



Secret Guide

TO WEIGHT LOSS

Simple Green Smoothies

is here to help you fuel your passion. We celebrate plant-based foods, community and a positive mindset each and every day. Our hope is that you will eat + drink more plants and go after your dreams. That's what we call a **“Kale Yeah!”**

Visit **SimpleGreenSmoothies.com** for more recipes + inspiration to fuel your passion!

Copyright ©2018 by Simple Green Smoothies, LLC | October 2018 (1st Edition)

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means without the prior written permission of the authors, nor be otherwise circulated in any form of binding or cover other than that in which it's published. Modification of this design doesn't void the copyright. Disclaimer: All information presented in this book is for informational purposes only. These statements have not been evaluated by the Food and Drug Administration. This book is not intended to diagnose, treat, cure or prevent any disease and is not intended to be a substitute or replacement for any medical treatment. Please seek the advice of a healthcare professional for your specific health concerns. Individual results may vary.



IT'S IMPOSSIBLE TO PREDICT WEIGHT LOSS FOR A GROUP OF PEOPLE FOLLOWING A GENERAL PLAN AS IT'S A COMPLETELY INDIVIDUAL THING.

Some may lose quite a lot of weight and some a little. And there are a few who won't lose any weight. You must remember — the main goal is to cleanse the body of toxins. Yes, we will teach you some good eating habits along the way, and weight loss is usually a direct correlation to this. It may take some time for your body to find its natural healthy weight, but reducing sugar and refined carbohydrates is the way to go for lasting results.

Sugar and refined carbohydrates (white bread, packaged cereals, pasta, biscuits, etc) are the leading contributor to weight gain.

Refined carbohydrates are transformed to sugar once in our bodies. Our bodies are not designed to have such abundant amounts of sugar.

We know we've eaten something, but because refined products and sugar provide no nutrition, our bodies become confused, panic, and store it as fat to make sure it'll have some for later. Like a bear in hibernation.

When we stop eating these foods, and include plenty of slow burning carbohydrates, vegetables and fruit, our bodies relax, and start to turn to our fat stores for energy. They become more confident that a steady stream of nutrient rich food will be available, and so it calmly uses the body's own stores.

WEIGHT LOSS IS TIED UP IN MANY OTHER PARTS OF YOUR LIFE ALSO, INCLUDING HORMONES, GENETICS, FAMILY HISTORY, AND EMOTIONAL FEELINGS. EXERCISE AND BEING ACTIVE ALSO PLAYS A LARGE ROLE. USE THIS RESET AS THE JUMPING OFF POINT FOR YOUR NEW HEALTHY EATING LIFESTYLE.



COUNTING NUTRIENTS, NOT CALORIES!

