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## **Guide to Eating Well** Version.1

This aims to be a simple and concise guide to eating, Nothing more nothing less. It is not a scientific guide as to why and how you should eat. Rather a plan focused on principles I have found that have worked based on simplicity and whole foods which will leave your body better nourished than ever before.

The reason I am writing this section is that I wish for the book to clear up this diet and nutrition maze we live in and make it a little bit easier to navigate. I do not by any means claim to have the answers and I don't believe anyone does....

This book has been written for those who have struggled with their relationship with food. This includes everyone who has struggled in choosing what to eat and how much to eat, and have found themselves battling with food and possibly their weight or even with how clothes feel! It is not a guide to losing weight quickly or a temporary solution but something that is natural, easy and hits home with your common sense. leaving you with a healthy relationship with food and a healthy body.

What surprises me is that obese or overweight people often eat very little. This is either good or bad depending on how you look at it, it is probably a bit of both.

What it shows to me is that becoming healthy is bigger than simply changing how you eat but also includes changing your lifestyle and views on food which are discussed.

I do believe that there is a certain path that works and "feels right" so to speak and that is all we can ask for - Listen to your body. I have written this book after years of fascination with the topic of health and fitness as well as years of self experimentation when it comes to diet and nutrition. The truth is things aren't so difficult and if we just relax into eating and let our intuition and appetite regulate what we eat while working with our bodies. Not fighting the impossible battle against yourself that things start to work and slip into place....

As with everything I try to maintain an open mind and admit that thoughts and views in this book may change with time (and you are entitled to free upcoming revisions of the book) I feel that the core methods described in this book will stay consistent and that they provide a template for nourishing your body for life.

## What is wrong with today's approach to food?

Food was once just that "Food" there were no external constraints associated with it or fear and dogma we just ate and enjoyed it. Food today is such a complicated subject - There are so many different lifestyles and diets advocated that no wonder people are sicker and more confused than ever before, add to this the amount of modern processed foods we have around and it leaves us in a pretty tricky situation.

The truth is "Healthy people don't diet" they don't stress about food either. To them food is just food and a source of joy and nourishment, something to look forward to at the end of the day or a vehicle to enjoy life when socializing with friends or family. In an ideal world we would all like to eat liberally and freely of all food groups to appetite while maintaining a good body composition and a healthy outlook on life. This is all we can hope for and is the main reason that we embark on diets or a certain way of eating.

The main problem today is not to do with unprocessed "Carbs, Protein or Fat" but rather to do with the stuff which throws a spanner in the works of our bodies natural ability to regulate itself. Our bodies are amazing and will always strive to be slim, healthy and happy - That is our birthright. So when things are not this way something has come into play to throw off these mechanisms, we cannot know for sure what these are but we have a pretty good idea of some of the potential causes:

- Stress
- Sugar
- Dieting (Famine Response)
- Fructose Overload
- Toxic Fats
- Over Exercising or Sedentary Behavior
- Excessive Refinement/Processing of Food
- Artificial Sweeteners
- Lack of Nutrients
- Environmental Toxins (Pollution, Chemicals and Radiation)

These are all things which once didn't exist in the same way they do now with the frantic and busy lives people lead, along with the misconceptions of what is healthy. While some people are convinced we have not evolved past our Paleolithic roots I am convinced the problems did not start occurring in bulk until the last 100 or so

years. Sure things like obesity and disease did exist but not to the same extent they do now, and at least we tried to remedy them through nutrition before resorting to pharmaceutical drugs.

I have spent time studying our recent ancestors and the diets they ate. These people were of superb health and lived long happy lives while consuming many Neolithic foods (think Rice, Grains, Dairy.....) Obesity or even being overweight was a pretty rare phenomenon until recently this shows something has happened in our extremely recent history to trigger our bodies to want to store fat. In fact it has been shown that obese peoples bodies are actually starving in spite of being in a calorific excess.

**All of the things bullet pointed above maybe and probably are causing ill health** - this e-book aims to address these problems by showing you the right path to healing and finding health and wellness through nutrition.

Nutrition confusion is not our fault, neither is being overweight or out of shape. It is a natural occurrence that occurs due to the lives we have been led to lead and the misinformation that we have received in regards to diet. If you are overweight or unhealthy and looking into a path to health you deserve great respect as the same cannot be said for everyone. It shows you have not given up or surrendered. It shows great strength.

True health is achieved once we are able to eat freely of natural foods of all kinds to appetite or even slightly beyond while maintaining a lean and healthy body. True health is being at peace with food and having a healthy relationship with what you eat.

We should even have the ability and a healthy enough metabolism to cope with junk food on occasion without adverse effects as our bodies will simply dispose of these toxins or inferior fuels with ease. We should have bodies which run more like diesel truck than sports cars, being able to handle a wide variety of foods with robust digestion and good health. When your body is running well there are no more worries about “what to eat” or fear about becoming fat if you stray of your diet temporarily.

*“Eat when you are hungry. Sleep when you are tired.”*

Food will become Food again.....