

THE WHOLE STORY



A four-part introduction
to wholesome eating

by Kim Wilson

www.simplynaturalhealth.com

FIRST LESSON of THE WHOLE STORY

What is Wholesome Eating?

NOT SOMETHING YOU DO ON ACCIDENT

I'm so excited to have the opportunity to introduce you to a topic so near and dear to my heart- *Wholesome Eating!* There is so much conflicting information on foods and so many imbalanced approaches to diet and health that I really enjoy sharing a simpler more common-sense approach. Each of you come to this topic with a different background and exposure. Some of you need the basics, some just a refresher and some are ready for the heavy-duty "health nut" stuff. Our goal with Simply Natural Health is to make healthy living simple and practical no matter where you find yourselves, so for that reason I'm going to start with the foundational basics. Though my husband, John, claims that I usually "hit people with a fire hose of information" in my classes, I'll try to take it a bit more gently in this introductory course.

You've certainly witnessed the growing interest in organic foods and have heard how increasing the amount of fruits and veggies in your diet can be beneficial to your health. Maybe you've read a bit about plant-based diets but perhaps this sounded a little too radical for you. Or maybe you've even given it a try, but felt it too overwhelming with so many changes. Let's be honest- healthy eating is not something you do on accident. It is quite different from the diet on which most of modern society subsists. It's not mainstream (though I'm amazed with how even fast food companies are beginning to try to accommodate people wanting to make healthier diet choices!) and to eat in a healthy way requires going "against the stream."

WHERE WE BEGAN

For the majority of our lives, my husband and I subsisted on this Standard American Diet (a SAD diet based on meats, dairy, refined grains and processed foods). We ate what most Americans eat, lived how most Americans live, and suffered the health consequences most Americans suffer. Let me give you a glimpse of where we began. In our mid-twenties, busy working two jobs, we found we didn't have enough energy at the end of the work day (actually it petered out an hour or so after lunch) to do much more than heat up an easy-prep dinner. My husband, "Mr. Meat and Potatoes," had never eaten a salad, nor fruit if it weren't part of a sugary dessert. His favorite lunchtime "quick and cheap" meal was two hot dogs, chips and soda from a local quick mart. And I wasn't much better off- I hated cooking and tried to get by with the simplest meals

possible- a meat entrée, a starchy side from a box mix, and a token vegetable (microwaved and left untouched by my husband). Then we'd both plop down in front of the TV following the meal (or sometimes during) and didn't have the energy for much else in the evenings. In the morning we'd drag ourselves out of bed (after ignoring the wake-up alarm a couple of times), grab a bagel with cream cheese on our way out the door and begin this process all over again.

By our early thirties, John weighed over 270 lbs. and had a growing number of health conditions. John was "okay" with obesity and was willing to take high blood pressure medicine, but when he developed Meniere's disease (an inner ear condition that causes vertigo and potential hearing loss), that was the final nudge that made us consider how our diet and lifestyle were impacting our health. We transitioned to a whole, natural diet, decreasing the amount of animal-based products and refined foods we ate. He accidentally lost over one hundred pounds (I say "accidentally" because he never reduced the portions he ate nor did he count calories) and all need for medications.

Over ten years later (in our forties) we feel younger and are able to do more than we ever dreamed we could. In the last several years we've taken up running- one of those things that just seemed like something *other* people do. I can still do handstands and run along the beach with our children, just for the fun of it! (Things you want to be able to envision yourself doing beyond school-age, right?!). It really is possible to be able to feel and behave younger than you ever have- even if you've always been a couch potato, as we had been. Youth is wellness and all the freedom it allows. Our body innately knows wellness and will return to it when we supply it the raw materials and treatment it was originally designed to receive. [Click here](#) to read more about our personal journey to health. *Particularly note the section on picky eaters if you have finicky eaters in your home.*

THE BIGGER PICTURE OF HEALTH IN OUR SOCIETY

And we aren't the only ones with this SAD start in life. With the wealth, intelligence and incredible technology in our modern world, any intelligent person would figure that the quality of our foods and health would have only improved over time. Sadly, just the opposite has happened. Diet-related diseases (including heart disease, cancer and diabetes) account for upwards of 80% of deaths in America. Whereas only 20% of individuals in their forties dealt with degenerative diseases in 1900, presently 70⁺% of Americans in their forties are faced with degenerative disease. These degenerative diseases are the top three killers in our country and are only epidemic in industrialized nations. Literally, our wealth is allowing us to kill ourselves with our forks and knives. We overeat on nutritionally depleted foods, feeding our eyes and stomach and not our

cells. As a result we have a simultaneous problem- the majority of us are overweight and malnourished- leading to a variety of illnesses caused by excess/toxicity and deficiency. Okay, enough doom and gloom.

SO WHAT IS WHOLESOME EATING?

We describe wholesome eating as consuming foods as close to the way they were originally created as possible.

I find it beneficial to ask myself two questions when I contemplate adding a food selection to my grocery cart:

The first:

“Is this something originally created as a food?”

Or, another way to ask this is: “Did it grow from the earth as food?”

For instance- snack cakes don't grow on trees.

The second:

“Is it as close to the way it was originally created as possible?”

For instance- margarine may be made from vegetable oils- but they've been greatly altered in order to assume the color and consistency they're sold in

When we eat foods as close to the way they were originally created as possible (whole, fresh, in-season, organic, locally grown, raw, unrefined, unprocessed, not irradiated or genetically modified, not “enriched” or infused with preservatives and additives) we are supplying our bodies with the quality fuel they were meant to run on. This means making a conscious decision to transition:

- From white (refined) foods to colorful ones,
- From packaged (processed) foods to fresh ones,
- From dead (cooked) foods to living (raw) ones,
- From nutritionally-depleted to nutrient-rich ones,
- From redundancy to an incredible variety of colors, aromas, textures and flavors of the wholesome foods created for our best health.

