

## LESSON 1 -- KEEP IT TOGETHER

### HOW TO HEAL YOUR BODY WITH WHOLE FOODS

There's a simple solution for most of the chronic health problems on the rise these days -- it's not drugs -- it's food.

**... Only, food isn't food anymore.**

Processed food, which makes up most of the Standard American Diet (SAD), isn't "real" food. First, a little history, then an explanation about why food isn't real, and then what we can do about it.

**How war created modern food.**

Every war since the Civil War brought new technology in making, preserving, and shipping food. Getting food to soldiers can win a war.

Canned food sustained soldiers in the Civil War. Dried and powdered food was shipped in WWI. Dried meat was added in WWII. The modern MRE meal packet is the result.

After war, innovations are converted into new products for civilians.

Two things happened in WWII that changed everything. Dried food production combined with working women to create the convenience food industry. Factory-produced food with a long shelf life and easy preparation was embraced after WWII. And here we are.

Boxed cake mix was the first big success in the 1950's, and now convenience food has taken over. It's been like a bulldozer, remaking society and the way we think about pretty much everything.

All information provided by Monica Stapleton on [basicwell-being.com](https://basicwell-being.com), [beingwellclub.com](https://beingwellclub.com), on the forum for the Being Well Club, or on affiliated websites is for informational purposes only and is not a substitute for professional medical advice. Readers and members should not use the information in any materials or pages, including emails, or on affiliated websites for diagnosing or treating a medical or health condition. It is recommended that readers and members consult a physician in all matters relating to health, especially with respect to any symptoms that may require diagnosis or medical attention. Any action on the reader's part in response to the information provided on [beingwellclub.com](https://beingwellclub.com) or [basicwell-being.com](https://basicwell-being.com) or affiliated websites is at the reader's or member's discretion. Basic Wellbeing LLC and affiliated websites make no representations or warranties with respect to any information offered or provided on or through the website or courses regarding treatment, action, or application of the information discussed. Basic Wellbeing LLC and its affiliates are not liable for any direct or indirect claim, loss, or damage resulting from the use of this [beingwellclub.com](https://beingwellclub.com), [basicwell-being.com](https://basicwell-being.com), and/or any linked website(s).

The author of this material has no formal medical training and any information or advice published or made available in this book, through [beingwellclub.com](https://beingwellclub.com) or [basicwell-being.com](https://basicwell-being.com) is not intended to replace the services of a physician.

It's time to reconsider some of these mad marketing schemes -- and to what degree they are influencing our health.

### **Food value wasn't the priority.**

Not much thought was given to nutritional value when convenience food was created. It was about stability and shipping. Food was food, no matter how it was packaged, and nutrition played a minor role. That problem has only gotten worse with changes to mineral content in soil and chemicals now used on crops.

Since the 1930's, when many of our modern foods were being developed (the Great Depression had a hand in it, too), there has been a significant rise in cancer, heart disease, diabetes, autoimmune disease, mental health issues, autism, and all manner of degenerative and chronic conditions.

All along there have been voices warning about poor nutrition and the high impact it would have on our health. It's not that nobody knew the truth back then. Nobody paid attention, but that is changing.

One of the first things that needs adjusting is our relationship with convenience foods.

### **You're the reluctant hero of your own story.**

Getting healthy is largely about making peace with food preparation, accepting some necessary cuts, and learning to enjoy the new road.

Every story ever written has a hero who faces a crisis and initially turns away from the challenge only to discover that the cost of not facing it is too great.

So here you are. You wouldn't be reading this now if you weren't thinking about some health issue.

### **The answer is food. Accept the food challenge.**



## **Isn't eating healthy too expensive?**

Food is expensive. It always has been. Throughout history, people spent the majority of their time growing or raising and foraging for their food. We've been liberated from this burden, but what is the real cost?

### **Actual cost.**

Buying healthy food is a bit more expensive, but there are things you won't be buying anymore, and so, there's a tradeoff.

Food is an investment. We're living by default, and it's backwards. The lack of investment in nutrition will require a balloon payment later -- expensive medical costs and loss of quality of life -- right about the time you're ready to enjoy retirement, or even sooner.

It's not a bad deal to invest in your future self.

### **Do I need to learn to cook? YES, but you'll probably like it.**

Convenience food has freed us up to think about other things, but we're losing connections and our health.

Learning to cook gives you the power to control your own life and health again.

Learning something so fundamental to self-care and survival is transforming.

Don't be surprised by how far-reaching learning to cook can be in your life.



## **Voices of wisdom.**

Way back in time, in ancient Greece, Hippocrates knew the power of real food. He said:

"Let thy food be thy medicine and medicine be thy food."

