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**Dr. Osborne:** I'm Dr. Osborne here with the Glutenology Health Matrix, Module Six. We're going to be diving into probably some of the most important aspects of health creation in this module, and I think it's very, very critical, stay with me the whole way. We're going to be talking about what I call the seven habits of the gluten-free warrior. These are fundamental habits, and they're deal breakers, and that's why it's important to stay with me.

If you don't apply these fundamentals, but you're gluten-free, you're not going to be happy with your outcome and your results. These habits go hand in hand with a gluten-free diet, because true health comes from more than one change, and so this module is going to be talking about those core critical changes. We're going to be covering the importance of exercise and sunshine, and sleep, and clean air and water, and stress management, love, the core fundamental elements to really, really create the health that you're driving for. Stay with me, we're going to dive right in.

First, I'm going to talk about the death of common sense. Now, that's a place that we're in, in most industrialized countries, is common sense has gone out the window. You go to the doctor, you get this fill-in-the blank diagnosis, maybe it's fibromyalgia, liver disease, hypothyroidism, whatever that looks like, that chronic degenerative problem. The doctor says, "Hey, we don't know what causes it, but the solution is for you to take this drug for the rest of your life." Now, that makes absolutely zero sense at all, but the vast majority of people out there will take that course of action, they won't even think about that course of action.

This is the death of common sense, because generally speaking, if you've got a problem, you want to know how to fix the problem, you don't want to patch the problem up. Like if your motor is overheating every time you get in your car to drive it, the solution isn't to add water to the radiator, if it doesn't need more water, right? That's not a solution. The solution is figuring out what's causing the overheating to occur in the first place. Of course, your car is a lot less valuable than your body, so we want to take that same kind of root cause approach in looking at things.

The doctor gives you a diagnosis, and he creates basically instantly victim status. Again, by saying, "We don't know what causes it," he's really saying, "Poor you, you have this disease, therefore you need this pill." He creates a victim out of you instead of empowering you to make meaningful change in your life. We have this kind of, think of it as this scale, we have victims versus warriors in our society, and what I want you to choose, is I want you to choose that warrior side. That doesn't mean you go and fight everybody, that means you just become a warrior advocate for your own health. If you do that, then you'll overcome what we call the medicalization of the world, which is where we're headed, the medicalization. What does that really mean, the medicalization?

Let's talk about pharmacy for a minute. Again, I'm not anti-medicine, what I am is anti-medicine when we don't have a long term goal or plan to get you off of the medicine. Medicines can be helpful in some situations, not all medicines are bad. I don't want this to come across as being anti-medicine. I think what's happened in our



society is people have become so dependent and reliant on medicines that they've basically they've turned off their ability to have any self accountability for the choices that they're making, and they rely heavily on those medicines. If we look at pharmacy, and pharmaceutical profits, here's what you need to know, the global market for pharmaceuticals is a trillion dollar industry at this point in time, trillion dollar industry. The number one expenditure in the United States is on healthcare.

Here's the kicker, though, when you put us up next to other industrialized countries, we're ranked almost last in quality of healthcare and in outcomes of healthcare. Now, I'm not talking about surgery, I'm not talking about emergency medicine, those are stellar, we rank number one. I'm talking about the healthcare for chronic degenerative diseases, things like autoimmune disease, diet-induced or behavior or lifestyle-induced diseases.

We spend more than a trillion dollars annually, and now with socialized medicine, it's your taxpayer dollars that are footing the bill for people to make bad decisions. As they make their bad decisions, now we're paying for their medicines to patch them together to keep them alive longer, and we're spending trillion plus dollars a year to do that, and the outcomes are still poor. Meaning we don't have less heart disease, we don't have less stroke, we don't have less Alzheimer's, we don't have less cancer, we don't have less obesity and diabetes, we have more, despite spending more than a trillion dollars annually to try to fix these problems.

The reason why we don't have less of these diseases is because we're not fixing these problems. Pharmacy companies are becoming extremely wealthy by providing a service whose outcome is very, very poor. Most of you in your own life, as you walk through life, you don't buy a service, and if the service isn't what you expected, you actually expect a refund or you expect some type of intervention. Basically you don't expect for your money to be taken without any value or benefit. That's what we have in medicine, people don't even think about medicine as a business anymore, because again, it's socialized. Now it's not coming directly out of your pocket, even though the money is coming out of your pocket, it's coming out of the taxpayer coffers, again, to the tune of over a trillion dollars annually. The pharmacy market is divided into generics and prescription or name brand drugs, of course name brand drugs are the cash cow because they're patented, so many pharmaceutical companies that's where they're going to make their largest degrees of profits.

Then you have the generic drug industry, which is slated to boom because a lot of our generics have been outsourced to China and India, and so the manufacturing facilities and the overhead and the manpower required to make those drugs has dramatically reduced. A lot of these companies that produce them now have moved and shipped their factories overseas to save in costs of overhead, but also, they're evading regulation. I mentioned this earlier, there's a great book published by Katherine Eban on the corruption within the drug industry and within the generic drug production industry. I made a mention of this earlier that one of the common pitfalls or mistakes people make when going gluten-free is if they're on medications that are generic, if those generic drugs they're taking are contaminated with ingredients that aren't listed on the label, that might be potentiating or making them sick as well.



Again, we've got this trillion-dollar industry to treat diseases, instead of trying to find out why the diseases exist, we're treating the symptoms of these diseases to the tune of over a trillion dollars, the outcomes are still poor, we're not winning the war against disease, what we're creating is this army of victims who have been told they have, X, Y or Z, and that they need to be on a medicine for the rest of their life.

Now, if we look at prescriptions as a whole, here's what we know, we know that annually speaking, just over four prescriptions per child aged 0 to 18 are dispensed every year. We know that 11 prescriptions per adult ages 19 to 64 are given per year, and we know for seniors, it's even higher, 28 prescriptions per year are written. If we average that out, it's more than 16 prescriptions per person in the US per year are written. That's about 6 billion prescriptions written annually, just in the US. We're not talking about the global pharmacy market, we're talking about just the US, 6 billion products sold every year.

That's over medicalization, because the numbers have continued to increase over the past 50 years, but the health quality of individuals has continued to decrease. What does that say to you? Generally speaking, in science, there's something called empirical data. The way we look at pharmacy is in two ways, we say, okay, this study was done and it showed that this drug had this outcome in this group of people, and a lot of times those studies, who funds those studies? Pharmaceutical companies fund those studies. Of course there's going to be the potential for bias.

This is one of the reasons why the editors of the *New England Journal of Medicine* and the *Journal of the American Medical Association* came out a number of years ago, and talked about this massive corruption in the drug industry, the massive influence that pharmaceutical companies have over peer-reviewed literature. A lot of your drug-published studies are funded by the industry that stands to gain the most profit from the outcomes of those studies, and so definitely there's an inherent bias there.