When we aim to eat whole foods in their original, whole forms, it can really simplify our eating choices. It is a very freeing approach in that we don't have to obsess over RDA's and the amount of this or that nutrient, because whole, natural foods naturally have all the good stuff we need in the correct ratios. They were designed that way!

If you're unsure about how to begin replacing SAD foods with wholesome ones, be sure to print out a copy of [Making the Transition](#). This resource offers healthful substitutes for common foods and ingredients.

BEYOND VEGETARIANISM

I want share right up front that what I describe as “wholesome eating” is **way beyond a vegetarian or vegan diet**. Vegetarians and vegans can subsist exclusively on all the soda, snack cakes, French fries and chocolate they can hold. In contrast, wholesome eating includes the most nutrient-dense foods available to build health and develop the inner strength to deal with the elimination of the toxins and excesses we have exposed ourselves to in consuming the SAD diet and living the standard American lifestyle. This way of eating, quite simply, focuses on whole foods and how they work together for our optimal health.

The same foods that restore our **health** also naturally allow our **weight** to normalize and our **emotions** to come into balance. Modern scientific studies and reports confirm this again and again. Whole foods support and build whole health, whereas man-made and man-altered foods work against the body, tearing down health and leading to excess weight and imbalances. Research has also found that refined and processed foods aren't just neutral in their impact in our body, but are foreign to the body and rob its health. Hoping to make up for what has been lost with “enriching” or supplementation causes us to miss out on the many unknown benefits of whole foods and many cause internal imbalances and other problems.

Over time science has discovered more and more of the hidden benefits of whole, natural foods. We've known about vitamins and minerals, good fats and fiber for quite a long time. In more recent history the importance and benefits of antioxidants, phytonutrients and enzymes have come more into the spotlight. Scientists are still investigating and discovering the nutritional components of foods and in most recent time have begun to appreciate the synergistic activity that takes place in whole foods- enhancing the overall nutritional impact. For instance, they've learned it's best to eat an apple with its peel (in other words, in its whole form!). It turns out that the majority of an apple's anticancer properties are hidden in the peel and the phytochemicals in the flesh of the apple work synergistically with the phytochemicals in the peel to reduce the risk of cancer.

Not only do nutrients in a food boost the availability of other nutrients in the same food, but foods eaten in combination also boost the nutrient uptake in the combination. “The whole is greater than the sum of its parts” certainly proves itself true in the dietary realm.

A GRADUAL CHANGE

For most who have known only the Standard American Diet, it can be a little too threatening to think of changing overnight to a radically healthful diet. For others, the serious health concerns they are facing are enough to cause them to make the change “cold turkey”. I want to encourage you to begin with whatever level of change you feel most comfortable. (*We’ll address more about **levels of change** in our next lesson.*) Gradual change is often most preferential as it allows our bodies to detoxify more gently.

We found that with each improvement we made to our diet we experienced not only health gains but also taste changes that encouraged us to attempt even more changes. Each step we took led us closer and closer to what we feel now is one of the best ways we can nourish our bodies.

Also, I want to encourage you that wholesome eating does not involve calorie-counting nor portion-controlling, and it doesn’t need to be boring, bland or expensive. (*These kind of topics are addressed in the [WHOLESONE TIDBITS](#) newsletters.*)

A brief note regarding “vegetarianism”:

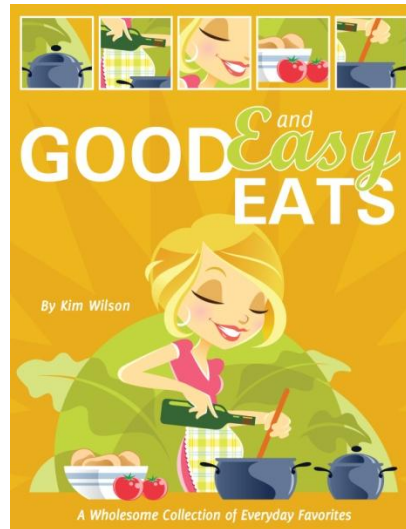
My husband and I never set out to become vegetarians (we seemed to just lose the taste for animal products as we gradually changed our diet). Now that we know what we do about the manufacture of animal products, we’d never go back. We still resist calling ourselves “vegetarians,” however, since this isn’t always well-received by others. We’ve found that people often feel more comfortable when we talk about consuming a “plant-based diet.” This description focuses on what we eat, and most everyone appreciates that fruits and vegetables are beneficial in our diets.

But, while we’re on the topic of vegetarianism, let’s just take a moment to look at the positive impact we can have on the world by not consuming animal products. By eating a plant-based diet, each person saves the lives of upwards of 95 animals per year. (Wow!) And if you’re concerned about chemical exposure, you should know that when you eliminate animal products from your diet you have effectively eliminated 85-95% of your exposure to pesticides, herbicides, medications, steroids and other harmful chemicals. Environmentally, you save millions of gallons of water and natural resources that would otherwise be expended in animal production. Though we never made the decision to eat a plant-based diet for these reasons, it is really nice to know we are contributing to the health of our world even as we benefit in our own personal health!

And that’s it- **that’s all you will ever hear from me** in discussion of animal-based products! I enjoy focusing, instead, on the benefits of whole plant-based foods.

And here's a great recipe to get you started- [my award-winning and ever-popular chili!](#) This recipe is meat-free, and rich in fiber, antioxidants and phytonutrients! *Only the good stuff here!* Even committed carnivores like this recipe. I love serving it as a company meal (accompanied with salad, brown rice, and chips and salsa) or taking it to a potluck.