Doctors like Dr. Henry Biehler, Dr. Royal Lee, Dr. Sidney Haas, William Donald Kelley, and others, established that this move away from whole foods was going to be pretty bad.

They all used food as medicine for serious health issues with great success, but they were ahead of their time in realizing the connection and understanding the healing power of food.

**Food is fuel, energy, and replacement parts -- and quality does matter.**

Your body uses food to refuel, rebuild, and restore.



If you were a car, you'd be a race car, not a Honda.

You have a specific fuel mix that runs your engine perfectly. If you don't get the right fuel mix, or your body doesn't get good replacement parts, it will still do the job -- miraculously -- but the results you get are increasingly wonky over time.

You'll start feeling like you're driving around in a little broken-down jalopy, instead of the dynamic, powerful machine the body is meant to be. Your paint will get dull and discolored and pock-marked. Your fuel system will start sputtering and you won't have power to go uphill very fast. Your tires will get thin and out of balance. You'll find yourself unable to keep going without thinking about all the little annoying things that keep you from doing what you love to do.

### **Your body is a complex organism, not a simple machine.**

There are many interactions and connections that create a beautiful and balanced ecosystem.

The cause and effect chain reaction seems unrelated only if you are too close to the situation. Our bodies are strong and amazing, and they can take a huge beating before we really see a big drop off in health. It takes a lot to take us down. So we keep going, just not as strong.

People are getting sicker at younger ages because there's a critical turning point happening.

Autoimmune disease is on the rise, autism is going through the roof, about a third of the population in the US has blood sugar issues of some sort, and cancer isn't going anywhere, despite tons of research and new technology.

We keep throwing more drugs and chemicals and more money at these issues without seeing the connection to our modern lifestyle. Most of these problems didn't exist before our love affair with convenience took the world by storm.

Whole Foods are a big piece of the puzzle.

First, let's define some terms.

### **What is a processed food?**

Processed foods have been altered for sales. Food is engineered to produce more, grow bigger or look more appealing, have a smoother texture, enhance the flavor, resist pests, or last longer. "Quality" is defined by those issues and not by its nutrient density.

By the time food hits the grocery store shelves in whatever form it's sold, it has been grown in poor soil, treated with pesticides and herbicides. It's been harvested, then boxed, shipped, irradiated, heated, mixed with preservatives and bad fats, bleached, colored, extruded, molded, boxed or covered with plastic again, shipped again, and then shelved -- sometimes for a very long time. Phew!

In short, it's been altered, and in many cases it's unrecognizable as the original food.

Processed food has lost "parts" along the way and it's now devoid of most of its food value. There's not much left that your body can actually use. It's mostly empty calories, putting a burden on your liver and failing to provide what you need to rebuild new, healthy tissue and fuel your immune system.

### **Eating a whole food diet means you won't miss a thing.**

What is a whole food? Exactly what it sounds like. A whole food is as close to its original form as possible, which means a fresh apple is a whole food, but not an apple pie pastry. Apples in pastries have been processed.

Fats, flours, and sugars are all very processed foods and some of the worst quality food on the planet. That's how things like apple pie pastry have become known as "empty calories."

### **Unfortunately, calories never get lost.**

Sugar and fats are added to hide a lack of flavor.

Nutrient dense foods keep us healthy, and they also taste better than too-sweet food. Our brains respond to nutrient density because they promote health, and food that lacks nutrition isn't satisfying.

### **We don't know what good food tastes like anymore.**

You have to eat nutrient dense, whole foods for a little while before you realize how bad processed food actually tastes. You start noticing the chemical taste in things like salad dressing, or on fruit.

### **Malnutrition isn't just a third-world problem!**

In the western world, malnutrition is not caused by starvation. It's caused by poor food quality. We eat plenty of stuff. It just isn't real.

You eat a meal and your brain says, "That wasn't it ... try again," because your body is still looking for missing nutrients.

First world malnutrition produces overeating and metabolic, degenerative diseases like diabetes. We are well-fed, but poorly supported, and deficiencies are common. Vitamin and mineral deficiencies are widespread, but there are other issues, as well. We eat very few foods that have enzymes. Enzymes are naturally in fresh food. They help to break food down. Without enzymes, food does not get fully digested, creating even more malnutrition.



### **Where food comes from matters!**

Ideally, whole food has been grown in mineral rich, healthy soil and contains high levels of vitamins, minerals, enzymes, and phytonutrients. It's a package of all the things needed to break food down and feed your cells exactly what they need for high performance. A poorly nourished plant won't produce the same nutrient profile as a plant grown in better soil.

The quality of our soil in the US has decreased significantly in the last 40 years. Two apples can vary widely in their nutrient profile, depending on where they were grown.