The other thing that you want to understand is that the empirical research is different than the actual paid-for research. Empirical data means, it's the actual outcomes of what happened over time. Now, all these studies that are coming out, again, they're not drug industry-funded studies. A perfect example was a recent research study done on over 60,000 people taking statins drugs to lower cholesterol. What the empirical data showed is that statins don't actually have an outcome that matches the research that was originally published. In essence, the empirical data says these drugs really aren't accomplishing what they're intended and what we've been told they're supposed to accomplish, which is what? Reducing the risk of stroke and heart attack. Again, empirical data is the actual outcome as opposed to the funded study produced by the company that stands to profit from it. When we have empirical data on drugs that says that our healthcare is in dire straits, and that these drugs that we're spending a trillion dollars on annually are not actually having the outcomes that we desire, then what we really have is a failed model. I think it's important for you to understand that because most of you probably have a doctor that you go and see on a regular basis, and you probably have a good relationship and that you probably have a good trust level with that doctor. What I want you to understand is, that doctor



may be the best doctor in the world, and he may be making the best recommendation that he knows how to make.

You have to understand that gluten sensitivity and autoimmunity and chronic degenerative disease aren't diseases of drug deficiency. These are diseases of choice. These are diseases of lifestyle with some genetic undertones. Your best option is not to drug the symptoms into remission. Your best option is to figure out why the symptoms exist. Most medical doctors are not going to help you try to ascertain that underlying reason. Not all, but most are not going to help you do that. They're going to prescribe a drug, and again, empirically these drugs have been found to not work, to improve outcomes of disease. This is over-medicalization. We have too many diseases, we have more new names of diseases. We're creating new names. For example, IBS is relatively new name for diagnosis, PMDD, Pre-Menstrual Dysphoric Disorder, GAD, or Generalized Anxiety Disorder, orthorexia, fibromyalgia. These are examples of we don't really know what's wrong with you. Let's call it something so that we know what drug to give you so that you'll get out of our office and leave us alone. That's over-medicalization, when we throw drugs at things that we don't understand, and hopes to ignore the problem for another decade or two until it becomes a bigger problem.

Let's think about perspective for a minute. The average person spends the first half of their life accumulating wealth for their family, for their life, and then they spend the second half of their life spending their accumulated wealth, trying to figure out what's wrong with their health. You work the first half of your life to put away for retirement so that you can enjoy, and then you spend the last half of your life trying to figure out why you're sick and why your quality of life is destroyed. You don't want to be that person. That's not how you want your outcomes to be.

Remember, the number one cause of bankruptcy and financial stress are costs related to health problems. This is fact in the United States of America. The solution to not go broke is to take care of yourself. It's to make your health your first investment, because your health is your wealth, and without health, no amount of money in the world is going to fix a poor quality of life or a miserable quality of life or a potential increased risk of death happening at a much earlier age.

Some people have this attitude, "What do you mean organic food? That's too expensive. I can't afford it." Those people who say that, they don't prioritize their health. They'll spend a thousand dollars on a cell phone so they can get internet access no matter where they go, but they won't spend quality money on the food that they're putting in the most precious thing that they own, which is themselves. It all boils down to perspective. You'll spend 10 times as much later on hospitals. Remember, one trip to the ER, in today's dollars, equates to at least \$20,000. That's a lot of money that can buy a lot of organic food. Remember, that organic food can keep you out of that ER. You're either going to spend the money in hospital trips, drugs, and doctor's visits, or you're going to spend it on good food and feeling well in the process.

Next, let's talk about another concept that I want you to understand called the triangle of health. The triangle of health, we'll put an image up here for you to follow



along with. The triangle of health is a fundamental premise that I want you to understand as we embark upon these seven habits because it's all going to tie together.

You imagine a triangle, and at the core is your genetics, your genes, your DNA. Your DNA, you can't change. What you're born with, it's given to you. It's a gift. In my opinion, it's a gift from God. You're granted the best of the best genes, half from your mother, half from your father, and those genes are a gift. Why? They're a gift because you're here, you're alive today, and you have this machinery inside of you that knows what to do. It has an innate intelligence. It knows how to heal, it knows how to repair, it knows how to make you feel good if you just treat it well. Remember, genes don't dictate disease or cause disease. Most scientists agree that the influence genes have on disease, unless you're born with genetic disease like cystic fibrosis or down syndrome, your genes play about a 20% role in the outcome of your health, but your choices play the much bigger role, 80%. Think of your genes as 20%, and think of your choices as 80%. Now, that should give you hope and encouragement and strength. What that says is, if you change your behavior, you can change the outcome of your genes.

Back to this triangle at the core, at the hub, are your DNA, your genes. You have three walls of this triangle, or three sections of this triangle, and each wall represents choices that you have. There's your physical choices, there's your chemical choices, and your spiritual, emotional choices.

Think of the triangle as these three external choices or influences that you get to make, and all three of those influence the behavior of your DNA. If you imagine your DNA is a lot like a light switch. You can't change that the fact that the light switch is going to turn the light on or off, but you can change whether the position of the light switches on or off. That's what your behaviors do. Your behaviors will turn on or turn off your genetic light switches.

For example, with diabetes, if you don't exercise and over-consume carbohydrates and sugars, you're going to turn on the light switch, the genetic light switch inside of your body to tell your body to produce more insulin. Because insulin is the hormone that we produce to help us deal with too much blood sugar. When you don't exercise and eat too much sugar, your body's going to adapt to that choice by trying to help you. It's going to help you make more insulin as it's adapting to your choice. Remember, and this is what diseases are. Diseases are your body adapting to your choices to prevent you from dying.

Again, victim status, poor you, you have this disease. I say no, your body is such a resilient, adaptive machine that you're adapting. You're staying alive, even though you're making terrible choices, but the symptoms of the outcome of those terrible choices are what doctors call disease, but really what those symptoms are, are your genes are screaming at you to make a change. Your body is trying to tell you, "Look, we're going to make you tired. We're going to create a skin rash. We're going to make these problems appear or occur because we want to bring attention to the fact that what you're doing isn't working for us, and it's not optimizing our ability to function.



If you understand that, you can make better choices. You can change or alter your choices and make your genes happy. Remember, this triangle, you've got genes in the middle, you can't change them. You've got choices as the walls of the triangle, your physical, chemical, emotional choices, which you can change. Those choices influence the light switches of your genes to turn off or on in a manner that's consistent with what you're doing. Your genes are going to adapt to your choices, and sometimes the adaptation is what doctors call illness. The symptoms that doctors associate with illness, but sometimes the adaptation is just great health. If it's really that easy, that all you have to really do is make better choices, again, that should empower you, that should put a big smile on your face, because now you can break the shackles of pharmaceuticals, improving your quality of life. You can improve the quality of your life without having to spend hundreds of thousands of dollars a month on prescription medications that make you feel worse in other ways. They may solve one problem, but they create additional problems, as I talked about with the medical hydro earlier.

Again, ultimately you have to understand that the system is corrupt and broken. Medical system in most industrialized countries, including United States, is broken. Big farmers' profits are tripled out of all the Fortune 500 companies combined. We have an epidemic, the epidemic is people have become victims of their own choices, and doctors have allowed that to happen. Doctors have basically, using what I call pseudo-compassion, here's the drug, poor you, you should feel better if you take this. That's not true compassion. True compassion is truth.

You're not a victim. I'm going to tell you that right now. I'm hoping as you're watching this, you can get in the mirror when we're done, and you can say, "I am not a victim. I am the outcome of my choices, which is extremely empowering and makes me very happy because if I change my choices, I can change my outcome." We can take your sick outcome, your diseased outcome, your auto-immune outcome, and we can convert that into a healthier you. Remember, medical treatments, surgeries, drugs, properly prescribed medications, are the third leading cause of death in the United States. I mentioned this earlier, we said heart disease and cancer are number one and two. Drugs are the third leading cause of death. Let that sink in. The third leading cause of death is the thing that we, as a society, use to treat the major leading causes of death. That's a trap. It's a trick. If you go that route, expect to be disappointed, or expect that outcome. If you're ready for the change and you want to break that cycle, then I want you to implement these next seven habits that I'm going to be talking about.