If you like the sound of these principles and want to get your hands on a collection of easy, wholesome recipes to make this way of eating a part of your lifestyle ***RIGHT NOW***, visit www.goodandeasyeats.com to purchase Kim's ebook, ***Good and Easy Eats***. ***Imagine-*** for less than your next meal out, you could have within your hands today a wholesome collection of over 70 of Kim's tried-and-true favorites!



Also check out our website [Simply Natural Health](#) and our [Good and Easy Gluten-free](#) recipe blog for other great resources and recipes.

SECOND LESSON of THE WHOLE STORY

What Does Wholesome Eating Look Like?

MANY DIFFERENT LEVELS AND DEGREES OF CHANGE

In our last lesson, we looked at how a wholesome diet (a diet based on whole plant-based foods) can support our optimal health. Making the transition to a wholesome plant-based diet is a process. Today we will discuss that process and the different potential levels of change. Be encouraged to take on whatever level of change you feel comfortable with at this time. If you are able to acquire a couple of healthy new habits as a result of going through this e-course then I would consider that a success!

**Transitioning to a wholesome diet
involves two separate aspects, undertaken simultaneously.
We need to AVOID harmful foods and INCLUDE wholesome ones.**

Avoiding HARMFUL foods

Harmful foods include substances that **were not created for our consumption**

For example, chemically synthesized substances like artificial colors, flavors, sweeteners, preservatives, etc.

Harmful foods include foods that have been so **greatly altered** from their natural form that they are not beneficial to our bodies.

For example, white flour and sugar

Harmful foods include foods that **begin to control us** and our decision-making- anything that we are dependent upon or to which we may be addicted.

For example: coffee, alcohol, chocolate, sugar, etc.

Focusing on HEALTHFUL foods

Healthful foods are foods eaten as close to the way they were created as possible. As whole foods, they are in their original form and configuration and are fully recognizable and useable to our bodies. Simply put- they contribute to our health because they were designed that way.

BEWARE: It's quite easy to become convinced of the concerns with harmful foods and be adequately motivated to rid your kitchen of them. The danger, however, is being left with empty cupboards- with no good alternatives in place. It's too easy to get discouraged, conclude there's nothing to eat and go back to your old ways. For this reason, it's very important to make this transition simultaneously. When you remove harmful foods from your cupboards, refrigerator and pantry, be proactive and intentionally stock your shelves with some wholesome alternatives (free download of [Making the Transition](#)- healthful alternatives to common foods and ingredients- I'm including this link again for those who didn't access it in the last lesson).

For the majority of your life you've probably based your food decisions on taste, comfort and convenience. To choose wholesome eating means consciously making a shift to include those foods in your diet which are beneficial to your health.

THESE TWO SIMPLE PRINCIPLES FROM THE FIRST LESSON KEEP US ON TRACK WITH OUR DIETARY CHOICES:

1. Eat foods that were created as food
2. Eat them as close to the way they were created as possible

There's nothing more discouraging than gearing up and beginning on a path of change, just to find it too difficult or unmanageable. Choose a level that is doable for you (and your family) and achieves the rate of healing you desire. Remember that every step towards health is a step in the right direction! What we add to our diet is just as important as what we remove from it.

I also want to encourage you that you will benefit from health improvements no matter how small or gradual your changes. John lost the majority of his weight, his Meniere's symptoms and his need for high blood pressure medication simply in working away from a predominantly animal-based and processed food diet to one based on whole, natural foods- with no portion-controlling, hunger nor feelings of deprivation. In time, we ate more and more raw fruits and vegetables and added fresh vegetable juices to our routine because we were convinced of the added benefits. You may see the wisdom in adding these to your diet from the start, but I always want to encourage people to only take on that level of change with which they feel they can be successful. We're aiming for lasting lifestyle change here, and steady gradual change is better than an aggressive start that falls flat on its face.

All Levels of Change Lead to Greater Health!

Transitional level - *this step begins to reduce harmful foods and increase healthful ones in our diet.*

- **reduce** animal products and processed foods (SAD foods)
- **increase** whole plant-based foods (those proven repeatedly to promote health)

Healthy level - *this level supports our body's ability to cleanse from the consequences of excesses and to rebuild with true nutrition by supplying it with the whole, natural foods optimal for our health*

- **avoid** animal products and processed foods (SAD foods)
- **focus** on whole plant-based foods (fruits, vegetables, grains, legumes, nuts and seeds- as much of them in their raw form as possible)

Accelerated level - *aggressively addresses deficiencies and equips the body for advanced cleansing, healing and disease-fighting/prevention with dense nutrition in the form of raw foods and fresh juices*

Continue with the “healthy level” **PLUS:**

- supplement with plenty of **raw fruits and vegetables, and their juices**
- **address issues and needs particular to the individual** (food allergies, sugar-handling issues, gluten-intolerance, yeast overgrowth, etc.)

How does this translate into meal options?

People eating at the **transitional** level might enjoy:

A wholegrain breakfast (cereal, muffins, pancakes, etc.)

A plant-based lunch (veggie sandwich, soup, etc.)

A whole, natural dinner (any of a wide variety of vegetarian options)

People eating at the **healthy** level might choose:

A cooked or raw breakfast (wholegrains or a fruit smoothie, for example)

A cooked or raw lunch (sandwich, soup, salad, cut veggies and dip, etc.)

A dinner beginning with a salad, followed by a cooked vegetarian entrée

People eating at the **accelerated** level might have:

Fresh vegetable juices or a fruit smoothie for breakfast

A raw fruit or raw veggie-based lunch (fruit salad, smoothie, green salad, cut veggies, etc.)