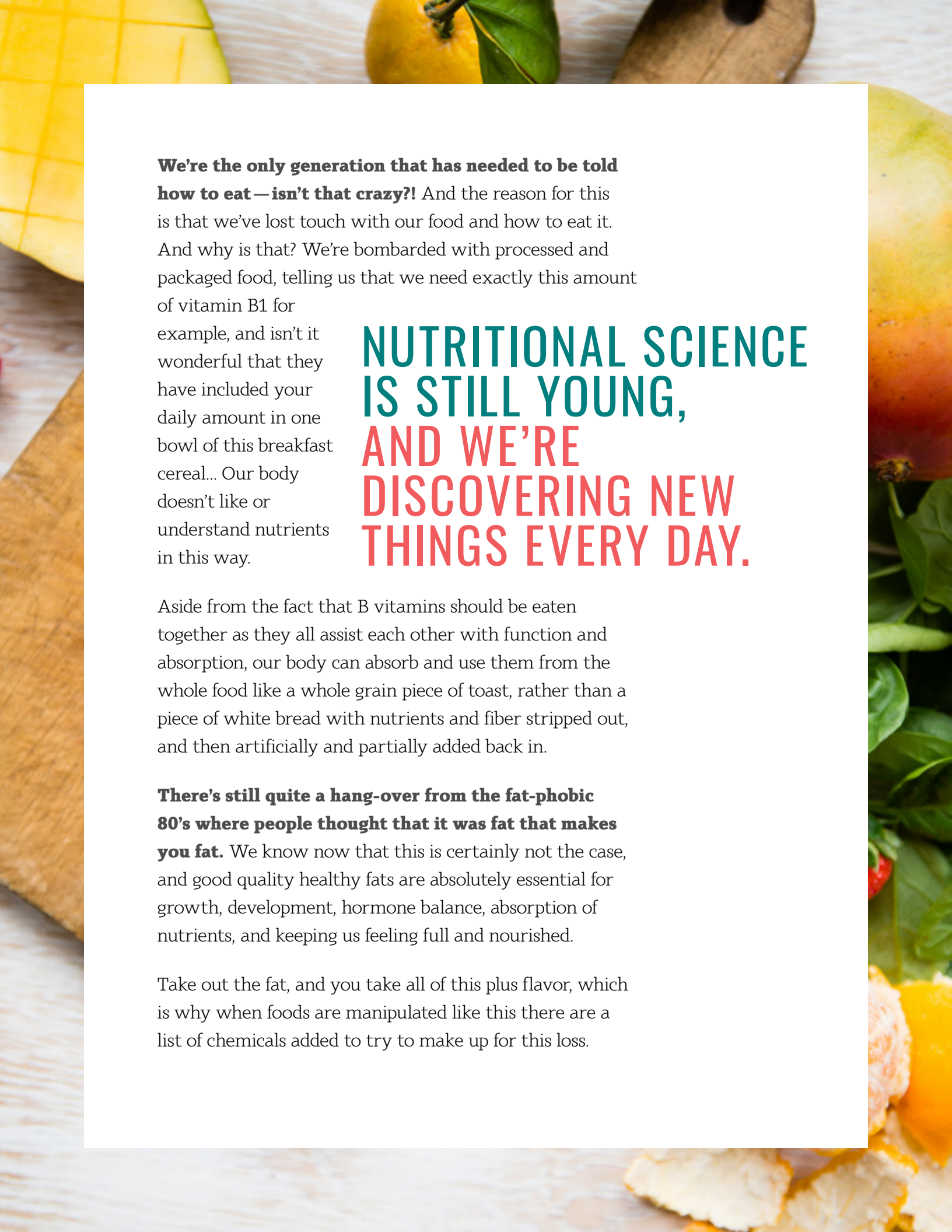
Have you ever noticed that if you look back to the 60's, 50's, 40's and beyond, that there wasn't the problem with obesity that there is today? And yet somehow they managed to do it all without the help of super low-fat, no-fat, low calorie foods? Calories are not the enemy here, and we should not be focusing on counting them. Nor should we be counting carbs or protein necessarily. We need to focus on eating whole, real food, mostly vegetables and plant based foods.

For example, here are some items of food that all have 10 calories: 1 slice of apple, 42 cheerios, 1 segment of orange, 4.5 mini marshmallows, 1.5 almonds, 1 pringle reduced fat, and 18 sunflower seeds. Also, one container of Jell-O Tropical berry sugar-free gelatin snack has 10 calories, and the ingredients are water, gelatin, adipic acid, citric acid, sodium citrate, aspartame, (and phenylketonurics), acesulfame potassium sweetener, artificial flavors, salt, red 40, yellow 5, yellow 6, blue 1.

What is all of that? Chemicals that damage our brain, lead to chronic disease, allergies, and most likely a whole lot else that we don't know about yet. Plus it turns straight to sugar in the body and is used as such, leaching your own nutrients to buffer it's acidity and adding to weight gain and blood sugar imbalance.

What bugs us the most, is that pineapple and berries actually taste like pineapple and berries, so why not use the real deal to flavor it?





We're the only generation that has needed to be told how to eat — isn't that crazy?! And the reason for this is that we've lost touch with our food and how to eat it. And why is that? We're bombarded with processed and packaged food, telling us that we need exactly this amount of vitamin B1 for example, and isn't it wonderful that they have included your daily amount in one bowl of this breakfast cereal... Our body doesn't like or understand nutrients in this way.

NUTRITIONAL SCIENCE IS STILL YOUNG, AND WE'RE DISCOVERING NEW THINGS EVERY DAY.

