

This is one in a series of resource white papers available at live-dreams.com/resources wherein I have organized information and experience that has been relevant in my personal experience and professional practice that I hope will be relevant for you. Health and Harmony, Wil

Food and Nutrition

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, not just physical but mental as well, 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.

CHEMISTRY AND HORMONES (ENDOCRINOLOGY)

The scientific foundation for the deeper understanding of the complexity of the human body and life forms in general is presented in layman's terms in *Everything You Need to Know to Feel Go(o)d* (2006) by [Candace Pert](#) which explains how a vast number of Neuropeptides in the interstitial fluids of our body interact with a huge number of receptor sites on the surface of the membrane of each cell in our body to give rise to how we feel and function.

Scent detectors found in your nose are also found in other unexpected places in the body, like muscles, kidneys and lungs as explained by physiologist [Jennifer Pluznick](#) in her TED talk: [You Smell with Your Body Not Just Your Nose](#). Yes we are much more sophisticated than we can imagine.

[Dr. Datis Kharrazian](#) presents a compelling explanation about the interrelationship between Gluten and Hypothyroidism in his book [Why Do I Still Have Thyroid Symptoms? When my Lab Tests are Normal](#).

BRAIN AND GUT

An early pioneer in this field was [Dr. Natasha Campbell-McBride](#) who published *Gut and Psychology Syndrome. Natural treatment for autism, ADHD/ADD, dyslexia, dyspraxia, depression and schizophrenia* in 2004. She went on to create the the [CAPS diet](#) as a treatment for this condition.

[Dr. Datis Kharrazian](#) evolved from his work on Gluten and Hypothyroidism to address Brain Health in his book [Why Isn't My Brain Working](#), and he has developed and offers seminars on this to help individuals as well as practitioners.

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[Dr. Steven Grundy](#) has expanded the views about Gluten to encompass the class of proteins called Lectins that include Gluten in his book, *The Plant Paradox, The Hidden Dangers in “Healthy” Foods that Cause Disease and Weight Gain*, 2017.

In *Brain Maker*, [Dr. Perlmutter](#) explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on lifestyle choices, how it can become “sick,” and how nurturing gut health through a few easy strategies can alter your brain’s destiny for the better.

[Dr. Mark Hyman](#) wrote *The UltraMind Solution Book: Fix Your Broken Brain by Healing Your Body First*, with the goal of creating the essential guide to unleashing the body’s ability to dramatically improve mood, memory and thinking speed, help to become happy, peaceful, calm, centered, yet sharp, focused, alert and wide-awake and help those who suffer from depression, ADD, Alzheimer’s, brain fog, anxiety and so much more.

Gut: The Inside Story of Our Body’s Most Underrated Organ by [Giulia Enders](#), Greystone Books (2015) and her TED talk: [The Surprisingly Charming Science of our Gut](#).

Food scientist [Heribert Watzke](#) tells us about the “hidden brain” in our gut and the surprising things it makes us feel in his TED Talk: [The Brain in you Gut](#).

[Rob Knight](#) uncovers the secret ecosystem (or “microbiome”) of microbes that inhabit our bodies – and the bodies of every creature on earth and in the process, he’s discovered a complex internal ecology that affects everything from weight loss to our susceptibility to disease as he explains in his Ted Talk: [How our microbes make us who we are](#).

Behold the microscopic jungle in and around you: tiny organisms living on your cheeks, under your sofa and in the soil in your backyard. We have an adversarial relationship with these microbes – we sanitize, exterminate and disinfect them – but according to microbiologist [Anne Madden](#), they’re sources of new technologies and medicines waiting to be discovered. See her TED Talk: [Meet the Microscopic Life in your Home and on your Face](#)

ON-LINE FOOD AND NUTRITION INFORMATIONAL PROGRAMS

The Magic Pill, and 2017 Netflix documentary: Doctors, farmers, chefs and others weigh in on the ketogenic diet and its potential to eradicate common illnesses.

<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 understood 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 leaves 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 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

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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>

<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

<https://www.youtube.com/watch?v=Dvh3JhsrQow> - Role of MCT Oil for Brain Health

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