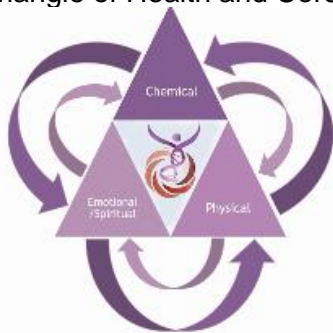


Glutenology MasterClass: Module 6 – 7 Habits of a Gluten Free Warrior**7 Habit of Gluten-free Warrior**

- They are fundamental habits and they are deal breakers
- These habits go hand and hand with the gluten-free diet because true health comes from more than one change
- Death of Common Sense
 - If you had a problem you want to know how to fix the problem not to patch the problem up
 - It is to figure out what is the cause of the problem and fix it not going to the doctor and the doctor would say he doesn't know what causes it but you need this pill
- Medicalization
 - Pharmaceutical Profit
 - The global market for pharmaceuticals is a trillion-dollar industry annually at this point
 - The number one expenditure in the United States is on health care
 - But when you put the US to other industrialized countries, the US rank almost last in the input of Healthcare and outcomes of Healthcare
 - Pharmacy companies are becoming extremely healthy by providing service whose outcome is very poor
 - They are not trying to find out the cause of the disease but they are treating the symptoms of these diseases
 - They are creating these armies of victims that were told they need medication for the rest of their lives
 - The Pharmacy Market is divided into 3
 - Generics Drug Industry
 - It is slated to boom because a lot of generics has been outsourced to China and India
 - The manufacturing facilities and overhead and the manpower required to make those drugs has been reduced
 - A lot of the companies moved and shipped their factories overseas to save the cost of overhead
 - Prescription
 - Annually
 - There are just 4 prescriptions per child ages 0-18 are dispensed every year
 - There are almost 11 prescriptions per adult ages 19-64 given per year
 - For senior's, it is even higher
 - It is 28 prescriptions per year are written
 - If you average that it would be 16 prescriptions per person per year are written
 - That is about 6 billion prescriptions written annually just in the US
 - The number has continued to increase over the past 50 years but the health quality of individuals has continued to decrease
 - Name-brand drugs
 - They are the cash cow because they patented so many physical companies where they can make their largest degrees of profits
 - The Empirical Research is different from the Actual Paid-for Research
 - Empirical Data

- The actual outcomes of what happened over-time and all the studies that are coming out that do not have drug industry-funded
- It is the actual data as opposed to the funded study produced by the company that stands to profit
- Gluten sensitivity and autoimmunity and chronic autoimmune disease are not diseases of drug deficiency
 - They are a disease of choices diseases of lifestyle with some genetics undertones
 - The best option is to figure out why the symptoms exist
 - The most doctor will not help you figure the causes but they will prescribe a drug and these drugs are prove to not work outcomes of disease
- Over Medications
 - It is when you throw drugs at things that you do not understand and hopes to ignore the problem until it becomes a bigger problem
 - IBS
 - Relative name of a diagnosis
 - PMDD
 - Premenstrual Dysphoric Disorder
 - GAD
 - Generalized Anxiety disorder
 - Depression
 - Orthorexia
 - Fibromyalgia
- The average person spends the first half of their life accumulating wealth for their family for their life and they spend half of their life spending their accumulated wealth trying to figure out what is wrong with their health
- The solution to not go broke is to take care of yourself and make your health your first investment because your health is your wealth
- Triangle of Health and Core Influence



- - It is a fundamental premise
 - Your genes play about a 20% role in the outcome of your health and the other 80% is based on your choices
 - If you change your behavior, it may change the outcome of your genes
 - The center is your genes
 - The 3 walls of the triangle represent the choices that you have
 - These three influences the behavior of your DNA
 - These turn on and off the light switch of your genes
 - Diseases are adapting to your body to prevent you from dying
 -
 - Chemical