Now that we've set the stage, let's talk about habit number one, which is planning. An old saying, chance favors the prepared. Luck is not luck. Luck follows people who plan, people who think ahead, who are organized. You want to get organized within your own life as it relates to your health. You want to plan ahead for everything else in your life, like we plan ahead for work projects, we plan ahead for school and for our children and for their sports and their other activities that they do. We plan ahead for social events. We plan ahead for pretty much everything in life, except for food and exercise, and things that should be part of our plan, but generally fall to the wayside of the busy nature of the materialistic lives that we've created in this world.



Plan for your health. Plan on being healthy. Make that part of your plan. Planning ahead is crucial. If you're not planning, failing to plan is planning to fail.

Now, why don't most people plan ahead when it comes to their health? That's a good question, and it's one that you need to ask yourself so that you can get on track. Let's talk about planning ahead a little bit with food. You want to have a list of predetermined, easy to prepare foods, especially if you're working. If you work a full job and you're married to somebody who also works a full job and you're both putting in an eight-hour day and then you get home, who cooks? You're both tired. Nobody wants to cook. If you don't plan ahead, what ends up happening is you call the restaurant, you go to a takeout, and so you grab what is convenient. Remember this, there is what we call a convenience cost. Anytime you're taking advantage of convenience, as it relates to food, the cost is points against your health. The more points against your health, the sicker you become over time.

Plan easy to prepare foods that you can store in the fridge or store in the freezer, that way when you get home and it's been a long day and you're tired, you've got a backup plan. You've got something that you can go to without destroying your diet. Plan for food shortages. Cook once for every two to three meals that you make, so you can do bulk cooking very simply. Again, this is just part of planning ahead. If you're traveling, carry. We talked about in the last module, the food suitcase. You pack jerky, pack dried fruits and nuts, things that are quick and easy and convenient for you to consume and eat that don't wreck your diet.

Plan ahead for exercise. Particularly, plan on doing some. Most people, the thought process-- I've been a personal trainer. I was a bodybuilder for a number of years. Most people, when it comes to exercise, they just don't put it in their day, or their mentality is, "I'm going to start on Monday." Then when Monday gets here, something gets in the way. Life always gets in the way. You want to make exercise a part of your regular life, and here's why. Our social paradigm in the industrialized world is pretty much sedentary. Most people go to a job where they sit at a desk for inordinate amounts of hours every day. There's no exercise in that, it's sedentary. They're not getting sunshine. They're not really getting fresh air. They're sitting, so their muscles are atrophying as they're sitting day in and day out, year in, year out. If you don't plan on putting that exercise in, then what ends up happening is your body slowly adapts. It adapts to your choices. When you don't exercise, your muscles shrink, your joints compress, you start to develop more pain, you become weak, you become clumsy and imbalanced. Not exercising doesn't create old age. Doctors will call a lot of those symptoms of joint pain, et cetera, the doctors will say, "Oh, you're just getting older, expect that. Most people as they get older do." That's not true. It's not age that creates the problem. It's the choice that you make to not exercise consistently over time, that leads to the outcome of degenerative changes in your body, so with exercise, plan on doing some.

Family time, you've got to make that a priority too, because there's something called work-life balance. A lot of people work more than they spend time with their families, and that creates disruption in the household. It could create dysfunctional families, which can lead to a lot of emotional stress and emotional problems as well. Don't



forget about personal time. You want to plan ahead for personal time. The personal time is the time that recharges your batteries.

When we were kids, we generally, all we do is personal time. We pretty much tend to do what we love, depending on how your childhood went. Most kids are pretty carefree, pretty imaginative, and play a lot, and as we become adults, it's time to get serious. If we go off to a job that we don't like, or if we go off to a job that we're not passionate about, and our life becomes our work, and we forget how to have fun, and we forget how to charge our own batteries, then that can also lead to a deterioration in our health. Don't forget about what makes you happy as well. Now, that being said, don't avoid your obligations to your family and your loved ones so that you can selfishly go be happy, but you should plan ahead for your hobbies, for the things that recharge your batteries, for the things that you feel passionate about. Those are very, very important for your overall health.

A note on time, try to keep it. What is time? It is the only non-renewable resource in the world. As far as we know, in our two-dimensional walk through life, the time is the only thing we can't get back. It's the only non-renewable resource. Anything else can be renewed, but time cannot. Time in your body and your health cannot be renewed once those are gone, so use it wisely, and this is why you want to plan ahead and get organized.

Let's talk about fundamental habit number two, is seek knowledge. As a general rule of thumb, people need to grow. Part of how we grow as a being, as a person, as a spiritual entity, is we grow through knowledge. The more we learn, the more we grow. Now, there's a number of ways that we can seek out knowledge. As a matter of fact, you're listening today, you're seeking out knowledge. You're taking this course because you wanted to seek knowledge to enhance and improve yourself. Books and TV, both can be educational resources, both can be 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, you really can't. Most health errors are made out of ignorance. Think of all the times in the history of just the last 100 years, where things were done out of ignorance, as opposed to out of really solid science.

A prime example of that is margarine, fake butter. So many people still, even yet today, buy vegetable shortening butters, soy-based butter, or fake butter. They still do that thinking it's a better choice because they have this, again, this lack of education and understanding that butter is not necessarily healthy. Because marketers have done a brilliant job of confusing and cluttering your brain with information that's designed to sell their products, but not designed to educate you. They're designed to limit your knowledge and really confuse you.

Again, most health errors are made out of ignorance, so seek to get educated around your health. One of the best educators of you around your own health, is you listening to your body and paying attention. Pay attention to how your behaviors and choices make you feel. For example, if every time you eat a certain food, you feel bad, there may be somebody over here, even a doctor telling you, "You should eat that food because it's good for you. It's a superfood," but every time you try to eat it,



you feel horrible. Do you listen to this person over here or do you listen to your body? Well, I hope you'd listen to your body. That's part of your learning curve, is to learn how to intuitively listen to the way your body talks to you so that you can make micro-adjustments in your behaviors to improve your health. That's part of how we get educated, is we pay attention. Put the phones down, put the distractions away and pay attention to those moments, to that being in the now moments that help your body talk to you and help you listen to how your body is trying to communicate to you.

The other thing is know yourself. It's really, one of the cardinal rules is, you know you better than anyone else knows you. Don't set yourself up for failure by creating-- You can get educated that exercise is important, but-- Let's say you're going to try to implement and plan to do an exercise program, and you hate exercising at night, and so you plan all of your exercise for nighttime when you know you're most likely to fail. That's breaking one of the cardinal rules, which is, you've got to know who you are, you've got to know what you're capable of, and you've got to know what you're more likely to do. When you're planning ahead as you educate yourself, you want to plan for success, don't sabotage yourself before you even start. You want to invest time, again, in acquiring knowledge, is what we call intelligence. The more knowledge you acquire over time, the more intelligent you become, and the more you apply that intelligence in real-world application, real-world situations, that's what we call experience. Intelligence and experience, over more time, equates to wisdom. There's a wisdom, and this is one of the reasons why we can pick up a book and we can take the guidance that somebody else wrote about over their intelligence and their experience, and we can take the wisdom from them, and we can actually compress time. We can compress choices. We can make better choices by listening to the wisdom of what others have experienced or gone through. Again, part of what I'm hoping to accomplish with you during this series, is I'm compressing your time. I'm putting 20 years of experience and intelligence, and thousands and thousands of hours of education into a format that helps you navigate these waters more simply so that you're not struggling. Again, it can save you time. Think of seeking out knowledge.

