



Healthy Eating

Hosted by: Jody King-Colegrove

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Webcast: <http://instantteleseminar.com/?eventID=50623743>

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Description:

It is the new year, do you want to be the best you can be? In this teleclinic Jody Colegrove shares the latest information on eating healthy. She talks about how to use Quantum Techniques to test foods to discover what foods are best for you to eat. Jody also shares codes for Emotional eating, Motivation, & Cravings.

Teleclinic Guide:

PBS Special on "10 Tips to Loose Weight"

1. Eat more soup – has lots of Vegetables
2. Move more through the day
3. Exercise
4. Smaller portion size, use a smaller plate
5. Eat more protein
6. Eat low fat dairy (test to see what is better)
7. Don't skip meals
8. Record what you eat
9. Count your calories
10. Don't blame your metabolism

Deepak Chopra

Awareness is the Key to Weight Loss

Seven Levels of Emotional Needs

-  Comfort, Security, & Safety
-  Love & Affection
-  A sense of belonging
-  Accomplishment, success, achievement
-  Self Esteem
-  Creative Expression
-  To have meaning & purpose in your life

During a QT Call (Practitioner Session)

1. Test what foods are not good for you right now & why
 - a) **Energy Toxin Foods** (trauma based, reverses them, Limit amount)
 - b) **Against Histamines** (Trauma, immune system, only after symptoms go away)
 - c) **Against Inflammation & Immune System** (Organ/ Gland, Remedies = Grape Seed Extract, Evening Prim Rose Oil, Curcumin, Turmeric, Oil of Oregano, Vit C)
 - d) **Against Fungal** (MMS, Molecular Silver, Grapefruit Seed Extract)
 - e) **Against Most Stressed Organ / Gland / Area**
 - f) **Dietary Intolerances** (food sits in gut & can't digest, body needs to repair from Pathogens, Gluten Intolerant)

2. We test many of the most common foods that cause issues for people
 - a) Gluten
 - b) Dairy
 - c) Night shades
 - d) Eggs
 - e) Soy
 - f) Citrus
 - g) High fats – protein, oils, nuts
 - h) Fungal foods - yeast, bread, beer, wine, vinegar, sugar, maple syrup, fruit, Grapefruit juice, Raisins, dates, nuts, melon, mushrooms, strawberries, berries, Dairy, cheese

3. Test again to see if we missed some other food
 - a) Fruits
 - b) Vegetables
 - c) Protein – meat, beans

- d) Liquids & water
- e) Supplements, Medications

What to Eat

1. Cook books that are helpful
 - a) The Blood Sugar Solution Cookbook by Mark Hyman
 - b) The Ultra Metabolism Cookbook by Mark Hyman
 - c) How to eat Like a Dinosaur
 - d) Practically Raw Deserts by Amber Shea Crawley
2. Gluten free products
3. Honor yourself & your needs “Diets still don’t work” or Gene’s Roth’s books
4. Cravings too high
 - a) Stop, become present, understand why, test & find out
 - b) Eat it, no quilt or sham
5. Protein 30 min after working
6. Probiotics – 2 or 3 different kinds
7. Find substitutes that work for you
8. Ho’oponopono

Codes

Emotional Eating

EB,SH,IF,OE,A,C,9G,G50,SH,IF,OE,A,C,9G,G50,SH,G50,SH,G50,EB,SH,IF,OE,A,C,9G

Motivation Code

SH,IF,OE,A,C,9G,G50,SH,IF,LF,MF,OE,A,C,9G,EB,SH,EB,SH,IF,OE,A,C,9G,Chakra Pattern #1

Craving Code

EB,SH,EB,SH,IF,OE,A,C,9G,G50,SH,IF,LF,MF,OE,A,C,9G,EB,SH,EB,SH,EB,IF,OE,A,C,9G

Exercise Code

EB,SH,EB,SH,IF,OE,A,C,9G,EB,E,OE,A,C,9G,G50,SH,G50,SH,IF,OE,A,C,9G,G50,SH,G50,SH,IF,OE,A,C,9G,Chakra Pattern #1

NOTES:
