfield Organic
Wisconsin Organics

PRODUCED WITHOUT rBGH

(although may be fed with GE feed)

National
Alta Dena
Ben & Jerry's Ice Cream
Brown Cow Farm
Crowley Cheese of Vermont
Franklin County Cheese
Grafton Village Cheese
Great Hill Dairy
Lifetime Dairy
Stonyfield Farms
Yoplait yogurts
West Coast
Alpenrose Dairy
Berkeley Farms
Clover Stornetta Farms
Joseph Farms Cheese
Sunshine Dairy Foods
Tillamook Cheese
Wilcox Family Farms
Midwest
Chippewa Valley Cheese
Erivan Dairy Yogurt
Promised Land Dairy
Westby Cooperative Creamery
East Coast
Blythedale Farm Cheese
Crescent Creamery
Derle Farms (milk with "no rBST" label only)
Erivan Dairy Yogurt
Farmland Dairies
Oakhurst Dairy
Wilcox Dairy (rBST-free dairy line only)

MAY BE PRODUCED WITH rBGH

Colombo (General Mills)
Dannon
Kemps (aside from "Select" brand)
Land O' Lakes
Lucerne
Parnalat
Sorrento

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ALTERNATIVE DAIRY PRODUCTS



Many alternative dairy products are made from soybeans and may contain GE materials. Be sure to check the ingredients list for sweeteners that could be GE in flavored non-dairy milks and creamers as well. Additionally, the vast majority of

non-organic soy grown in the U.S. is GE. As ingredients change often in products, be sure to check the packages, even of products you buy often.

NON-GMO

Belsoy
EdenSoy
Imagine Foods/Soy Dream
Nancy's Cultured Soy
Pacific Soy
Silk
Soy Delicious
Sun Soy
Stonyfield Farm
O'Soy
Tofutti
VitaSoy/Nasoya
WestSoy
WholeSoy
Wildwood
Yves The Good Slice
Zen Don

May contain GMOs

8th Continent

EGGS



Right now, no genetically engineered egg-laying chickens are on the market. Nevertheless, non-organic, egg-producing chickens eat genetically engineered grains such as corn and soy.

NON-GMO

Egg Innovations Organic
Eggland's Best Organic
Land O'Lakes Organic
Nest Fresh Organic
Organic Valley
Pete and Jerry's Organic Eggs
Wilcox Farms Organic

BABY FOODS & INFANT FORMULA



Milk or soy protein is the basis of most infant formulas. The secret ingredients in these products are often soy or milk from cows injected with rbGH. Many brands also add GE-derived corn syrup or corn syrup solids. If you can't breast-feed, or need to supplement, buy certified organic infant formulas or formulas labeled as Non-GMO.

Most foods for infants are just what the label says with few preservatives or additives except water. You can puree fresh fruits and veggies (except non-organic papaya, yellow squash, corn, or soy) daily for your baby, or try preparing a large batch and freezing it in small jars, bags, ice cube trays or containers to thaw and use later. This gives you the ease of portable, serving-sized jars, and lets you know exactly what's in it because you made it!

If you can't puree fresh products on a daily basis, try these suggestions:

- Some baby cereals can have GE ingredients even if the primary component is non-GMO. For example, some rice cereals add soy lecithin as an emulsifier, which can be processed from GE soy.

- Look for cereals with one or a few ingredients, or make your own. Buy a new coffee grinder. Grind rice and other grains for simple, homemade baby cereals.

- Teething crackers and biscuits can contain GE corn syrup and soy lecithin.

- Food for older babies and toddlers, such as noodles and cheese, often contains processed ingredients derived from genetically engineered sources.

- These days even some non-organic brands such as Gerber have pledged to avoid GE ingredients in all of their baby foods.

continued

BABY FOODS & INFANT FORMULA

continued

NON-GMO

Amare
Baby's Only (certified organic products)
Earth's Best
Gerber products
HAPPYBABY
Mom Made Meals
Organic Baby
Plum Organics
Tastybaby

MAY CONTAIN GMOs

Beech-Nut
Enfamil
Good Start
Nestle
Similac/Isomil
(except Similac Organic)

CEREALS & BREAKFAST BARS



Cereals and breakfast bars are very likely to include genetically engineered ingredients because they are often made with corn, soy, and sugar. Look for unsweetened, whole grain cereals (without corn or soy), and cereals sweetened with 100% cane sugar or honey.