When we think about exercise, exercise for your physical body, think of seeking out knowledge as exercise for your mind, and you'll go far with it. Read books. If you don't like to read, or if you don't read well, we now have audio books. It's very, very simple in today's world to do knowledge dumps or knowledge downloads in those moments of your day that are spent doing monotonous things that are non-productive, like driving to work. If you commute to work and you're spending 45 minutes in a car, instead of listening to drawling radio, maybe download a book and, again, begin educating yourself, begin improving upon who you are as a person.

Explore topics that you're passionate about. If you don't like history, then don't try to download the book on the most boring area of history that puts you to sleep, but find topics that really excite you and make you passionate. This is, again, how you grow as a person when you're seeking knowledge. Of course, we have the biggest database of knowledge that the world has ever seen in our internet. It's just another place that you can go to as a resource.



Look, visit [gluten-free society](#), if you're not already visiting [gluten-free society](#). We publish articles every week, posts and videos every week to help expand your knowledge, to help expand your understanding of how to become a healthier person while following the gluten-free diet.

The other thing is learn from others. If you've got mentors, hopefully you do have mentors in your life. Most people consider their parents mentors, or their grandparents mentors, or some of their friends to be mentors. Learn from others, but also teach others, pass that forward, pay that forward. When you gain knowledge and you gain insight and experience, you want to pay that forward and do something for someone else because that creates a fulfillment as well.

Let's talk about habit number three, next. Let's talk about exercise. Probably the biggest mistake I see people make is they consider walking exercise. A lot of people today are carrying these step counters, wearing these step counters, phones can be step counters. They're shooting for this hypothetical mark of 10,000 steps a day, which is equivalent to about five miles, which is not a bad thing. It's not a bad goal. It's not a bad idea to try to count your steps so that you can ensure you're getting some degree of movement through the course of your day, because movement is very important. Movement and exercise pump your lymphatic fluid. Remember, your lymphatic fluid is part of how your body naturally detoxifies itself, and so if you're sedentary all day, those toxins and chemicals just stew in your fluids and don't go anywhere, but when you're moving and you're out and about, your lymphatic fluids are pumping and you can push this stuff out of you, but walking is not enough.

The mistake is that people think that walking is their exercise, but walking in and of itself by itself is not enough in today's world. You can't do 10,000 steps and then sit for 8 or 10 hours straight and expect that your body's not going to deteriorate. You have to inject exercise and movement into all aspects of your life if you want to be successful at this.

That being said, how can we inject movement inactivity into our sedentary life. I'm going to give you a couple of tips here. These have been highly valuable for me because we've all been guilty at some point in our life, at some time in our life. For me personally, I like to read. I probably read 15 to 20 hours a week in scientific literature to improve and seek knowledge for myself so that I am a better doctor and a better teacher to those who come to me for help. That being said, spending that much time in front of a computer screen, accessing long-drawn out articles and trying to make sense of that, is pretty sedentary work. One of the things that has been invaluable for me as a person, is putting a treadmill under my desk. I'm not talking about a treadmill where you turn it up to eight miles an hour and try to jog and read at the same time. We're not talking about multitasking here. We're just simply talking about walking while you're reading, but walking at a reasonable pace.

I set my treadmill for about one-and-a-half to two miles an hour, something real steady of a pace, but what that allows me to do is pump my lymphatic fluid. It injects breaks from sitting. Don't sit all-day. When I'm in my office, in the course of a regular day, I try to make sure I'm sitting less than three hours in the course of that whole day, and that I can be up on my treadmill, doing some walking. I can sit for a while. I



can do more walking. That's a component. A standing desk, a desk with a hydraulic bar that you can raise or lower your computer, a treadmill, these are relatively inexpensive things to invest in that can take your health in a very, very good direction. Again, if you're spending most of your day on a computer, this is a really, really solid solution to ensure that you're just not sedentary all-day long.

As a side note to exercise too, remember that as you're going gluten-free, one of the things that happens, people are not going to take your diet seriously because they don't understand it. We talked about this psychology earlier. Then they're going to challenge you on your diet. They're going to ridicule you on your diet. Now, part of what I feel like is really, really important as you're going gluten-free to improve your health, is-- if you're overweight, we're expecting you to lose some weight. If you're underweight, we're expecting you to gain some weight. We're expecting your health to improve in whatever direction it needs to. When you add exercise to your gluten-free diet, what you actually do is you build more lean muscle. You improve your detoxification capacity. You improve your brain detoxification. Remember, lymphatic drainage helps your brain stay healthy. You improve the longevity and the integrity of your joints, so you become basically more viable. When you go on vacations, you can walk for longer periods of time without pain. You're not finding yourself wanting to constantly pop pain medications like Advil or ibuprofen, but more importantly, you're more energetic. People around you that see that physical change, because when people see your physical body change, they can get excited for you. If you're going to make your gluten-free diet easier, if you're really going to capture, because again, part of going gluten-free, the challenge is the social pressure around you.

One of the ways to make this easier, is the more you exercise and morph your body into a healthier body than what people around you are going to see, is why you are healthier, this diet, maybe there's something to it. That's going to open the door, again, not just for your diet to be easier, but it's going to open the door for you to pay it forward, because when you're healthy, people will look at you more as open to be taught from you because you've achieved something that maybe they're struggling to achieve themselves.

Again, this whole point on exercises, if you combine exercise, not just a gluten-free diet without exercise, but gluten-free diets with the exercise, your body composition is going to dramatically change over the next six months, and in that dramatic change, it's going to help people take you more seriously about your diet, and it's going to make your gluten-free diet easier.

Remember too, that physical appearance is the proverbial first impression. The old saying, don't judge a book by its cover, guess what? People do it every day. That's what we call prejudice. People make judgements about you from what you look like, It just is the way that it is, and that's not really even prejudice. It's actually people using their intelligence and their experience to judge what they think about you so that they can judge what decisions they need to make. Your first impression, your first appearance can be very, very important. It can help you get a better job. It can help you get a better raise. It can help you spread your message and your word, and people take you more seriously. Again, depending on what realm of work that you're



in, but your physical appearance, despite all the notions that we try not to be a prejudice world, people still are going to judge the book by its cover. Remember, your physical frame is your book cover, and so the healthier you can make yourself look with physical activity and exercise, the more serious people are going to take you.

Remember, the body is designed for movement. We have this vicious cycle in our world, and as we age, we exercise less. That's step one. Then we exercise less because we're getting older, and

that's what everybody thinks. Socially, even the doctors say, "Hey, you need to slow it down. You need to calm down. You need to do less. You're getting older, you need to expect to feel these changes in that arthritis."