Aside from the fact that B vitamins should be eaten together as they all assist each other with function and absorption, our body can absorb and use them from the whole food like a whole grain piece of toast, rather than a piece of white bread with nutrients and fiber stripped out, and then artificially and partially added back in.

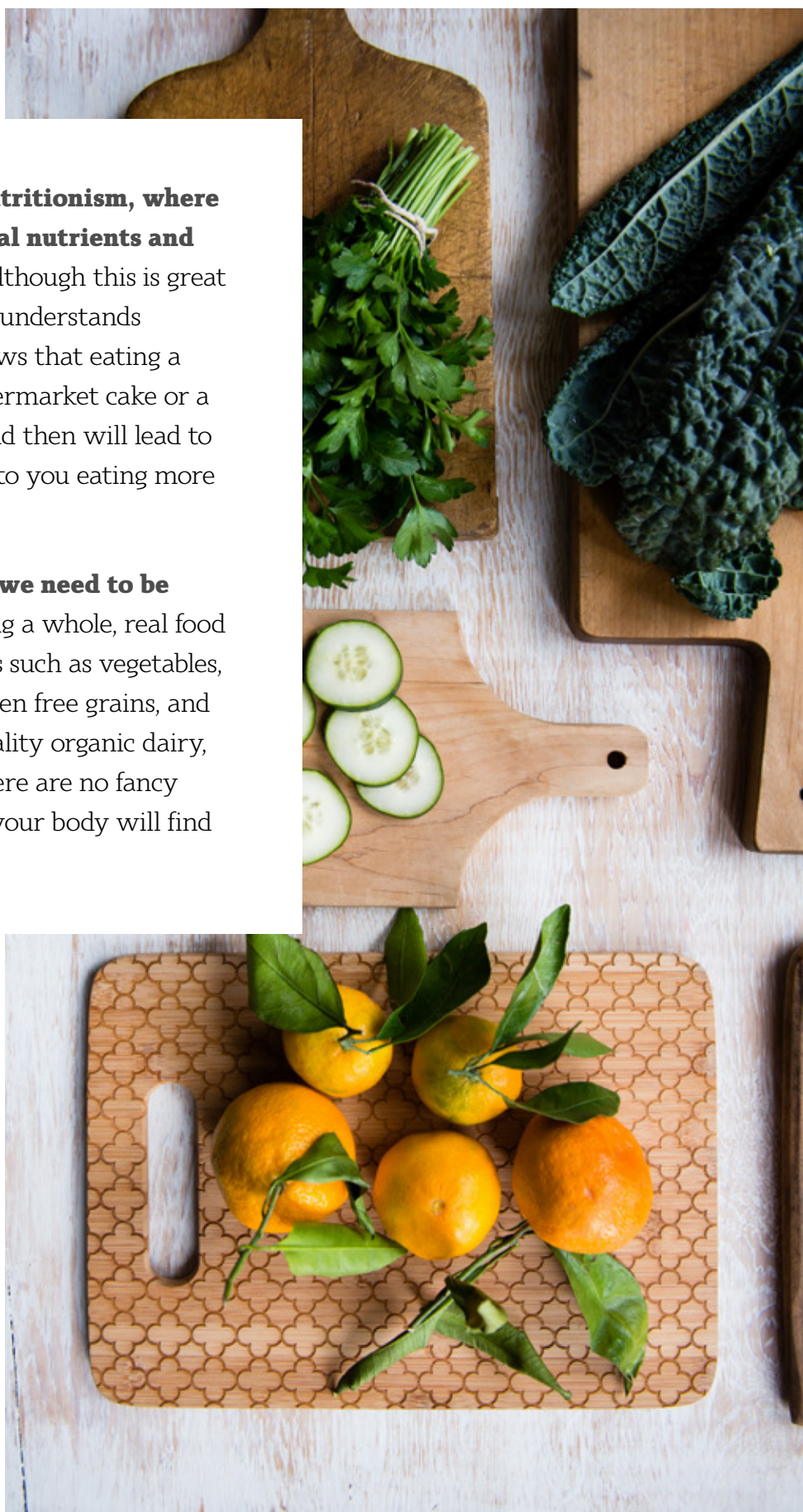
There's still quite a hang-over from the fat-phobic 80's where people thought that it was fat that makes you fat. We know now that this is certainly not the case, and good quality healthy fats are absolutely essential for growth, development, hormone balance, absorption of nutrients, and keeping us feeling full and nourished.