- Physical
 - Spiritual and emotional choices
- The system is Corrupt and Broken
 - The medical system in most industrialized countries including the US is broken
 - Big Pharma's profits are triple that of all fortune 500 companies combined
 - There is the epidemic
 - The epidemic is that people had become victims of their own choices and doctors have allowed that to happen
 - Doctors are using pseudo compassion which you should feel better if you take this
 - If you change your choices, you can change your outcome
 - Victimization
 - Medical treatments are the third leading cause of death in the US
- 1. Planning Ahead
 - Chance favors the prepared
 - Luck follows people who plan, who think ahead, who organized
 - You might plan for everything else in your life
 - Projects
 - School
 - Social events
 - You should plan for your food and exercise and your health
 - Plan for your health
 - Plan on being healthy
 - Make than part of your plan
 - This is crucial
 - Failing to plan is planning to fail
 - Food
 - Plan easy to prepare foods that you can store in the fridge or the freezer
 - Plan for food shortages
 - Cook once for every 2-3 meals that you make so that you can do the cooking very simply
 - If you are traveling carry pack dry foods and nuts things and things that are easy and convenient for you to consume and make sure that they will not wreck your diet
 - Exercise
 - Particularly plan on doing some
 - Make exercise a part of your life
 - Family time
 - Make it a priority too
 - People tend to work more and that disrupts the households
 - Personal time
 - It is the time that recharges your batteries
 - Time
 - It is the only none renewable resource in the world and you cannot go back to use it wisely
- 2. Seek Knowledge
 - A part of growing as a person is you grow through knowledge
 - The more you learn, the more you grow
 - Book and TVs
 - They can both education resources

- Both are fantastic ways to incorporate new knowledge to help you grow as a person
- Seek to educate yourself
 - Don't necessarily rely on others to do that for you
 - Most health errors are made up of ignorance
 - Listen to your body to improve your health
 - Pay attention to your behaviors and choices make you feel
 - Know yourself
 - You know you better than anyone knows you
 - Plan for success, do not sabotage yourself before you even start
- You may want to invest time in acquiring knowledge
 - Intelligence
 - The more you apply that intelligence in the real-world application, a real-world situation which is your experiences
 - Intelligence and experience overtime equates to wisdom
 - You can compress wisdom by listening to what others had experienced or gone to
- Think seeking up knowledge has exercise for your mind and go far with it
- Read books
 - Audio books
- Explore topics that you are passionate about
 - It is something that excites you and makes you passionate
- Observe the world around you
- Use the internet
- Come to the next Gluten Free Society meeting
- Learn from others and teach others
 - Pass the knowledge forward
 - Return the favor
- 3. Exercise
 - Walking is not enough
 - Inject exercise and movement to all aspect of your life
 - Side note
 - People will not take your diet seriously because they do not understand it
 - When you add exercise to your Gluten-free diet
 - You will build more lean muscle
 - You improve your detoxification property
 - You improve your brain detoxification
 - You improve your longevity and integrity of your joints
 - The most important is that you feel energetic
 - If you combine exercise the diet, your body composition will dramatically change within the next six months
 - Physical appearance is the proverbial first impression you can make
 - The body is designed for movements
 - The vicious cycle
 - As you age you exercise less
 - You exercise less because you are getting older
 - The older you get the less exercise you are capable of doing
 - You accept joint pain and physical limitations as a consequence of age instead of your past actions or inactions
 - As you stop exercising with your age, your body adapts to that choice