NON-GMO

Arrowhead Mills
Bakery on Main
Barbara's
Cascadian Farms
EnviroKidz
Erewhon
Health Valley (organic line)
Kashi (some, not all; check the packaging)
Kind
Nature's Path
Nutiva
Omega Smart Bars
Peace Cereal Organic

MAY CONTAIN GMOs

General Mills
Kellogg
Post (Kraft)
Quaker

ENERGY BARS



Like other processed products, energy bars commonly contain GE ingredients. Keep a look out for corn syrup and soy lecithin, especially.

NON-GMO

Clif Bar
Divine Foods
Genisoy Bars
Glutino
GoodOnYa Bar
Kind
Lara Bar
Luna Bar (Clif Bar)
Macrobars
MacroLife Naturals
Mojo (Clif Bar)
Nature's Path
Nutiva
Odwalla
Organic Food Bar
Optimum Energy Bar
Ruth's
Weil by Nature's Path
Organic
Z Bars (Clif Bar)

MAY CONTAIN GMOs

Balance Bar
Nature Valley snack bars and granola bars (General Mills)
Nabisco Bars (Kraft)
PowerBar (Nestle)
Quaker Granola Bars

SNACK FOODS



Many snack foods contain ingredients acquired from the Big Five genetically engineered crops. These ingredients may comprise a large part of the food, like the corn in corn chips, or they may play a more minor role, like the soy lecithin in a cookie. Snack foods, because of their many ingredients, can seem like a minefield of GE products. Fortunately, there are non-GMO options.

continued

SNACK FOODS continued

Look for snacks made from wheat, rice, potatoes, or oats, and ones that use sunflower, olive or safflower oils. If you eat a lot of dried fruits, or snack mixes including dried fruits, keep an eye out for non-organic papaya. There is no genetically engineered popcorn on the market, but stick to plain kernels as most microwave popcorns contain GE ingredients in flavorings or oils.

NON-GMO

Barbara's (organic line)
Bearitos/Little Bear Organics
(Hain Celestial)
Earthly Treats
Eco-Planet
Eden
Field Day
Garden of Eatin'
Grandy Oats
Hain Pure Snax/
Hain Pure Foods
Health Valley
Ian's Natural Foods
Kettle Foods
Kopali Organics
Late July Organic Snacks
Mary's Gone Crackers
Namaste Foods
Nature's Path Organic
Newman's Own Organics
Peeled Snacks
Plum Organics Tots
Revolution Foods
Ruth's
Simple Sweets
Sunridge Farms
Tasty Brand

MAY CONTAIN GMOs

FritoLay (Lay's, Ruffles,
Doritos, Cheetos, Tostitos)
Honey Maid
Hostess Products
Keebler
Kraft
Nabisco
Nilla Wafers
Nutter Butters
Oreos
Pepperidge Farm
Pringles
Quaker Oats Company
Ritz
SnackWells
Teddy Grahams
Triscuit
Wheat Thins

BAKED GOODS & BAKING SUPPLIES



Pressure from farmers and consumers has forced Monsanto to shelve its plans to introduce genetically engineered wheat into the market. Because wheat is a major ingredient in most baked goods, Non-GE bakery products are easier

to find than some other foods. Nevertheless, many packaged breads and bakery items contain other GE ingredients like soy or corn syrup, so the best way to avoid genetically engineered baked goods is—you guessed it—to buy organic.

NON-GMO

Alvarado Street Bakery
Arrowhead Mills
(organic line)
Bakery on Main
Bob's Red Mill
Dr. McDougall's Right Foods
Dr. Oetker Organics
Eden Organics
French Meadow
Natural Ovens Bakery
(organic)
Nature's Path
Nutiva
Rapunzel organic corn starch
Rudi's Organic Bakery
Rumford Baking Powder

MAY CONTAIN GMOs

Aunt Jemima
Betty Crocker
Bisquick (General Mills)
Calumet Baking Powder
Duncan Hines
Hungry Jack
Krusteaz
Pillsbury

SOUPS, SAUCES & CANNED FOODS



Many soups and sauces are highly processed, so keep a look out for the Big Five in the ingredients list. Canned foods can be simply vegetables or fruits packed in water, but many canned foods also contain corn syrup or sugar which could be derived from GE crops. Look for less processed canned foods and foods packed only in water or olive oil (not corn oil, soybean oil, canola oil, cottonseed oil, or vegetable oil, which is often a blend of corn and soy oils) and avoid canned foods containing corn syrup, sugar not labeled as cane sugar and soy ingredients.