The older we get, the less exercise we're capable of doing. Because as we stop exercising, in our age, our body adapts to that choice. Remember what we said about choice adaptation? Our body starts to shrink, it starts to atrophy. There's an old adage, use it or lose it. If you're not using your muscles, your body will take from the muscle, break the proteins down, and use them somewhere else that that resource can be an asset for you. Your body's just really intelligent at adapting to your choices.

Again, the older we get, the less we exercise, the less we're capable of exercising. Then that's when arthritis, the joint pain, the physical limitations, the dizziness, the imbalance, that's when all of that sets in. Then we end up-- You ever go to the grocery store and you see the people in those carts, where they have either canes or walkers or they're in the carts? Because they've let their physical frames deteriorate to the point where their body can no longer serve them and they require mechanics. In essence, they require these mechanics to be able to get around.

That's not a place you want to find yourself in. That's a place of pain, that's a place of drug addiction, that's a place of feeling bad, that's a place of inflammation. We're trying to escape that as a future. Don't accept joint pain or physical limitations as part of the aging process, that's a lie. That's a vicious cycle that's been proposed predominantly by, in my opinion, by medical experts who aren't physical exercise experts.

Remember, in medical training, you get training on the anatomy of the body, on the muscles, and the skeletal system, but you don't get training in the proper use of exercise. Medical school, they don't teach you about stretching and yoga and weight resistance exercise, they don't teach you about these things. You can't go to your doctor and expect that they're an expert in that, there are better experts for that.

Just like you can't go to most doctors and expect that they understand nutrition, it's just not really part of the curriculum or the training. You have to become your own expert, and sometimes that means hiring a personal trainer. Sometimes that means finding your exercise person, your guru, your class, whatever that works for you, but not accepting that your doctor said, "Hey, slow down because you're getting older."



Remember, your doctor doesn't understand exercise physiology the way that they should and they're not the best person to take advice from in that regard.

Here's what science has to say about maintaining a solid exercise. Maintaining lean muscle mass prolongs the human lifespan. There are some research studies that think that you'll extend the quality and the quantity of your life by about 20 years if you maintain lean muscle as you age. Muscle is not just for moving your joints, muscle is an immune system storage facility.

All that protein in your muscles, your body can break that down to produce antibodies when you get sick. This is why sometimes when people get a cold or a flu, they lose weight, their body taps into their muscle to fight the illness so that they can recover better. This is why patients who are chronically immunosuppressed, HIV patients, cancer patients, this is why their muscles shrink and waste.

Because their body, in an effort to wage war against that disease is stealing the muscle to try to produce antibodies, to try to keep them alive. The more lean mass that you have, to a point, we don't all have to walk around like Arnold Schwarzenegger. What I'm saying is, the more healthy lean mass you have, to a point, the more resilient your immune system is going to be.

We also know that muscle movement increases oxygen uptake by your brain and other tissues. When you're sitting and you're sedentary, your tissues are not getting as much oxygen as they otherwise would get. Your brain is not getting as much oxygen as it otherwise would get. Remember, a lot of people suffer with brain fog and clouded thinking. One of the reasons why, simple reasons why, they just don't move enough and they're not getting adequate oxygen flow to those tissues.

We know that muscle movement improves lymphatic flow through the body. I mentioned that before, the lymphatic system is part of our detoxification process. We know that muscle use helps regulate blood sugar. One of the things that lean muscle mass does is it helps your body burn sugar as fuel. If you're sedentary, you might eat the same amount of sugar, and I say sugar, I don't mean processed sugar, I mean foods that contain natural sugars in them like fruit.

If you're physically active, you could eat the same amount as if you're not physically active, but if you're not physically active, you could actually start gaining weight. When you're physically active, your body, your muscles will burn that sugar much more readily, much more easily. It will reduce your risk of developing diabetes and metabolic syndrome and other conditions.

Remember, by helping regulate your blood sugar, your muscle prevents heart disease. It's one of the most important prevention steps to reduce your risk of developing stroke, heart disease, diabetes, metabolic syndrome, osteoporosis, cancer, and autoimmune disease. Show me one medical intervention or one pharmaceutical drug that can accomplish all of those things? You can't. It doesn't exist. Your body, your physical frame, all you have to do is move it consistently, in a predictable fashion, to take advantage of all these wonderful things.



Now let's talk about some myth versus reality because I know maybe many of you watching this are women and you think, "Okay, well, if I do too much, I'm going to get big and bulky and I'm going to lose my femininity as a result of too much exercise." That's actually a myth. Exercise can make your muscles bigger, certainly, it can, but it also depends on the type of exercise that you're doing. As a general rule, the heavier you lift, the more muscle growth you're going to accelerate. Females, if you lift super heavy weights all the time, your muscles are going to get bigger, and you might lose some of your feminine frame.

If you keep it reasonable, I like calisthenic bodyweight activity, it's one of my favorite to do because it keeps your muscles lean without over bulking them, and you're still functional, you're still movable. A lot of these big bodybuilders they can't reach their shoulders. Their arms are so big they have to push back, they can't really touch their backs or scratch their own back because their muscles get in the way. You don't necessarily want to create that. Exercising won't make your muscles too big if you pick the right kinds of exercise.

Another myth on exercise is that cardio is the super effective way to lose weight. Not really. What cardio does is, basically cardio, you can certainly do cardio, but if you rely on cardio as your only source of activity, you're not going to build any lean muscle mass just in cardiovascular exercise. Remember, what sets our basic metabolic rate? Our basic metabolic rate is the quantity of calories our body burns at rest.

This is a big important component of how our weight is maintained or how whether we're losing weight or gaining weight, et cetera. Muscle, the more lean mass you have, the higher your metabolic rate is, the more calories you burn at rest. Cardio does not accomplish that for you so cardio is not the best tool for weight loss. If your goal is for weight loss, then you really want to look at calisthenics.

Calisthenics are bodyweight exercises. The same things you probably grew up with in gym class, pushups, pull ups, squats, lunges, sit-ups, jump ropes. Basic bodyweight stuff, jumping jacks, burpees, you fill in the blank, plank holds. There are all these different types of bodyweight exercises that you should be incorporating into a regular exercise regimen in your life on a regular basis.

Another myth is that counting calories is a super effective way to be successful. Again, if your goal is weight loss, counting calories can help. Counting calories in and of itself, there's a lot of programs out there, Weight Watchers, Nutrisystem, all these different-- where they give you calorie reduced diets as a tool to help you lose weight, but they don't emphasize the exercise piece.

They don't emphasize the core importance of developing a metabolic rate based on lean body mass. Then you become basically dependent on nutrient poor calorie low foods. What happens with those types of programs is your health deteriorates as you're trying to count your calories, and then your metabolism over time slows down and then you end up gaining all the way back. Don't do that either.



Another myth is that walking is adequate exercise. Walking is great. Definitely you want to make sure that you're getting walking in, but walking does not build your muscle tissue beyond a certain point. Now if you're bedridden, and you've been bedridden because of a car accident or a major incident, walking might be your first go at exercise because you're in such a bad state.

Remember the other thing about exercise is you have to begin the process of exercise, you have to meet yourself where you're at. If you have been sedentary for 10 years and you're 100 pounds overweight, you're not going to go tomorrow and join the CrossFit class and lift as heavy as you can in there. You're going to get hurt and injured and your exercise is going to be unsuccessful.