Poor soil also requires more herbicides and pesticides because plants lose their natural ability to ward off bugs and disease. A whole food is not chemically laden with pesticides, herbicides and synthetic fertilizers.

Poor soil cannot support the people living on it!

That is what we mean when we say, “quality, whole food.”

## **HOW DOES WHOLE FOOD HEAL THE BODY?**

The body uses food to make new parts. It literally is replacement parts.

Macro-nutrients are protein, fat, and carbohydrates. Macro-nutrients are the basic building blocks for muscles, hormones, and every organ and tissue in the body. We need sufficient levels of all three macro-nutrients in our diets for repair. Low fat diets can cause hormone issues because hormones are made from cholesterol, for example. Without the raw materials the body needs to produce, imbalances will form over time.

As we sleep, our bodies go to work restoring the wear and tear from the day. The meat you eat is ready to be turned into muscle or organ tissue that needs to be replaced. The fat you eat turns into cell membranes and hormones. Fat is also a good source of energy. Complex carbohydrates (vegetables, not sugar) are used to keep body functions going, like the detox pathways in the liver and the immune system throughout the body.

Food also has micro-nutrients -- things like vitamins, minerals, enzymes, and phytonutrients, and things in food that scientists have not discovered yet. We still don't know all the things lost in food production.

Micro-nutrients drive the metabolic functions of the body. Micro-nutrients support the production of all the biochemicals in the body, such as neurotransmitters in the brain for mood balance, hormones, and bile for digestion. They also support energy production inside our cells, electrical impulses in the heart, our ability to think clearly and quickly, and a myriad of other metabolic processes.

Without enough of these micro-nutrients, our body can't maintain balance and continue to repair and restore itself day in and day out, nor does it function well



during the day. The result is early aging and a slow slide into chronic health problems, which is what we see commonly today.

**Can you fix this problem with supplements? It helps, but not without the diet.**

Each of these constituent parts can be isolated and turned into pills. A mineral salt can be packaged, such as calcium citrate.

A nutrient deficiency may be identified, and then a protocol for addressing the deficiency is created from supplements such as magnesium, for example. Most nutritional programs are based on a step-by-step process of identifying these deficiencies in the body, including HTMA testing. Blood tests and other lab work may identify a magnesium deficiency, for example, and then the health practitioner creates a supplement list that will address and support the deficiency. The patient feels better, but very often, it becomes a moving target, and full restoration never really happens. Why?

If the diet remains relatively unchanged, and we think we can stick a vitamin or mineral into a gap, like a puzzle piece, then full, lasting restoration will not take place because food has undiscovered constituents that can't be replaced, and the body needs it all working together. If we fix our diet, the better nutrient therapy from quality food will give your body everything it needs. Supplementation on top of a healthy diet can be helpful.

Vitamins were discovered in the early 1900's. If supplementing with vitamins could solve our problems, we would have seen that by now. Without fixing diet, you won't get the lasting improvement you're looking for. There's just no way to shortcut the need for a healthy whole food diet.

There are supplement companies that produce concentrated food supplements without loss. You can opt for these kinds of supplements whenever possible.

[Standard Process](#) was the first whole food supplement company in our country. Dr. Royal Lee founded Standard Process in 1929 and established it on the whole food principle of providing all the nutrients in the full package, as nature supplied.

Dr. Lee was way ahead of his time – a nutrition prophet in a sense! He understood early on that there were constituents in food that had not been identified yet (some that we know now), and they were as necessary to our health as the things

that had already been identified. He saw that all these constituents work together in the body, some supporting assimilation, others helping digestion, and still others delivering vitamins and minerals to the right destination.

In other words, you can take the right mineral but miss out on the benefits of it because the rest of the package is missing. Eating enough whole foods, in the form they were designed to fuel our bodies is the real answer.

Scientists are still learning about what these other constituents are. We now know that phytonutrients, antioxidants, enzymes, and many more things that will be discovered in time play as big of a role in restoring health as the vitamins and minerals themselves. Dr. Lee was right.

John Troup, PhD, Vice President, Clinical Science, Education & Innovation at Standard Process, says that Standard Process is the only company in the United States that is focusing on the nutrient profile of the soil in which they grow their crops. They are also careful to manage the nutrient profile of all their whole food supplements from start to finish. As soil conditions have declined over the last 30 years, Standard Process has seen an increase in the nutrient profile of their soil.

There are other companies that use whole foods and herbs in their products. Taking therapeutic doses of minerals to correct an imbalance or provide for a deficiency can be helpful but learn how to eat real food as much as possible, and you will accomplish real and lasting change in every area of your life because everything we do flows from a healthy body.

**Accept the Food Challenge! Just eat real food!**