Take out the fat, and you take all of this plus flavor, which is why when foods are manipulated like this there are a list of chemicals added to try to make up for this loss.

Another problem is the issue of nutritionism, where the focus is on looking at individual nutrients and what each one does in isolation. Although this is great for scientific research, our body only understands nutrients and food as a whole. It knows that eating a refined piece of white bread or a supermarket cake or a processed juice is missing the fiber and then will lead to cravings for this later and often lead to you eating more food to compensate.

It's not the specific nutrients that we need to be constantly worried about. It's eating a whole, real food diet full or around 80% alkaline foods such as vegetables, fruit, nuts, seeds, legumes, beans, gluten free grains, and 20% meat/fish (if applicable), good quality organic dairy, whole gluten grains, etc. That's it! There are no fancy tricks or secrets, if you eat this way your body will find it's optimal balance naturally.

**GO FOR
THE
REAL
DEAL!**





FIBER

KEEPS THINGS MOVING NATURALLY

SO WHAT EXACTLY IS FIBER?

It's the indigestible part of plants that passes pretty much unchanged through the digestive tract. There are two types: soluble and insoluble. The soluble absorbs water on its journey through our intestines, and becomes gelatinous and gloopy. Think about what happens if you soak chia or linseeds—it's that! Other examples are fruit, beans, lentils, oat bran, barley and soy. Insoluble fiber adds bulk to our stools, but remains fairly unchanged on its trip. Examples include whole grains, nuts, seeds, and rice bran. Fiber absorbs water from our colon and makes our stools easier to pass—hooray!

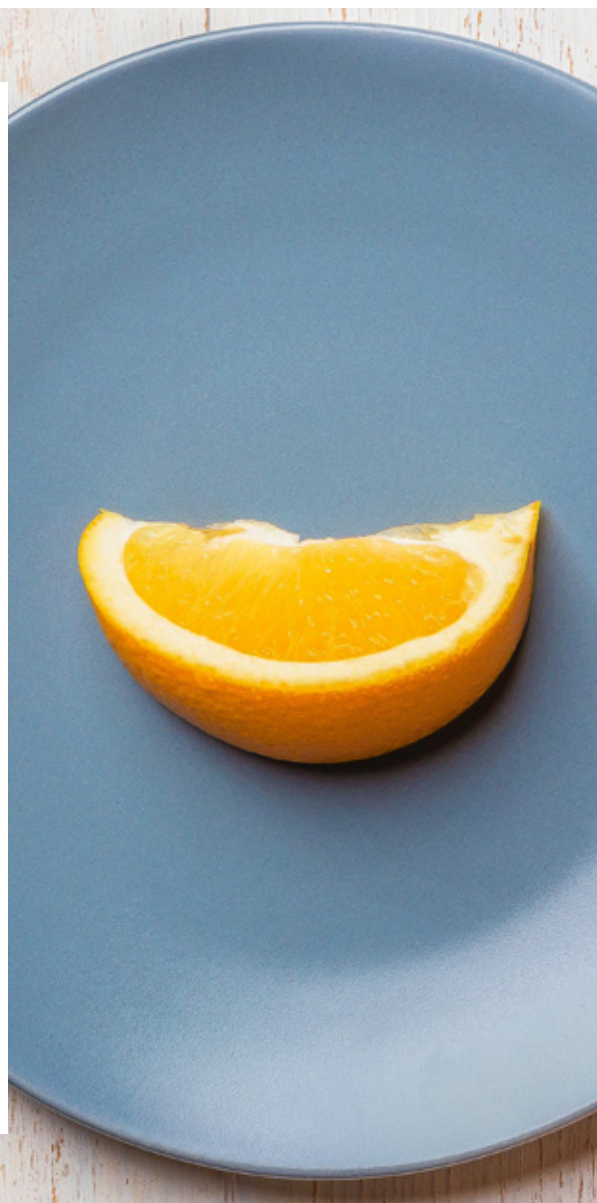
It also acts as an intestinal broom, sweeping out unwanted waste and keeping the gut lining healthy. It really is the ultimate house guest. But apart from the benefits in the bathroom, fiber has a number of other benefits in the body. It's beneficial for our heart, in that it can help to regulate cholesterol levels. It also slows glucose absorption in the small intestine, which keeps our blood sugar regulated and is particularly helpful in conditions such as type 2 diabetes. And weight loss can be another added benefit, as fiber helps us to feel full.

