

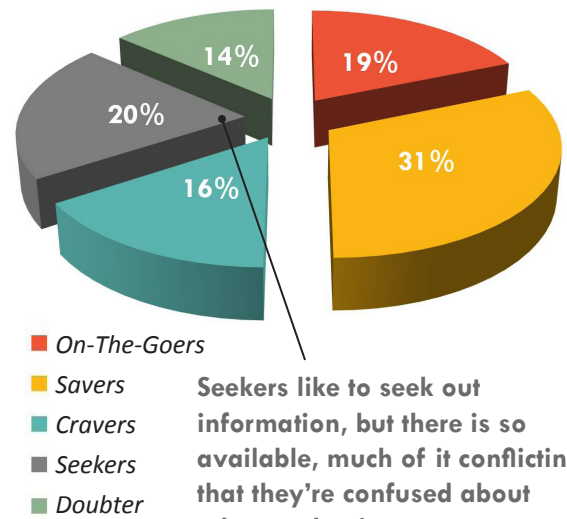
You are a Seeker.

SEEKER With so much dietary information supporting different diets out there, how do you know which one is right? You may have tried restricting calories and fat, the Atkins diet, a vegetarian diet, the Zone, etc. Sure they all can work for a week, (or maybe not even that long) but which way is the right choice for long term health? Plus, even if a diet does yield some success, you may have experienced gaining the weight right back. You're not alone. 95% of people gain weight back after going on a 'diet' because dieting isn't sustainable.

The reason these there are varying diets out there is that there is not one, single diet that is best for everyone. We all have varying nutritional needs. Luckily, it doesn't have to be hard. Listen to your own body instead of making eating an intellectual endeavor. Pay careful attention to how you feel after you eat a meal – repeat meals that feel good and stop eating foods that your body doesn't like. Aim for meals that leave you feeling energized and satisfy you for a few hours without feeling over stuffed.

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What is your biggest barrier to eating healthier?



Seekers like to seek out information, but there is so available, much of it conflicting, that they're confused about where to begin.

Movie Night!

Watching documentaries is a fun and easy way to learn about health and environmental issues facing our world today. Learn about what you can do to improve your health, be a smarter consumer or make the world a better place. Check out a few of my favorite flicks as listed here.

Recommended Documentaries

<http://www.gmofilm.com/>

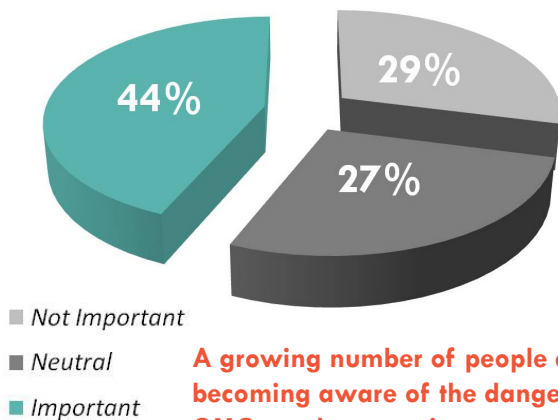
<http://www.freshthemovie.com/>

<http://www.cerealkillersmovie.com/>

<http://www.fatsickandnearlydead.com/>



How important is Non-GMO when deciding which food and beverage items you will purchase?



A growing number of people are becoming aware of the dangers of GMOs and companies are starting to label their products to help you avoid them if you choose. We still have a way to go - learn about GMOs so you can make an informed choice.

What Are GMOs?

If you want to focus on one change while grocery shopping that could improve almost any health condition, work on avoiding GMOs. Here is one reason why. BT corn is made by splicing genetic information into a corn plant that causes damage to a caterpillar's gut lining, allowing bacteria in the insect's gut to permeate the bloodstream and kill the caterpillar. Can this happen in humans? The truth is, we don't know; it's certainly not proven that it doesn't happen. What we do know is that food allergies are on the rise and these food allergies (which can happen when undigested proteins make it through the gut lining) sometimes disappear when GMOs are removed from the diet. Do you want to eat food engineered to destroy stomach lining of any kind?

If you want to avoid GMOs then buy organic or Non-GMO products that contain corn, soy, sugar (cane ok), canola or cottonseed. Check out the Institute for Responsible Technology for more info. <http://www.responsibletechnology.org/>