A dinner beginning with a salad, followed by a cooked or raw vegetarian entrée

This is oversimplified, but it should provide you a picture of what these levels of change practically look like. Download a free copy of [Meal Ideas](#) to gain a broader idea of the variety of meals available. Though the meals at the accelerated level may seem more radical, you probably notice that this style of eating is actually simpler in terms of planning and preparation. It's pretty great when the easiest way to eat is also the most beneficial!

It may also appear that there isn't enough food to live on at the accelerated level, but as we eat more nutritionally-dense foods, we actually require less total intake. (It's one of those things you need to experience to believe!) And this has a neat side benefit in that studies have shown the only proven way to lengthen life is with reduced food intake. Eating whole foods allows you to be truly fed (at the cellular level) on less food!

What components of the Standard American Diet (SAD) might you want to initially focus on reducing or eliminating? Here's a partial list to get you started:

Animal products, dairy products (ice cream, cheese, etc.)

“White” foods/refined foods- white flour, white rice, white sugar, etc.

Margarine/shortening, refined fats, fried foods, etc.

Stimulatory foods- coffee, soda, sugar, etc.

Harmful substances- cigarettes, alcohol, etc.

It often seems to take a major health crisis before an individual is interested or willing to dramatic changes in their diet or lifestyle. More often, we're most comfortable making health changes gradually, one gentle step at a time.

Begin wherever you feel comfortable and progress as quickly or as slowly as you'd like.

Each change you make will positively impact your health.

Be encouraged- each good choice does make a difference.

WHAT'S THE BIG DEAL WITH RAW FOODS?

Raw foods are a powerful component of a healthful, plant-based diet. Consuming an abundance of natural foods in their uncooked and unprocessed form works most efficiently with the design of our bodies. The dense living nutrients found in raw foods (and their juices) **meet and satisfy your cells' true nutritional needs**. When you eat these living foods, you will find that you no longer have to deal with hunger pangs or cravings. Live foods are also what produce abundant energy and vibrant health. Cooked, processed foods only temporarily satisfy the stomach and sustain life in a compromised way. This explains why eating mostly raw fruits and vegetables and their juices curb what feels like perpetual hunger- you're truly feeding your body.

THE SCIENCE OF RAW FOODS

Raw foods come to us with the **living enzymes** necessary to facilitate the digestion and assimilation of the nutrients in the foods. Enzymes aren't given as much attention as other nutrients, but we need them not only for every biochemical process in our body but as the "passports" that get the other popularly known nutrients where they need to go to perform their necessary function in the body. Cooking kills all enzymes, as well as most vitamins, and alters the minerals and proteins in such a way that they are more difficult for the body to use. Because the cooked food is not accompanied by the enzymes necessary for digestion, it places more of a strain on our digestive system and many of the nutrients that would otherwise be used to build our bodies are spent in this digestive process (if they hadn't already been lost through refining or processing).

Raw foods are not only packed with enzymes, but are also the **most nutritionally dense form of food**, because all of the vitamins, minerals, proteins, fats and fiber are in their original, unaltered body-available forms. A raw food offers up to three times the nutrition of the same cooked. Since true nutrition is concerned with feeding our cells, it is important to provide them with the living nutrients of raw foods. Life can be sustained on cooked foods, but cells are not replenished and replaced in an optimal way. On raw foods you will find that you eat less, yet your body will operate more efficiently with what it's been given.

Also because raw foods are **easily digested**, less energy will be expended on the process of digestion and is freed up for your use. It's probably a little known fact that digestion takes more energy than other activity our body undertakes. We free up significant amounts of energy each day by consuming raw, enzyme-rich foods that require very little digestive energy compared to the digestive work exerted on cooked foods (particularly animal-based foods and processed foods). Most people who add more raw foods to their diet are surprised by the increase in energy they experience.

INCREDIBLY BENEFICIAL RAW FOODS

Raw fruits and vegetables- rich in the vitamins, minerals, enzymes, phytonutrients and other beneficial factors needed for optimal health.

Fresh vegetable juices (including powdered green juice drinks) – sources of concentrated nutrition and requiring very little digestion, so assimilation of nutrients is maximized. The most natural form of supplementation!

Raw nuts and seeds- rich in good oils (limit to about one handful per day). Because they are a more concentrated source of fat and protein, these can be more difficult to digest (soaking in water for a few hours aids with this)

Sprouted grains, beans, nuts or seeds- an optional addition to your raw meals.

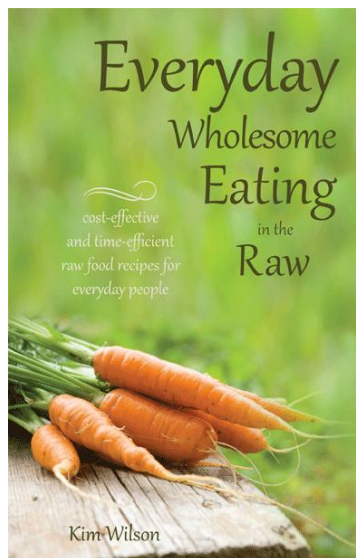
With this second lesson I share two simple recipes that make it a little easier to add more raw veggies to your life (combined in one pdf).

Hummus This middle-eastern dip made from chickpeas has become quite popular in recent years and is very inexpensive to make on your own. Tasty dips are a great way to incorporate and enjoy more raw veggies in your diet. Kids especially enjoy having a dip for their veggies!

Italian Dressing This is a super-easy traditional dressing that will make it a bit easier to incorporate more salads into your diet.