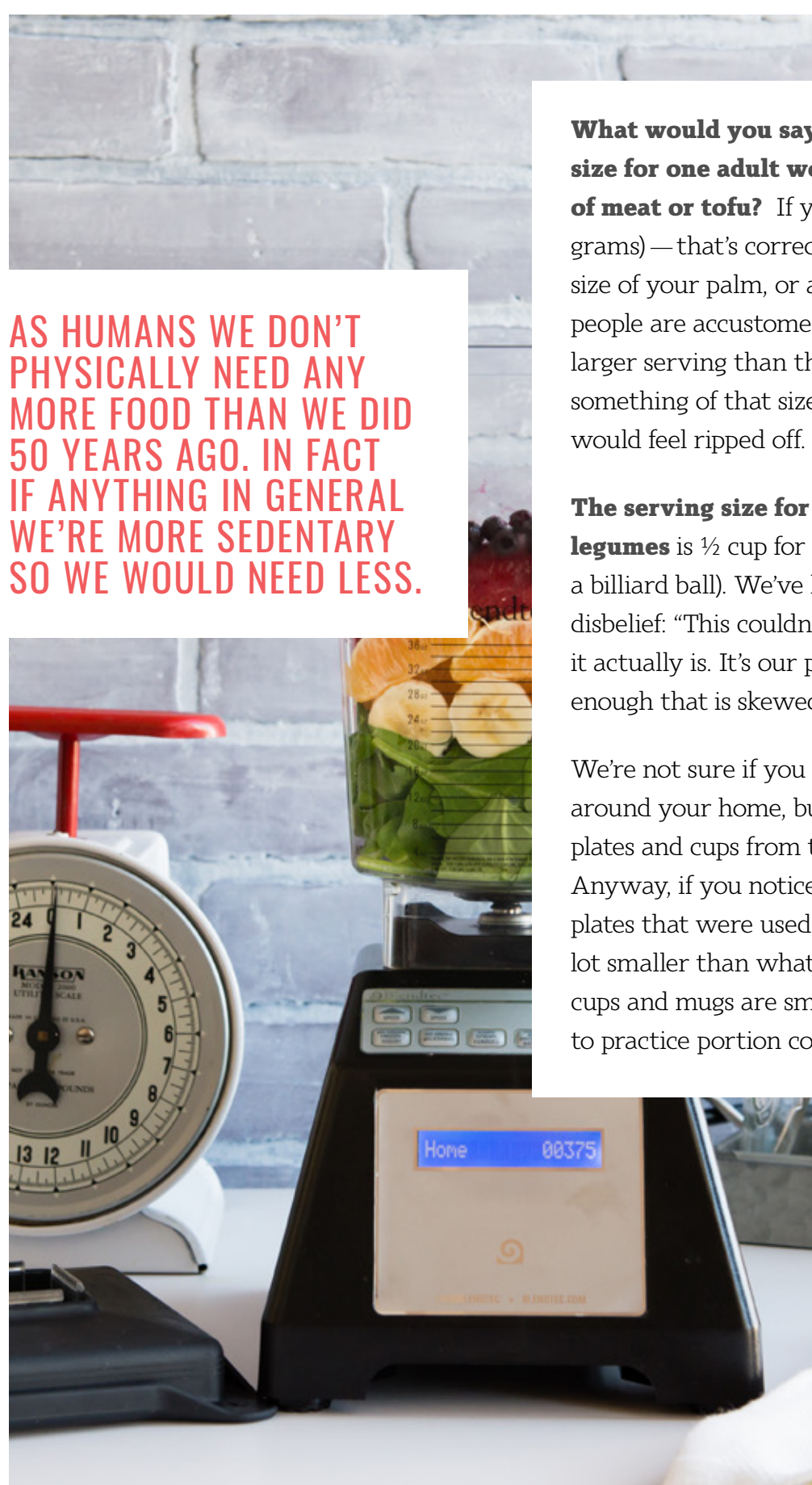
ON THE FLIP SIDE, WITHOUT ENOUGH FIBER WE CAN BECOME CLOSE FRIENDS WITH CONSTIPATION, IRRITABLE BOWEL SYNDROME, HEMORRHOIDS, COLITIS, OR POTENTIALLY BOWEL CANCER.