You have to start-- Again, know thyself. Where are you at? What's reasonable for you to begin? Remember, the best place to start is bodyweight calisthenics for most people. This is where it might be a good idea to hire somebody who's an expert in exercise for people who aren't in great shape. If you're a little bit older, hire somebody who's got great experience in training people who are a little bit older. You don't want some young 20-year-old, who's a muscle head, taking a 60-year-old and saying, "You can do what I do. You should be able to do what I do." That's not really what we want to try to accomplish in our exercise. To begin the process of exercise, start where you're at and be reasonable about it.

Now the start again, the key here is start. Remember the goal of exercises to build first muscle that you may not have, but then after you've built your lean body mass reserve, it's to maintain it. Generally speaking, if you're out of shape, the first six months are going to be the hardest, just like the first six months of going gluten-free are going to be the hardest. Once you get through that learning curve and you get your body physically, and generally, good shape again, then maintaining it is much, much easier than trying to build it once it's been destroyed.

Let's talk about fundamental habit number four, which is food. We've talked a lot about gluten sensitivity to this point and we talked about the importance of choosing healthy foods, but the mindset around food is you want to view food as a necessity for nourishment. Remember, a couple of modules ago, I talked about mindset, and I said that, "Why do we eat?" I asked you that question, why do we eat?

The general rule of thumb is that we eat to help our body have the capacity to heal and repair and to maintain itself, to maintain our core integrity function. Let's talk about what is food and what is not food? Because in today's world, what we call social acceptance, is killing us. Today, it's justifiable, like people, if you're a visual person, you go to a restaurant, people aren't stabbing each other with forks, but they might as well be. Because what they're stabbing their fork with and putting in their body is equivalent to basically slow poison, they're slowly killing themselves.

We allow that, we call that a socially acceptable thing. We want to always shop for food not fruit, real food. Remember, eat real food first? We are made from three sets of DNA. A lot of people don't know that, but we have our DNA we inherit from mom and dad. Our core fundamental DNA, 23 chromosomes, okay? Then we also get



mitochondrial DNA from our mothers and we also have a microbiome set of DNA. All those bugs that live on you and in you have their DNA.

These three kind of DNA machines if you will, interact with each other, and guess what? Food influences all three of these different very, very critical forms of DNA. Don't victimize yourself or others by eating the wrong thing. Don't eat poison is kind of the number one rule. Learning how to identify what is food and what is really truly poison is a big first step. Gluten sensitivity, gluten is a poison, and that's the way you have to look at it.

Some people as they go gluten-free, they still continue to struggle. We'll talk about this in the upcoming module about how sometimes it's not just gluten, sometimes there are other foods that you're consuming, even other healthy foods that might be also contributing to the problem. Understanding and picking foods for you, that may be uniquely healthy for you, or not eating certain foods that uniquely aren't healthy for you. Pick your poisons and try to extract them or take them out of your diet.

Again, in order to change what we accept as a social to everybody, again everybody's killing themselves with their own forks, we have to change our own personal paradigm first. Be the change you want to see in the world. That's where we're going to see progress around this arena, view food as a necessity for nourishment, that's the take-home of that. We've talked about food enough that I think you should understand.

Always remember a couple of other things around food, the body knows feast and famine. That's what it has evolved from, feast and famine. Understand something about food, I get this all the time, "I'm hungry, I'm hungry, I'm hungry." Look, it's okay to be hungry. When you're going through the process, it's okay to be hungry. Not being hungry ever, is not necessarily a healthy thing. Remember that it's okay to be hungry.

It's one thing to be hungry all the time and you've lost 20 pounds and you're emaciated, that's not what I'm talking about, but it's another thing to experience hunger. Remember, hunger is part of the spectrum of life experience. On one end of that spectrum, we have hunger on the other end of that spectrum, we have full. If we never experience hunger because we're constantly full or close to full because we eat too much, that's going to deteriorate our health.

It's okay to be hungry, just accept that as a spectrum of feelings that your body can experience. Being thin is not the same as being malnourished. A lot of people go gluten-free and they start losing weight and people around them will say, "Oh, you're getting too skinny." Then the person that's on the gluten-free diet starts to get scared, "Oh, no, I'm getting too skinny."

Remember that 40% to 60% of the US population is overweight or obese. That means that the norm, the societal norm, is that people are basically fat and that isn't healthy. You can't let others judge your weight loss as malnourishment if your weight loss is healthy. Perspective matters then, being thin is not the same thing as being



malnourished. Although it's less common in today's world to be thin, most people aren't, that doesn't make you the unhealthy one.

Obesity in the US has altered the perception of what we see it as then, and we see that in models, we see that on magazines, we see them on TV commercials. Again, we're being bombarded with images all the time. Images, personal images, people's images, and basically we're being-- our social paradigm is being changed as the society changes. You have to understand that your body was not designed to carry all that excessive fat.

Remember, fat, aside from being a storage facility for rainy day calories, fat's a storage facility for toxins. A lot of people who are overexposed to toxins will store more fat in an effort to get those toxins out of their bloodstream. Part of the reason why they do that is because they're not exercising adequately. Because remember when you exercise, it's one of the exit points for toxins, is through your lymphatic system.

When you don't exercise, those toxins have nowhere to go so your body puts them into a fat cell and creates more fat cells to store them. We get what's called angry fat. Basically you're building more fat basically as a reserve detoxification system to take the toxins out of your bloodstream. Again, media ads have warped our perception of what is realistic. You have to come back to what is truly realistic versus what is our *Alice in Wonderland*-ian perspective of what is real today.

To win the battle versus food, you have to be the same person in the room. When I say *Alice in Wonderland*-ian, up is down, down is up. That's kind of the world that we're living in today. It can be a challenge to be the sane person in the room when everybody else is talking insanely and you're the only one that says anything that makes sense to you. Sometimes you have to stand on that hill, that's where you have to plant your fat flag. That's where you have to be a gluten-free warrior, and stand up and be an advocate for yourself.

Let's move on to sleep. Highly effective and one of the most important fundamentals of a gluten-free warrior is getting sleep and recognizing the importance of sleep. I want you to consider sleep a nutrient, without it you're going to get sick and die. People can't sustain very long without getting adequate sleep. The ideal timeframe for sleep is the sun schedule. Our bodies are circadian, meaning our eyes have adapted to light over time. That means the best time to wake up is when the sun comes up, the best time to go to bed is when the sun comes down.

In our world, with artificial light sources and constant information being thrown at us, most people go to bed too late, wake up too early. You have to prioritize sleep just like you have to plan your diet. You have to plan the intelligent things in your life, sleep is one of those things, so you need to have a bedtime that's realistic. Again, a lot of people I see when they first come to see me, they're going to bed at midnight, they're going to bed later than midnight.

What you want to understand about your circadian biology is that your body actually heals and repairs and reset your hormones between the hours of 10 PM and 2 AM. If



you're going to bed at midnight, you're missing 50% of the window to reset your hormones, and that is accumulative. You don't get to make it up by sleeping later. In essence, if you go to bed at midnight and sleep till 10:00, even though you got 10 hours of sleep, you still lost two of the critical hormone reset hours within that timeframe.

You really want to plan to be asleep by 10:00. As a minimum, between 10:00 and 12:00, you should be asleep. Certainly, I would recommend you sleep longer on both sides of that 10:00 and 2:00, but that is just a biology component. You want to make sure you're sleeping at that time. Schedule sleep with the sun. Again, humans are not nocturnal. There's only one culture that I know that has the ability to see really, really well in the dark, and that's not people that live in the United States of America. That's a special Island culture out in the Pacific.