If you'd like to prepare more raw foods yet have found most raw food recipes too be too costly, intimidating and unappetizing, you'll be greatly encouraged by Kim's raw food recipe book and resource

Everyday Wholesome Eating In The Raw



Cost-effective and time-efficient raw food recipes for everyday people.

THIRD LESSON of THE WHOLE STORY

How Is Wholesome Eating Different?

WHAT OUR BODIES NEED

As I touched on in the first lesson, our tendency to survive on cooked, processed food has led to a coupled problem of being overweight and yet malnourished. It doesn't seem like these two could go together, but our wealth has allowed us to overeat on foods that have been depleted of their nutritional value.

At the most basic level, our body needs fuel and nutrition. We all know we're getting enough calories- the real concern is that we're not getting enough nutrients. Our cells are hungry for nutrition. But when we begin the day with coffee and a bagel, for instance, our stomach might be temporarily satisfied, but in a couple of hours our cells have figured out that they weren't given anything to go on, so we are hungry again. Then we might seek out a snack- a candy bar or handful of pretzels. Our stomach is temporarily distracted, busy with digestion and believing it has been fed, but our cells soon again cry out for food- real food- when they figure out they've been duped, and this cycle continues on and on. So we are continually stuffing our stomachs but not feeding our cells.

It shouldn't come as a surprise that a diet consisting primarily of nutritionally-devoid, processed foods leads to the coupled problems of **excess weight** and **malnourishment**. Our bodies are forced to deal regularly with overloads (calories, bad fats, refined products, chemicals, additives, toxins, etc.) and deficiencies (vitamins, minerals, fiber, enzymes, etc.). Having to do so, in turn, causes a variety of problems that show themselves as symptoms.

HOW WHOLESOME EATING SOLVES OUR PROBLEMS

It's exciting to learn, however, that by adopting a whole, natural plant-based diet our bodies are encouraged to cleanse (dealing with excess weight and stored toxins) and heal (addressing our health issues) simultaneously. This way of eating is a simplified approach to health and wellness in that it is not symptom-specific, but whole-health oriented. It trusts in the incredible design of our self-healing bodies to use the "raw materials" of a healthful diet and lifestyle in restoring health and normalizing weight.

As mentioned in our last lesson, if you want to accelerate the rate of healing and weight loss, you can do so by eating more of your foods in their most natural state- **in the raw** (no- not naked, just not cooked!). A look at the nutrition and calorie comparisons of raw and cooked carrots will help us further understand why this is true. One raw carrot (considered one serving) has about 28 calories and a myriad of vitamins, minerals and other micronutrients. Three cooked carrots (also considered one serving) has 60-80 calories (plus any additional calories found in the form of butter added to make them more palatable), and cooking has caused them to lose a good bit of their nutrients and all the enzymes that would have aided in their digestion and assimilation.

Eating raw foods uniquely allows us to be satisfied without being overfed. Raw foods help our weight to normalize and keep our appetite in check. Because the digestion of cooked foods can take three times the energy as that of a raw meal, it's an especially good idea to consume an all-raw breakfast. The energy that would be spent on digesting a heavy cooked breakfast can instead be applied to your morning activities and you'll find you have more energy and less hunger as a result.

A raw breakfast (like fresh vegetable juices, a fruit smoothie or fresh fruit and nuts) is more sustaining than you would think- because your cells are getting the nutrition they want and energy hasn't been diverted from your activities to the meal's digestion.

Living Foods for Your Living Body

Live foods feed your cells and build health.

Cooked, processed foods only temporarily satisfy your stomach
and sustain life in a compromised way.

This explains why eating mostly raw fruits and vegetables (and their juices)
helps curb what feels like perpetual hunger,
because you've truly fed the cells of your body.

*In a sense, raw foods are "the whole lot of good stuff in a little small stuff"
that balances our past history of "a little bit of nothing in a whole lot of bad stuff".*

TWO INCREDIBLY BENEFICIAL RAW FOODS

FRUIT, wonderful fruit! Most of us naturally enjoy fruit but it's often crowded out of our diet by unhealthy snacks. Fruit, of all foods, naturally have the highest water and vitamin content, require the least amount of energy for digestion, are alkaline (in their raw form) and are packed with enzymes. Fruits are phenomenal for cleansing, weight loss and regaining energy. They are the only food that gives us energy without taking

any. They should usually be consumed on their own because they digest so quickly. Other than particularly sweet fruits (like bananas, dates and dried fruit), fruit only spends about 20-30 minutes in our stomach. Limiting our morning (and even lunchtime) consumption of foods to freshly extracted vegetable juices and fresh fruits works beautifully with our body's natural desire to continue the elimination and cleansing process through the early part of the day. Though fruit is such a wonderful part of a wholesome diet, we need to guard against consuming too much of it. Two to three pieces of fruit per day is great (and even less is recommended for those who have sugar-handling issues or problems with candidiasis- a condition caused by yeast overgrowth). **Fruit can easily be enjoyed for breakfast or as a snack. Fruit smoothies are a great way to enjoy fruit as a regular part of your diet.**

RAW VEGGIES are the number one source of minerals in our diet (and second only to fruit in vitamin content). The greener a veggie, the more alkaline it is. Some vegetables may seem very foreign to us to consume "in the raw" (like beets or corn) - but I encourage you to be adventurous- give them a try. I think you'll be pleasantly surprised! I remember so cautiously tasting them for the first time, but being so pleased by their natural sweetness. Both of these raw veggies plus many others make great salad toppings as well as great veggie sticks, slices and wedges for dipping! **An easy way to incorporate raw veggies into your diet is by adding a salad (or cut veggies and dip) to your lunch or dinner.**

WHOLESOME EATING IS ABOUT EATING, NOT DEPRIVATION

In contrast to traditional weight-loss diets, **wholesome eating is not about deprivation.** Most diets focus on what you have to limit or eliminate in your diet (low-fat, low-carb, low-calorie, etc.). These diet plans depend upon depriving the body of certain food stuffs and often only work by tricking the body to give up weight or fat (like high protein/low carb diets). They may achieve the short-term goal of weight loss, but don't build true health. People often feel dissatisfied while dieting because they end up thinking about the forbidden foods and don't find the foods that they are eating enjoyable. These diets also don't usually satisfy your true nutritional needs- so they are dissatisfying on many levels. Realistically, you cannot maintain for the long-term a diet that is not enjoyable and leaves you hungry. You need to find a comfortable, enjoyable diet that supports true health and ideal weight maintenance.