NON-GMO

Amy's Soups	Imagine Natural
Annie's	Muir Glen Organic
Eden	Rising Moon
Emerald Valley Kitchen	Seeds of Change
Fantastic Foods	ShatAnni's Organics
Field Day	Yves Veggie Cuisine
Green Mountain Gringo Salsa	Walnut Acres certified organic
Hain	
Health Valley/Westbrae	

MAY CONTAIN GMOS

Bertolli	Hormel
Campbell's	Hunt's
Chef Boyardee	Old El Paso
Chi-Chi's	Pace
Chunky	Pepperidge Farm
Classico	Prego
Del Monte	Progresso
Dirty Moore	Ragu
Franco American	Simply Home
Healthy Choice	Stagg
Healthy Request	

DRY GRAINS, BEANS & PASTA



Fortunately, circumventing genetically engineered food in the grain-and-bean aisle is simple. Most pasta is made from a few ingredients. As long as you avoid the less-common corn pasta, you're in the clear. Look for 100% wheat pasta, couscous, rice, quinoa, oats, barley, sorghum, and dried beans (except for soybeans). Packaged pasta meals and canned beans can be a different story, so check those categories if you're purchasing these items.

PACKAGED FOODS



Processed foods typically contain ingredients derived from the Big Five GE crops, especially corn and soy. Look out for the Big Five, and remember that the surest way to avoid GE-derived ingredients in processed foods is to buy certified organic.

NON-GMO

Amy's	Kamut
Annie's Natural Pasta	Lotus Foods
Bob's Red Mill (organic line)	Lundberg Family Farms
Casbah (Hain-Celestial)	Organic Planet
Dr. McDougall's Right Foods	Rising Moon
Eden certified organic grains	Seeds of Change
Fantastic Foods	Sensations
Field Day	Sunridge Farms
Ian's Natural Foods	Vita-Spelt pasta

MAY CONTAIN GMOS

Betty Crocker meals (General Mills)	Lipton meal packets (Unilever)
Knorr (Unilever)	Near East (Quaker)
Kraft Macaroni & Cheese meals	Pasta Roni and Rice-A-Roni meals (Quaker)

FROZEN FOODS



Many frozen foods are highly processed. Keep an eye out for the Big Five at-risk ingredients and stay away from frozen foods that contain them, unless they are labeled as Organic or Non-GMO. Luckily, many frozen vegetables and fruits don't have any other additives, making these products good choices.

NON-GMO

A.C. LaRocco	Linda McCartney frozen meals
Amy's Kitchen	Mom Made Meals
Barbara's Certified Organic	Morningstar Farms Organic (*Organic line ONLY)
Cascadian Farms Organic frozen meals & vegetables	Rising Moon
Cedarlane	The Simply Soyman
Helen's Kitchen	Woodstock Farms
Ian's Natural Foods	

MAY CONTAIN GMOS

Barquet	Marie Callender's (ConAgra)
Bertolli	Morningstar Farms (Kellogg)
Boca, unless labeled organic (Kraft)	Morningstar Farms Natural
Celeste (Pinnacle Foods)	Touch (unless labeled organic)
Eggo Waffles (Kellogg)	Rosetto Frozen Pasta (Nestle)
Gardenburger	Stouffer's (Nestle)
Green Giant frozen meals (General Mills)	Swanson (Campbell's)
Healthy Choice (ConAgra)	Tombstone (Kraft)
Kid's Cuisine (ConAgra)	Totino's (Smucker's)
Lean Cuisine (Nestle)	Voital (Birds Eye/Unilever)

CONDIMENTS, OILS, DRESSINGS & SPREADS

Fortunately, plenty of healthy, non-GE options are available in this category. Unless labeled explicitly, corn, soybean, cottonseed, and canola oils probably contain genetically engineered products. Ketchup usually incorporates corn syrup; and mayonnaise and most conventional salad dressings use soy, cottonseed, or canola oil as a major ingredient. Many creamy dressings and sauces will also include milk solids or powders, which may be derived from cows treated with rbGH (rbST). Sweetened dressings may contain corn syrup or sugar derived from GE crops. Look for products sweetened with pure maple syrup, honey, molasses, or pure cane sugar instead.