- Use it or lose it
 - If you are not using your muscle, your body will take the protein from your muscle and break it taking it somewhere else that that resource can be an asset for you
- Break the cycle
 - Use it or Break it
 - Do not accept joint pain or physical limitations as part of the aging process because that is a lie
 - You have to become your experts
- Science has to say about maintaining an exercise
 - Maintaining lean muscle mass prolongs the human life span
 - You will extend your quality and quantity of your life for about 20 years as you maintain your muscle as you age
 - Muscle is not just for moving your joints
 - It is an immune system storage facility
 - All the protein on your muscles, your body can break that down to produce antibodies when you get sick
 - Muscle movement increases oxygen uptake by your brain and other tissues
 - So if you are sitting or sedentary, your tissues are not getting much oxygen as they should be
 - Muscle movement improves lymphatic flow through the body
 - Muscle use helps regulate blood sugar and insulin levels
 - Muscle helps the body burn sugar as fuel
- Myth vs Reality
 - Myth
 - Exercising will make your muscle bigger
 - It depends on the type of exercise you are doing
 - Cardio is effective for weight loss
 - With just cardiovascular exercise, you cannot form lean muscles
 - Calorie counting is effective
 - If your goal is weight loss, counting calories can help but with it alone you cannot achieve it
 - Walking is an adequate exercise
 - Does not build muscle tissue beyond a certain point
 - You need an hour to exercise effectively
 - Reality
 - The goal of the exercise is to build and maintain muscle mass
- 4. View Food as Necessity for Nourishment
 - What is food and what is not food
 - What you call social acceptance is killing you
 - What you put in your body is a slow poison
 - Shop for food and not Food
 - Food influences all three forms of DNA
 - Do not victimize yourself or others because they don't wish to eat poison
 - To change the social enigma revolving around food, you have to first set an example
 - Be the change that you would like to see the world
 - View food as a nourishment
 - Always remember
 - The body knows feast and famine

- It is okay to be hungry
 - Not being hungry ever is not necessarily a healthy thing
- Being thin is not the same thing as being malnourished
- Obesity in the US has altered the perception of what you see as thin
- Media ads have warped our perception of what is realistic
- To win a battle vs food you have to be the same person in the room
- 5. Sleep
 - One of the most essential fundamentals of the gluten-free warrior is getting sleep and recognizing the importance of sleep
 - Without it, you will be sick and die
 - The ideal time for you to sleep is the sun
 - The best way to wake up is when the sun goes up and the best time to sleep is when the sun goes down
 - Humans are not nocturnal
 - Prioritize sleep
 - Your body repairs and resets your hormone between the hours of 10 pm am 2 am
 - Sleep is Disrupted
 - Lack of Exercise
 - It helps expand the physical energy
 - You are not expanding the physical energy, emotionally and mentally
 - Too much stress physical, chemical, emotional
 - It elevates cortisol which stimulates your brain to be awake and blood sugar that generates energy production
 - Too much caffeine
 - Caffeine is an adrenal stimulant that is an awaking hormone
 - Multiple types of commonly prescribed medication
 - Talk to your doctor to check if there is a way to improve sleep
 - Habitually going to bed late
 - Your body has an internal clock
 - Being overweight
 - It narrows your breathing pathways this makes your brain cannot get much oxygen and your body will produce adrenaline to stimulate your wake so that you can breathe
 - Eating the wrong foods
 - If you are eating the wrong thing it will interrupt sleep
 - Not enough sunshine
 - The sun hit your eye and it will help you body produce melatonin production and cortisol production
 - Artificial lights exposures
 - At the wrong time, the light can trick your body that it is still day time and it is not yet time to go to sleep
- 6. Spend Time Outside
 - Sunshine
 - Skin cancer is not caused by sunshine, it is caused by sunburn
 - Too much can be a bad thing and not enough can be a bad thing
 - Monitor your outdoor time and make sure that you do not burn
 - You need sunshine and think of it as a nutrients
 - Exposure to dirt
 - It's a natural probiotic
 - Air pollution

- Studies by the APA shows that indoor air is 150 times more toxic than being outside on a typical day
 - Being in touch with your surroundings
 - There is a metaphysical spiritual connection with nature that benefit your health
 - Greater appreciation for the world around you and the role it plays in your life
 - And not being isolated in one room all the time
- 7. Surround Yourself with Positive People
 - Family
 - People that you love
 - The number one role of love is you love yourself first
 - Friendship
 - Gluten-free Warriors
 - Find your herd
 - Escape from negativity
 - Avoid the news
 - It creates fear
 - The more fear you had on your mind the poorer you will have for decision making
 - Avoid energy suckers
 - Identify who those people are in your life
 - You might like to evaluate who you would like to have a relationship with