Again, most of us, our genetics and our DNA, we're not naturally nocturnal. We've evolved hundreds of thousands of years to develop a circadian biology around the rising and the setting of the sun. The ideal time to sleep 10:00 PM to 2:00 AM, but even more ideal is go to bed when the sun goes down and wake up when the sun comes up. Now, not everybody can schedule their life around that but get as close as possible as you can to that timeframe.

What disrupts sleep? Let's talk about some sleep disruptors, because a lot of you, you may try getting in bed but you can't fall asleep or you're just not successful at staying asleep. Let's talk about some things that actually disrupt sleep. Lack of exercise. Going back to one of our fundamentals here, the exercise piece is very, very critical for your capacity at sleep.

For women, lack of exercise will cause them anxiety. That will lead to them not being able to stay asleep at night because they'll wake up with their mind's racing. That exercise helps to expend the physical energy so that they're not expending that same energy emotionally and mentally. Lack of exercise is a very important component to disrupting sleep. Too much stress, whether that's physical, chemical, or emotional stress, your body perceives stress pretty much the same way.

Too much stress elevates cortisol. Cortisol being one of the stress hormones, will elevate your blood sugar as well, and now you have cortisol, which stimulates your brain to be awake, and you have high blood sugar, which generates energy production. That's not the most viable place to be when you're trying to fall asleep. Stress management becomes a very, very important aspect of getting good sleep.

Too much caffeine. I see this a lot, especially in heavy coffee or heavy tea drinkers. If you're drinking several cups a day, some people, the pot-of-coffee-a-day type of person, or six cups of tea a day. Green tea can be a good beverage, it can be a healthy beverage, but if you're over-consuming it and you're getting too much caffeine in the course of the day, remember that caffeine is an adrenal stimulant. It will stimulate your adrenal glands to produce adrenaline, which is a waking hormone. It stimulates the mind, it stimulates the brain.



Multiple types of commonly prescribed medications disrupt sleep. There's a laundry list of medicines that we know will disrupt sleep. If you're on medicines now and you're struggling with sleep, you need to do a medical background check on all your medicines. Have a talk with your prescribing doctor if there's anything in there that can be changed or manipulated to improve your sleep, I would recommend that you look into that. Habitually going to bed late, that disrupts sleep. Remember your body has an internal clock, when you habitually try to change that clock, it's going to disrupt the normalcy of the way that clock is supposed to flow. Habitually going to bed late is going to disrupt your sleep.

Being overweight. Being overweight narrows your breathing pathways. It makes it harder for you to breathe through your nose, it makes it harder for you to get oxygen to your lungs. Which means your brain can't get oxygen, which means your body will produce adrenaline to stimulate you awake so that you can breathe. This is why a lot of people in the US today are on CPAP machines because they're so overweight and they can't breathe properly. As you're on your gluten-free diet and you're losing weight, you may find a trend that the more weight you lose, the easier it is to breathe, the easier it is to get a good night's rest. To get that sleep that you so badly need.

Eating the wrong foods. Again, many foods, if you're eating the wrong things, can disrupt your sleep. Some foods can cause heartburn which makes it hard to lie down, some foods can disrupt digestion so it makes it hard to lie down on your side, and that can create some issues in that way. Some foods are stimulants and are full of histamine, remember histamine is a neurotransmitter that stimulates the brain.

Some people are sensitive to histamine, and we'll talk about it more in-depth in some of these bonus modules on other dietary strategies, but eating high histamine foods or being exposed to allergens that drive up your histamine levels can also disrupt your sleep. That's why many people take antihistamines like Benadryl and it knocks them out. It makes them sleepy because it's suppressing the brain levels of histamine. Remember again, histamine is a stimulant so it keeps you awake.

Not enough sunshine. Your photobiology, the sun hits your eyes and that helps your body optimize melatonin production and cortisol production. Remember, melatonin and cortisol are hormones that help regulate your sleep patterns. Not getting adequate sunshine can disrupt the proper production of those hormones, leading to challenges with getting to sleep and staying asleep. Then artificial light exposures. With computer screens and technology today, so many people are getting light exposures at the wrong time.

Remember, our bodies have adapted to the light of the sun. So when it's dark outside and you've got all these lights in your house and you've got all these screens in front of your face, that biology or that light can trick your brain into still thinking it's daytime outside and that it's not time to go to sleep. What some people do is they wear special blocking glasses, blue glasses that block the blue lights at night. That way, if they're on a screen or they're using a phone or a computer or something along those lines, they're not getting that artificial light source so it helps their body sleep better. Artificial light sources are a big disruptor for sleep.



Let's move on to fundamental habit number six, spending time outside. Outside, outdoors, the great outdoors, what do most people dream of who work a desk or a day job? They dream that they're on vacation where they can get out to the great outdoors. Part of that is sunshine. Sunshine is supercritical. I want to just talk a little bit of a note on skin cancer here. Skin cancer is not caused by sunshine, not directly, skin cancer is caused by sunburn.

They're very two distinct things. It's like, drowning is a water toxicity but drinking water doesn't hurt you. Think of sunshine as quantitative. Too much can be a bad thing, not enough can be a bad thing. So many people have been told by their dermatologist to avoid the sun for fear of skin cancer. I would simply just say this, sunshine doesn't cause skin cancer, sun burning causes skin cancer.

You know the limits of your skin better than anyone else, you know your tolerance. Some people are fair-skinned, some people are darker skinned. The darker your skin, generally, the more exposure to sun you can get without sunburning and so sunshine is perfectly fine. The more fair-skinned, you've got to monitor your outdoor time and make sure you don't burn.

That being said, apply what works for you, but understand the importance of sunshine, and you need to get it and you should try to get it every day even if it's in the shade. If you're fair-skinned, you can sit under a shade tree. You can sit under an awning where there's shade where you're not getting direct sun exposure, but you're still being exposed to the natural light sources.

Helping regulate your cortisol, your melatonin, helping your body produce the vitamin D that it so desperately needs to regulate your immune system and your blood sugar and your calcium absorption and your bone density. So many important functions for vitamin D, and the number one source of vitamin D is sunshine. Think of sunshine as a nutrient. Don't think of it as this bane of our existence that causes skin cancer, which again what most of the dermatology profession would have you think.

Other benefits of being outside, exposure to dirt, it's nature's probiotic. You want probiotics, you can eat fermented foods, you can take probiotics, you can also get outside and get dirty. Remember earlier we talked about hyper hygiene and some of the problems associated with that. This solves that problem. Exposure to dirt outside is a very healthy thing to allow your body to get exposure to.

Also, remember that when you are touching the ground, there's something called grounding. Which there's an electromagnetic field of the earth and there are a number of scientific research studies that show the benefit of being connected to the earth. Being outside barefoot, that natural electromagnetic field, actually enhances your healing and your body's ability to heal.

Being outside is critical for that. If you're indoors, you're not connected to that Earth, you've got layers of concrete and flooring between you and the planet. Get outside, get barefoot, get exposure to that fresh air, to that sunshine, and even to that dirt. Remember with air pollution, a lot of people are like, "It's polluted outside?" Studies



by the EPA show that indoor air is 100 to 150 times more toxic than being outside, even if you're in a city where the air quality isn't as great.