NON-GMO

Annie's	Miso Master
Bountiful Bean	Muir Glen organic tomato ketchup
Bragg's liquid amino	Nasoya
Carrington Farms Flax Seed	Newman's Own Organics
Crofter's Organic	Nutiva
Drew's salad dressing	Ruth's
Eden	The Simple Soyman
Emerald Cove	Spectrum oils and dressings
Emperor's Kitchen	SushiSonic Asian
Emerald Valley Kitchen	Condiments
Field Day	Tropical Traditions
Follow Your Heart	Vegan by Nature Buttery
Harvest Moon Mushrooms	Spreads
Ian's Natural Foods	Vigora Cuisine
I.M. Health SoyNut Butters	Woodstock Farms
Krazy Ketchup	
Maranatha Nut Butters	

MAY CONTAIN GMOs

Chico	Pam
Del Monte	Peter Pan
Heinz	Skippy
Hellman's	Smucker's
Kraft condiments & dressings	Wesson
Mazola	Wish-Bone

CANDY, CHOCOLATE PRODUCTS & SWEETENERS



Many sweeteners, and products like candy and chocolate that contain them, can come from GE sources. Look for organic and non-GMO sweeteners, candy and chocolate products made with 100% cane sugar, evaporated cane juice, or organic sugar to avoid GE beet sugar, and watch out for soy lecithin in chocolates and corn syrup in candies. Molasses can also be derived from GE sugar beets, so choose organic molasses.

Milk and white chocolate products are often manufactured with milk from cows treated with rbGH. Sugar-free candies often contain aspartame, known commercially as NutraSweet. NutraSweet can be made from genetically engineered crops.

CANDY

NON-GMO

Crispy Cat (organic)	Reed's Crystallized Ginger
Jelly Belly	candy (certified organic)
Pure Fun Confections	St. Claire Organic
	Sunridge Farms

MAY CONTAIN GMOs

Hershey's	Mars (Skittles, Starburst)
Lifesaver (Kraft)	Nestle

CHOCOLATE

NON-GMO

Chocolove	Lindt Chocolate
Endangered Species	Newman's Own Organic
Chocolate	Nonuttin'
Green & Black's Organic	Nutiva
Chocolate	Woodstock Farms
Kopali Organics	

MAY CONTAIN GMOs

Hershey's	Nestle (Crunch, Kit Kat, Smarties)
Mars	Toblerone (Kraft)

SWEETENERS

NON-GMO

Brer Rabbit Molasses	Sweet Cloud
C&H Pure Cane Sugar	SweetLeaf stevia
Dulcweet agave syrup	Tropical Traditions
Eden	Wholesome Sweeteners
Florida Crystals (organic, natural and demerara)	(organic sugars, molasses, blue agave syrups, Organic Zero)
Grain Place Foods sugar	Woodstock
Grandma's Best Molasses	
Now Better Stevia	

MAY CONTAIN GMOs

Big Chief Sugar	Karo corn syrup
Crystall Sugar	Nutrasweet / Equal
Equal	Pioneer Sugar
GW Sugar	White Satin sugar

SODAS, JUICES & OTHER BEVERAGES



The good news is, since papaya is the only whole fruit that is genetically engineered, most juices are non-GMO. On the other hand, the prevalence of corn-based sweeteners and sugar in fruit juices is cause for concern. Look for 100% juice blends.

Similarly many sodas are primarily comprised of water and corn syrup—there is a high probability that these drinks contain genetically engineered ingredients. Look for sodas without corn syrup or high fructose corn syrup (or nutrasweet), and those sweetened with 100% cane sugar or evaporated cane juice.