The good news with wholesome eating is that it does both. As I've said before, the same foods that keep you trim also improve your health. With wholesome eating, you're also able to focus on the foods that you're enjoying (whole, nutrient and flavor-packed foods)

instead of fixating on the foods you've eliminated. And, it's wonderful how your taste buds support this process, as you naturally develop a greater and greater enjoyment of and desire for wholesome foods.

Establishing new healthful diet and lifestyle habits in your life is going to have a greater impact on your health than you may have anticipated- certainly more than just physically. I'm excited for you to personally witness the positive changes that you'll experience as a result of transitioning to a wholesome, plant-based diet.

FOUR SIMPLE TIPS

Because the transition to wholesome eating can be such a big change to undertake, I want to share some tips to encourage you in the process.

#1. Don't go hungry. This diet is not about portion-controlling or deprivation. Eat enough to be contentedly full. Even if one of your goals is to lose weight, I think that you'll be pleasantly surprised that without changing the quantity of foods you eat (just the foods themselves) weight loss will come as a natural side-effect of consuming the foods originally designed for our best health.

#2. Eat a variety of foods. Don't get stuck in a rut, eating the same foods over and over. This will only serve to convince you that this way of eating is boring and certainly not anything someone could stick with for any length of time. If you consider how long it will take you to just try all the different fruits available at your local market, you get a better idea of the diversity of plant-based foods available to you. Move on to the freezer section and sample some of the range of frozen veggies that are conveniently at hand. Also give some ethnic foods a try. These offer many plant-based options and incredible variety to your diet. In time you may even become enlightened to how redundant the Standard American Diet was!

#3. Enjoy your foods. Don't force yourself to eat certain foods just because you heard they are good for you (developing a taste for kale or rutabagas may take a while!). Instead, focus on eating those foods you thoroughly enjoy, regularly trying some new fruits, vegetables, beans, grains, nuts or seeds. As your tastes naturally change, your enjoyment of these foods will grow to include more and more variety. Don't force the change. Enjoy the foods you eat. You get more nutritional benefit from foods you enjoy eating than from those that you "choke down" just because you know they are good for you. My husband asserts that he enjoys the foods we eat now more than he ever did those we left behind.


#4. Prepare double batches of recipes you like. For many, the task of preparing home-cooked meals may seem a bit daunting. When you've found some recipes for salad dressings, soups or entrees you enjoy, make them in quantity and freeze the extra away. This will reduce some of the work of preparing wholesome meals.

Freedom vs. Deprivation

Choosing good foods because they are the best for us,
and turning down harmful foods because they aren't,
is exercising our freedom of choice. **It is not deprivation.**

It, instead, frees us to experience energy, good feelings, a bright outlook,
physical well-being, a clear mind and the full enjoyment of today and tomorrow!

Be assured that our recipes fit with Simply Natural Health's goals
to make healthy living simple and practical.

They are characterized by being  **WHOLEmade™**

W hole food	whole, natural plant-based ingredients
H earty and healthy	family-pleasing and exceptionally good for you
O nly the good stuff	focused on nutritionally-dense foods; avoiding common allergens
L ess costly	simple ingredients that are affordable and obtainable
E asy and enjoyable	simple and tasty recipes!

As a **BONUS** with this lesson I share a download of one of my favorite resources- a document that helps us consider the bigger picture of health, including factors beyond our diet choices. [Click here](#) to access [What are your diet and lifestyle characterized by?](#)

And the **FEATURED RECIPES** for this lesson are two super-simple snacks that you can make in quantity and have on hand to reduce the temptation to resort back to less-than-wholesome snacks (featured in one pdf).

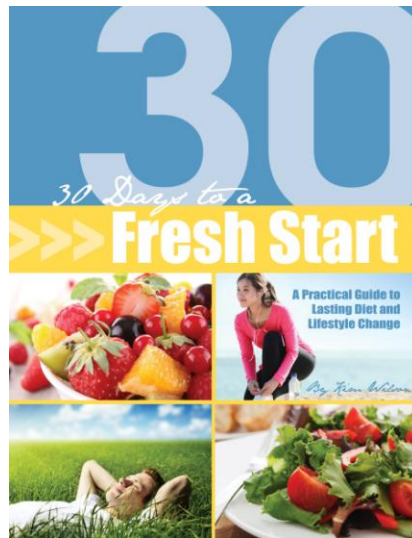
[Muesli](#)

Muesli (a traditional Swiss cereal) makes a great wholesome breakfast or a hearty snack. Make a big batch as it's a great staple for the transition period (to ensure you don't "go hungry"!).

[Snack Mix/Trail Mix](#)

Super-easy, super-wholesome snack that is too overpriced to purchase already-prepared. Make a custom batch featuring your favorite ingredients!

If you appreciate the handy tips and practical helps offered in this lesson, then you'll really enjoy Kim's [30 Days to a Fresh Start](#).