That might be a different day if you're in California and one of these days where wildfires are out of control and it's hard to breathe outside, in that case, stay indoors and filter your air. On a typical day, you're breathing in less pollution when you're outside. Remember, all the chemicals that are sprayed on your carpet, your flooring, your paint, all the items in your home, those are all trapped in your house into small cubic space, a cubic foot of airspace. Basically, you're breathing in all that outgassing on a consistent basis. That's why we know indoor air is 100 plus times more toxic than outdoor air. So get outside and breathe fresh air.

Be in touch with your surroundings outdoors. Again, there's a spiritual connection. Not everything is science and physics. There's also this metaphysical, spiritual importance to life. Being outside and being connected with nature, listening to the birds, watching the animals, smelling the flowers, these are all things that provide a metaphysical spiritual benefit to your health. Don't discount those things.

I know a lot of you out there are really science junkies and gurus and don't believe in that metaphysical type-stuff, but there's a ton of research on it and it's very, very real. That spiritual component of being connected to the earth, very, very important. It boils down to greater appreciation for the world around you, and the role it plays in your life, and not just being isolated in one room all the time without that perspective of that appreciation. Get outdoors, spend time outside, and connect with nature.

Let's go into habit number seven. Surround yourself with positive people. I've never met somebody who is really ultra-successful who is surrounded by, if you're a *Winnie the Pooh* fan, you know the character Eeyore, the one that was always sad and depressed? Nobody really wanted to be around Eeyore very much. If you've got too much of Eeyores in your life, dragging you down all the time, it's going to be really, really hard to overcome on your gluten-free diet health journey. Surround yourself with really hyper super positive people, people in your family, people that you love.

Remember too, with love, that love is a very, very important part of this process. The number one rule of love is to love yourself first. Because a lot of people missed that part. They think that self-sacrifice is this noble thing. They're going to sacrifice their health to help other people do other things, and then when their health is destroyed, what they've really done is not self-sacrifice for other people, to help other people, what they've really done is they've shown those other people that it's okay to not love yourself enough to prioritize maintaining your own health.

Love yourself first, very, very important. The more you love yourself, the better health you're going to achieve, the better person you're going to be. The more you can express love for others, to others, the more you're going to have the capacity to help others and serve others. Remember loving yourself first it's like being in the airplane, put your mask on first so that you get the oxygen so that then you can help other people. Love yourself enough to care, love yourself enough first. Don't self-sacrifice, I call it pseudo sacrifice. Don't sacrifice yourself for others while you're destroying



yourself because it teaches them to not love themselves. That's the last lesson that we want to share and teach.

Friendship is another important component. We're not in this world as a vacuum, human or social, and we need social interaction. Friendship can become a very important part of your healing process. Again, positive loving people around you, maybe that's your spouse, maybe that's your children, maybe that's second family, maybe that's very close friends that you have, but all these things are important.

Find your herd, that's the other thing. As you're going on this journey it can be very important to have support group, a support around you. Find that support group. I call it find your gluten-free warrior herd, and we have resources for you on that. Again, come visit us at Gluten-Free Society when you're done watching the series. We have a herd already there built-in, in place for you to tap into. Again, the wisdom, the experience, the intelligence of so many people that have done this successfully already and that are there to help and serve and pay it forward for you.

Again, number seven, surround yourself with love, positive people, positive influences. Remember the most important lesson there is love yourself first. Noble self-sacrifice only counts if you jump in front of a bus to save your child or something along that line. It doesn't count if you stab yourself and kill yourself slowly with a thousand paper cuts for the sake of helping other people in your environment as you're slowly destroying your own health. That's not noble, that's self negligence. You have to be-- Again, perspective.

Let's talk about some things on this mindset piece. We want a positive mindset, so here's some things we want to avoid to create an escape from the negativity. Avoid the news. The news is generally, it doesn't matter what side of the aisle you're on, the news is generally biased to create fear. Remember that the more fear that you have in your mind, the poorer you're going to have decision-making.

Fear activates a part of your brain called the limbic system, which means that your choices that you make, when you're in fear, are usually not super intelligent choices. Avoid being in fear mode all the time. Avoid the news, as part of that or radio. If you're listening to a lot of negative on the radio, on the news, on the TV again, even Facebook and some of the social media platforms, a lot of negativity can be there as well. Avoid those things if that's what you find when you approach them.

Avoid energy suckers, they're going to be people in your life that drain you, that take from you without ever giving. When you're trying to heal and repair you just don't want to make a whole lot of room in your life for that because it's going to really, really slow you down in your process. Identify who those people are in your life, and it doesn't mean that you can't have a relationship with them, but you want to evaluate who you want to have relationships with.

Remember what we said earlier, time is the only non-renewable resource that we have, you should treat it ever preciously. If you spend your very precious time around people who don't love themselves, who don't really love you, who are just taking from you but not giving back, then what you're actually doing is stealing from



yourself. Evaluate who those people are in your life and put distance between yourself and those individuals.

So that again you can focus and harness your energies on positivity, on the people that matter the most, the people that love you as much as you love them, the people that care about you as much as you care about them. That you're not surrounded by people who are again what we call life vampires, real-life vampires. They suck your energy, they drain you emotionally, they drain you spiritually, et cetera. Identify those people, and again, try to get them away, try to push them away.

Those are our seven habits. Let's recap seven fundamental habits. Number one, you've got to plan ahead, and that requires self-discipline, and I cannot give you this. You have to find the gumption, you have to find the strength within yourself to begin the process of planning ahead. Number two is seeking knowledge, and knowing yourself and knowing where is best for you to seek knowledge. Whether that's video, whether that's audio, whether that's TV, whether that's books, wherever that looks like for you.

Number three is exercise. Group exercise programs, you can do high-intensity interval, you can do-- again, the key with that is start where you're at. The horizon is always ahead of you so keep moving forward and increase your strength and increase your body's physical functionality. Number four is, eat food for nourishment, not for social graces, or for fun. Prioritize what you put in your body as if it's one of the most important things in the world, because it is.

Number five is sleep. Prioritize sleep and find a way to make sleep happen better in your life consistently. Number six is, spend time outdoors. There's so much there spiritually that will help fulfill you as a person, and there's so much biologically there that will help your body regain and recapture health. Then surround yourself with positive loving influences, people who will help you gravitate toward a better you, not toward a more negative you.

That's a wrap, folks. Take these seven habits and never forget them. Make them a part of your life, because I can tell you this, in the more than 20 years of practice, where I've helped people find the answers and get better, when you apply a gluten-free diet with these seven habits, the effect is exponentially better. If you just apply a gluten-free diet and you ignore sleep, or you ignore exercise, or you ignore some of these other very key elements, your outcomes are going to be minimal. Remember health requires all of these things, not just these things in part. Apply it all and don't get overwhelmed. Start where you're at, and move forward.

We will see you in the next module. Hey, make sure if you're getting value from this series, make sure you share this with a family friend or a loved one, especially those that you know might benefit from a gluten-free diet. As always, remember our mission here at Gluten-Free Society is to help save 100 million lives, and I can't do that without your help. [music]





**Presenter:** Just like I'm helping you, I'm asking for your help by making sure that you pay it forward, and sharing this series with somebody you care about. We'll see you in the next module.

**[01:19:27] [END OF AUDIO]**