

This is one in a series of resource white papers wherein I have attempted to organize information and experience that has been relevant in my personal experience and professional practice. Bill Herr

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# Food and Nutrition

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## PURPOSE

The information that what we are choosing to eat and what is typically available to eat is not good for our health and well-being is widely available and often in the news. But the fact is that most of us do little to act on this information. Below are some of the sources of information that are readily available online. I have gathered them here so that we can reconnect with this information as often as possible and necessary to keep the information in our consciousness and keep it actionable. With time I am annotating herein some of the high points or takeaways that I feel are relevant. You will find your own.

## ON-LINE

<http://www.hungryforchange.tv> - Documentary released in 2012 available on Netflix

While there is plenty of information out there that supports the detrimental impact of sugar consumption, the understanding that optimal nutrition is obtained by consuming foods that are in the naturally occurring state is the best way to go. I have long understand that white processed flour which has been extracted from whole wheat turns to sugar quickly in the body. But then the realization that tea made with Coca leaves is healthy while extracted and concentrated cocaine from those lease is highly addictive and harmful. And in the same way sugar and high fructose corn syrup are also highly concentrated addictive and harmful compounds that do not occur in nature. All of these refined white substances are like a pharmaceutical drug, potent and dangerous!

At 1:11 into *Hungry for Change*, Dr. Christine Northrup, MD, an Obygn visionary pioneer and leading authority in the field of women's wellness (<http://www.drnorthrup.com>) covers the impact of stress and and the importance of sleep, exercise, laughter, self love.

<http://www.foodmatters.tv> - James Colquhoun and Laurentine ten Bosch - Food Matters (2008) the precursor to Hungry for Change, started with an illness Colquhoun's father, diagnosed with severe Chronic Fatigue Syndrome, Depression and Anxiety, spending 5 years bedridden on 6 different medications entrusting his health to the medical profession. James and his wife decided that a film would be the ideal medium to bring the world's leading health and nutrition experts into his own living room and explain once and for all that food is better medicine than drugs! Thankfully it worked and within 3 months of him seeing the footage used to create the film he was off all his meds, 50 lbs lighter and has been in impeccable health ever since. That was 2007! Check out this page for recipes: <https://www.facebook.com/foodmatters>

### Disclaimer

Resources offered in this document are being made available at no cost for individual consideration and evaluation. They are not endorsed or prescribed. They are not a substitute for seeking licensed medical or psychological services when required. Original available at [live-dreams.com](http://live-dreams.com) resources page.

<http://www.getvegucated.com> - Part sociological experiment and part adventure comedy, Vegucated follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks. Lured by tales of weight lost and health regained, they begin to uncover the hidden sides of animal agriculture that make them wonder whether solutions offered in films like Food, Inc. go far enough. This entertaining documentary showcases the rapid and at times comedic evolution of three people who discover they can change the world one bite at a time.

<http://fedupmovie.com> - An examination of America's obesity epidemic and the food industry's role in aggravating it, starring Katie Couric, Bill Clinton and Michele Simon, directed by Stephanie Soechtig.

<http://www.forksoverknives.com> - Forks Over Knives examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering yet under-appreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn.

<https://fatsickandnearlydead.com> - One hundred pounds overweight, loaded up on steroids and suffering from a debilitating autoimmune disease, Joe Cross is at the end of his rope and the end of his hope. In the mirror he saw a 310lb man whose gut was bigger than a beach ball and a path laid out before him that wouldn't end well -- with one foot already in the grave, the other wasn't far behind. "Fat, Sick & Nearly Dead" is an inspiring film that chronicles Joe's personal mission to regain his health. Available on Netflix.

<http://www.rebootwithjoe.com> - Joe Cross, the star of *Fat, Sick & Nearly Dead* and one of the people featured in Hungry for Change online offering

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