Kim takes you by the hand to walk you through healthy diet and lifestyle changes in this resource that includes informative articles and easy recipes plus journal sections and handy references.

FOURTH LESSON of THE WHOLE STORY

How Do I Begin?

KEYS TO LASTING CHANGE

In the last lesson I shared some practical tips for transitioning to a whole, natural diet. Today I want to share a couple reminders and suggestions that can be instrumental to successful, enjoyable, lasting diet change.

You'll simplify and increase your chances for success by focusing on:

SIMPLE Focus on simple recipes- recipes that include a few basic ingredients and simple preparation. You can certainly play around with gourmet cooking when you have more time, but for now you're most likely concentrating on developing a reliable repertoire of wholesome meals.

FAMILIAR Initially work with foods and dishes that are similar to those with which you and your family are comfortable. Too much change at once can frustrate or discourage them.

WHOLE, NATURAL Don't be fooled by labels on packaged/processed foods that declare themselves "natural" or "organic." "Organic sugar" is still sugar- a harmful refined product. Consider the two target questions: Is this something that was created as food? Is it as close to the way it was created as possible?

FRESH, LOCAL, IN-SEASON This is "whole and natural" kicked up a notch. Eating foods that are locally produced, at the time they would naturally be harvested and in their raw form all increase just how "close to the way they were originally created as possible" they are- boosting their nutritional density and compatibility with our bodies.

WHAT WHOLE PLANT-BASED FOODS WOULD BE ESPECIALLY BENEFICIAL TO ADD TO MY DIET?

*Some of you may already consume a fair bit of raw fruits and veggies in your diet and may wonder what other foods you could incorporate into your diet for your best health. To maximize our nutritional intake, and consequently, our health gains, we want to capitalize on those foods that are most concentrated in beneficial factors. We refer to these foods as “**nutritional powerhouses**” because they are naturally packed with a wide range of antioxidants, phytonutrients, fiber, vitamins and minerals. According to my research, the biggies are beans, berries and greens. We joke in our family that we’re on the “bean, berry, green” diet. (If you say that five times fast it does start to sound pretty funny!) Ideally, you’ll want to eat your greens and berries raw (which isn’t too hard to do), but beans are best consumed cooked.*

The top ten antioxidant foods have been listed in the following order: small red **beans**, wild **blueberries**, red kidney **beans**, pinto **beans**, **blueberries** (cultivated), cran**berries**, artichokes, black**berries**, prunes and rasp**berries**. Did you notice that? Five varieties of berries and three varieties of beans top the antioxidant all-star list!

Berries taste wonderful and are an easy addition to our diet. We can add them to fruit smoothies, fruit salads or just enjoy them fresh and whole as a snack.

Beans are incredibly versatile and inexpensive. Beans have the highest fiber content of all foods (higher even than whole grains) and are second highest in antioxidants (only following berries). I teach a cooking class entitled “The Humble Bean” because there are so many wonderful things about this unpretentious food (my sister inquired if I might have meant “The Rumble Bean” instead!). Beans can easily become a regular part of your diet (ideally enjoyed daily) - but don’t be discouraged if you’ve dealt with that rumbling part, there are ways to improve your digestion of beans. ([Click here for information on how to increase the digestibility of beans](#)). Beans are great as a salad topping (straight out of the can), processed into a veggie dip (like hummus), added to soups and used in entrées.

Greens, of course, can be a regular part of your salads (leaf lettuces, baby greens, spinach, etc.- but not iceberg lettuce- it’s too nutritionally inferior). But what about those hearty greens (kale, collards, Swiss chard, etc.) that seem a little more intimidating and unappealing? These can be consumed raw in a variety of ways- added to fresh vegetable juices, blended into fruit smoothies (yes- for real!), broken up into small pieces and added to salads or marinated to tenderize and mellow their flavor. Many people prefer them cooked. Allow yourself a bit of time to develop a taste for them. Our taste buds

regenerate every two weeks and the more alkaline your diet, the more quickly these foods will become appealing, so give yourself time to incorporate them more into your diet. Greens are a highly beneficial part of your diet because they have the highest nutrient-to-calorie ratio of all foods and are packed with minerals (as well as many other nutrients) that help alkalinize the body and aid the cleansing and healing process.

And while we're discussing some **cooked foods** in our diet, I'll touch on some other good choices. When eating grains, always chose whole grains. Many people are allergic to two of the most common grains (corn and wheat), so you may want to experiment with some alternative grains like millet, quinoa and buckwheat ([click here](#) for information on gluten-free cooking). Also, any sprouted grain products (breads, tortillas, etc.) are going to be a better choice over those made with regular whole grain flours. Sweet potatoes are also preferential over white potatoes. They are more nutritious and have a lower glycemic index (less impact on your blood sugar). One last note: Anytime you can soak or sprout a bean or grain before cooking, you've increased its nutritional content, digestibility and alkalinity. Simply soak overnight (or longer) in plenty of water with a dash of an acid (lemon juice or apple cider vinegar) to increase the benefits!

STOCKING YOUR WHOLESOME KITCHEN

Perhaps you've already begun purchasing and preparing some whole natural foods. Whether you have or not, I want to share some tips to help you in the task of filling your home with good, wholesome foods. You want to be surrounded by good options so don't fight with or succumb to feelings of hunger and deprivation.

Here are a couple of free downloads that can help with this process:

[Stocking a Basic Pantry](#) will help in developing your "first time" shopping list. If you purchase each of these items, you will be able to prepare 90-95% of the recipes you find in my books and on my site, with no additional shopping beyond restocking your produce each week.