It's absolutely vital that we keep our bowels and other organs of elimination working while we cleanse. If we don't, toxins will be reabsorbed by the body, and may also start to give us unpleasant symptoms such as headaches, fatigue and skin problems. So how do we do this? Eating plenty of vegetables and fruit, whole grains, legumes, and nuts and seeds. It's also vital to drink plenty of water to flush out your system and allow fiber to do its job properly.

PORTION SIZE: **WHAT'S ENOUGH?**

IT'S IMPORTANT TO TRY TO STICK TO THE PORTION SIZE OUTLINED IN THE GUIDE FOR A NUMBER OF REASONS. FOR A START... WE EAT TOO MUCH. I KNOW THIS IS A GENERAL STATEMENT, AND EVERYONE IS DIFFERENT WITH DIFFERENT NEEDS, BUT ALL IN ALL, OUR PORTION SIZES ARE WAY OFF.





AS HUMANS WE DON'T PHYSICALLY NEED ANY MORE FOOD THAN WE DID 50 YEARS AGO. IN FACT IF ANYTHING IN GENERAL WE'RE MORE SEDENTARY SO WE WOULD NEED LESS.

What would you say a normal serving size for one adult would be for a piece of meat or tofu?

If you said 2–3 oz (55–85 grams) — that's correct! That's roughly the size of your palm, or a deck of cards. Yet most people are accustomed to eating a much larger serving than that. If you were served something of that size in a restaurant, you would feel ripped off.

The serving size for grains, beans and legumes

is ½ cup for adults (the size of a billiard ball). We've heard many say in disbelief: "This couldn't be enough!" But it actually is. It's our perception of what's enough that is skewed.

We're not sure if you have any old crockery around your home, but we're big fans of old plates and cups from thrift shops and the like. Anyway, if you notice the size of the dinner plates that were used 50 years ago, they're a lot smaller than what we have now. Even the cups and mugs are smaller. This is a great way to practice portion control.

WE'VE SUPERSIZED OUR DIETS AND OUR EXPECTATIONS.

And what we're often putting on our plate is more food but less nutrients. We're overfed but undernourished. By this, we mean that we're eating more food, but the food does not contain enough nutrients, so we eat more. For example, refined breads, donuts, bagels, biscuits, packaged food, white rice, and pasta all make up a large portion of many plates around the country. Back in the day, most meals would've been home cooked. You get the idea. It's true we live in a different world now, and our lives are often so full and busy, but food and cooking is definitely something that we should make time for.

Cutting back on portion size is something that takes time. Time for your body to adjust and time for your mind to understand that smaller amounts of food still equals full. The Japanese have a wonderful saying that we should eat until we are 80% full, and then stop. We love this as by the time we wait 20 minutes and digest our meals, we often realize that we're not hungry anymore.



**SOMETHING ELSE TO CONSIDER
IS THAT WHEN WE THINK WE'RE
HUNGRY, WE'RE OFTEN JUST
THIRSTY... JUST ANOTHER
REASON STAYING WELL
HYDRATED IS SUPER IMPORTANT.**



BUY NOW

AVAILABLE IN MOST BOOKSTORES

BAM!
BOOKS-A-MILLION

**BARNES
& NOBLE**

amazon.com

**INDIE
BOUND™**

POWELL'S
CITY of BOOKS