NON-GMO

After the Fall organics	One World organic
Big Island Organics	black teas
Blue Sky Organic soda	Organic Valley
Cascadian Farm	Mixerz All Natural Cocktail Mixers
Crofters Organic	Quinoa Gold
Eden	RW Knudson organic juices and spritzers
Haiku Organic	Santa Cruz Organic (Smucker's)
Japanese Teas	Sea2o Organic Energy Drink
Hansen's (only those that specify cane sugar)	Teeccino Herbal Caffé
Juice Squeeze	Walnut Acres Organic Juices
Knudsen organic juices and spritzers (Smucker's)	Woodstock Farms
Odwalla	

MAY CONTAIN GMOs

7Up	Hires Root Beer
A&W	IBC Root Beer
Blue Sky Natural Beverage Company (non-organic)	Kool Aid
Canada Dry	Libby's
Capri Sun	Minute Maid
Coca-Cola	Mott's
Clamato	Nantucket Nectar's
Crush	Nestle
Crystal Light	Ocean Spray
Country Time	Orangina
Diet Rite	Pepsi
Dole	Schwepes Ginger Ale
Dr. Pepper	SoBe
Frappuccino	Squirt
Frutopia	Stewart's
Gatorade	Sun Drop
Hansen Beverage Company (except those with only cane sugar)	Sunny Delight
Hawaiian Punch	Swiss Miss
Ht-C	Vernors
	Tang
	Tropicana



CENTER FOR
FOOD SAFETY



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THE CENTER FOR FOOD SAFETY'S True Food Shopper's Guide is now available online and for your mobile phone! You can now download or bookmark our free application to your phone and always have your Shoppers' Guide on hand. Just go to: www.truefoodshoppersguide.org

Center for Food Safety works to protect human health and the environment by curbing the proliferation of harmful food production technologies and by promoting organic and other forms of sustainable agriculture. CFS has over 325,000 members and has offices in Washington, D.C., San Francisco, CA, and Portland, OR.

HOMEWORK WORK SHEETS



HOMework DAY 1

1. Complete your Wellness Program Design for the case history above.
2. Eat right for your own Primal Pattern® Diet Type.
 - Drink your food and eat your water.
 - Write down your experience.
3. Have a meditative workout.
 - Try breathing techniques to create a mind/body integrated experience. Pay attention to breathing and breath.

CASE HISTORY - WELLNESS PROGRAM DESIGN

Client Profile: 30 year old single, female, yoga practitioner & craniosacral therapist.

Her Objectives:

1. Lose body fat (about 20 lbs).
2. Increase energy.

Health History:

- Has been eating according to her Primal Pattern® Diet Type for 4-years (good food quality).
- Has stage 3 adrenal exhaustion (end-stage exhaustion!) confirmed by lab testing.
- Has worked with Functional Medicine Doctor on adrenal support supplement program for 7 months with no improvement.

Current Workouts:

- 2-days per week aerobic (intense) 20-30 min duration.
- 2-days per week resistance training (intense) 60 min sessions.

Your Objective:

Design a simple 3 action item program to help her achieve her objectives.

Action Item #1

Action Item #2

Action Item #3



CHEK Holistic Lifestyle Coach Level 1

My Primal Pattern® Diet Type is:

My observations and experiences when I eat according to my Primal Pattern® Diet Type and as I "Drink my food" and "Eat my water":

What I felt when I performed a meditative workout:

HOMework DAY 2

1. Create a 4 Day Rotation Diet for each Primal Pattern® Diet Type.
2. Write down an action plan for implementing what you have learned at this course in your own practice or business.
3. Find something to laugh about.

4 Day Rotation Diet for Polar Types

	CARBOHYDRATES	PROTEINS	FATS	MISC
DAY 1				
DAY 2				
DAY 3				
DAY 4				



4 Day Rotation Diet for Equatorial Types

	CARBOHYDRATES	PROTEINS	FATS	MISC
DAY 1				
DAY 2				
DAY 3				
DAY 4				

4 Day Rotation Diet for Variable Types

	CARBOHYDRATES	PROTEINS	FATS	MISC
DAY 1				
DAY 2				
DAY 3				
DAY 4				



CHEK Holistic Lifestyle Coach Level 1

My Action Plan for Implementing What I Have Learned in this Course

Top Action Items to Implement Immediately

1. _____

2. _____

3. _____

4. _____

5. _____

Other Important Items to Implement in 3-6 Months or When I Have Taken Action on the Items Above

What I Found to Laugh About and How I Felt!