[Wholesome Eating Shopping List](#) is a more comprehensive list. Some people have laminated it for use with a dry-erase marker and others have simply made multiple copies for week-to-week use. A shopping list like this is most helpful if you remember to note any items that need to be replenished as well as any ingredients you anticipate needing for an upcoming recipe. This will keep you well-stocked so you'll be able to successfully prepare almost any meal anytime you might like.

You can use these two tools and the discussion below to develop your wholesome eating grocery list. Many items will be available at common chain grocery stores, but if you have a good co-op or health food store in your area it can often be more cost-effective to get some bulk items (grains, beans, spices, herbs, nuts and seeds) at these locations.

Some Staples for Your Fridge and Pantry

Get some nice leaf **lettuce** (iceberg isn't a great choice nutritionally) and whatever special **salad toppings** you like. You'll want enough variety and interest so that your salads are an enjoyable part of your meal. Purchase carrots, cucumbers, celery, cherry tomatoes and any other raw veggies that are quick and handy to enjoy with a dip. Oh, yes, and some onions and garlic. Many vegetarian dishes begin with these two savory ingredients.

Read labels and find a couple of pretty good salad **dressings** (in time, you'll probably experiment with making your own healthful dressings). If your budget can afford it, some prepared hummus or salsa are great to have on hand (again, these are even more economical and healthful when prepared at home- but you're just getting started, so don't overwhelm yourself with change and work if you don't need to).

Stock up on beautiful, tasty **fruit**. Don't get stuck in the "apple, orange and banana" rut. Add some pineapple, mango, peaches, plums, berries, melons- or whatever else might be in season. Be sure to stock up on the staple ingredients for fruit smoothies (oranges, bananas, berries, etc.) if you want to start preparing these.

Stock up on some "sweet treats" of **dried fruit**. Ideally purchase them organic and be sure that they are unsulphured and unsweetened. These make great snacks and are great added to trail mix and muesli.

Get a couple bags of raw **nuts** (almonds, walnuts, pecans, etc.). Previously you may have viewed these as holiday fare or fattening treats. No more! - these are tasty powerhouses of good beneficial oils (as long as they are bought and consumed raw, of course).

Some raw **sunflower seeds and flax seeds** are good to keep on hand- but you'll probably need to visit a natural food store to find these. Be sure to purchase your flax seed whole and refrigerate or freeze it until you are ready to use it (to protect the delicate, beneficial oils). Freshly grind up (in a blender or coffee grinder) the amount you need for topping a smoothie, salad, or for including in a baked good (ground flax mixed with water is a beautiful egg substitute!).

Search for some good **wholegrain bread and pasta** (remember, don't trust the label- if it says "whole wheat" bread, and not "100% whole wheat" you're sure to find some version of white flour in the ingredient list). These come in handy for making veggie sandwiches, to serve with a soup entrée or in preparing a quick Italian dinner.

Be sure purchase some **brown rice** and **rolled oats**. Brown rice has a longer cook time than white rice, but in time you'll get used to preparing whole foods and will naturally remember to put the brown rice on to cook about an hour before you plan on having dinner. Get some rolled oats- for use in making muesli, hot oatmeal and other baked goods- including simple, tasty oat biscuits (*this lesson's featured recipe!*).

You'll want to be sure to have **great snacks** on hand. Be sure to review the [Wholesome Snacks](#) resource for more ideas of handy snacks to stock up on.

**The items that you're setting out to fill your kitchen with
are life-giving, cell-building, energy-renewing,
immune-strengthening, body-healing foods!**

You can feel really good about the cart you push up to the check-out counter!

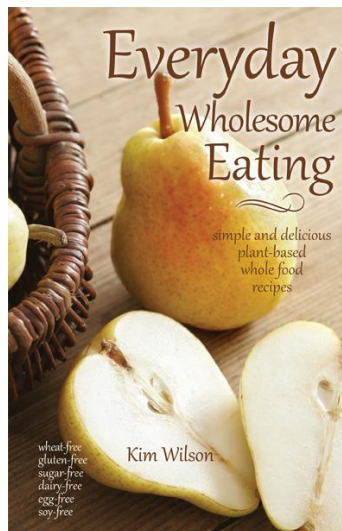
If you don't intentionally add wholesome foods at the same time you remove SAD ones, however, it will feel too much like deprivation and "hunger" will win out. Plan and prepare for the success of this transition by keeping plenty of good-tasting, appealing good-for-you foods on hand!

Okay- off to the store with you! Look at this as an adventure. You're going to be steering that cart down some aisles it hasn't seen before and maybe your car into some parking lots it hasn't visited previously. There is a whole new world of foods out there for you to discover! Be sure to get some special fruits, try some nuts and treat yourself to some fresh or frozen berries to throw in a smoothie or on a fruit salad.

Our **FEATURED RECIPE** accompanying this final lesson is for [Oat Biscuits](#)

These simple, inexpensive biscuits are made with a very common, highly nutritious grain- oats. They are a simple and tasty wheat-free soup accompaniment. Also enjoy them made into shortcakes and topped with fresh fruit or fruit sauce. If you have gluten issues, be sure to find a gluten-free variety.

If you've thoroughly enjoyed this information and would like a resource that covers all the basics of wholesome eating (including shopping information) and includes over 150 recipes for easy and affordable wholesome dishes **all in one place**, get Kim's most popular book, [Everyday Wholesome Eating](#).



and

If you've enjoyed this introduction and would like to learn more about wholesome eating or get your hands on some more great recipes, be sure to visit www.simplynaturalhealth.com

Good and Easy Gluten-free

Our whole food, plant-based, gluten-free and allergen-sensitive recipe blog www.glutenfreerecipeseasy.com