



## Episode 7

### **Cut the Crap for 7 Days**

Good morning! Welcome to Toni Talks Humanity Matters.

I'm your host, Toni Julian, and today we're going to talk about cutting crap out of our diets.

There is so much pressure to eat junk. We have our own internal programming which triggers eating unhealthy foods to give us instant gratification, we self-medicate and make ourselves feel better, but ultimately make us feel worse. I recognize that we all need some comforting. But there's a way that there are just greater rewards if we're not looking at the short term. Let's look at the long term with this.

And we have social pressures – which there are less now while we are Sheltering in Place – but still prevalent. I've had so many situations where professional organizations, groups, clubs and friends are now setting up Zoom calls as a place to have cocktails and appetizers! It's such a social part of our lives that now, our culture is finding ways to continue these bad habits and behaviors while physical distancing! Let's just move our bad habits into a virtual world. Wow! And all-over social media sugary desserts, cheesy, cholesterol laden, adulterated unhealthy recipes abound! There's no escape!

Today what I'm excited about is we are going to put a stake in the ground and combat this unhealthy groupthink! Let's NOT go with the flow of what I call the American Decondition, which is the steady decline of our health due to our poor lifestyle choices.

Let's improve the quality of the food that we eat because how we eat is makes such a huge difference to how we look, how we feel and most importantly, a major contributor to our overall health and staving off disease. Let's take advantage of this time where we can move through this and come out better than when we started. That is our challenge.

Nutrition has more of an impact than most anything else you can do, with the caveat being getting enough sleep every night.

How do you prioritize your time and our resources toward the many efforts you need to make to keep yourself healthy when you're juggling so many different goals at once? I've conducted research for decades, and my specialty is how to regulate blood sugar, and improve nutrition, stave off disease and especially how to improve body composition. I've worked with individuals and companies and even competed in natural body building competitions and learned how to change my body composition drastically. I was 48 and tied for first place in what's called the "open" which is all other age groups, including 20-year olds!

I wrote a book about my self-reinvention and entitled it: *BITE ME!* because at that point in my life, I was going against this grain of society and eating healthy and NOT going with the flow of what people were eating, what people were drinking. It just wasn't met with very much support. So, people would want me to eat with them, drink with them. Someone even made me a chocolate sundae and said "eat this, you're too thin" and I wasn't. I was eating 3000 calories a day, and for a woman who was 125 pounds and 5'-3" that is just a ton of food. I was eating healthy, I was crowding out the crap and incorporating super healthy, nutritious foods into my diet. I was very convicted about this because I just came out of surgery for a high-risk, pre-cervical cancer. I came out fine, but I lost my best friend to pancreatic cancer at the same time. I decided to reinvent myself and this figure competition was not about health per se, it was more to let me push myself to where I am uncomfortable and get on stage in a bikini and let's see what I can do. I was not a big person but I had hardly any muscle tone. I wasn't very strong. I didn't feel good, and I was having hormonal issues, hot flashes and that kind of thing. I learned so much about body composition that I started sharing my techniques with people around me.

I have come to learn the priority, given the most impact it has on your health is: 1) sleep 2) food quality and that's what we are going to talk about today 3) food quantity 4) fitness.

We can go workout as much as we want, right? But we're not going to see the changes in our body and more importantly, feel good and have all of our hormones regulated and working if we are also eating crap. Cheap, low quality, processed foods, sugars, overuse of alcohol and fried foods set us up with inflammation, makes us feel lethargic and a major, major contributor to most all preventable, life-threatening diseases.

I really would love to have join me to set an intention to cut the crap for 7 days.

It's only seven days. And now why seven days? Seven days is because for people who do have sugar in their diets or alcohol or substances that are inflammatory, it takes about four days for it to leave our system and at least 7-days for our bodies to normalize and adjust. So even wine, for example, if you have a couple glasses of wine or a couple of beers or a margarita, it takes about four days for it, not just to be out of your system, but for your body to start of get back to normal where it's not disrupting your sleep cycles. So even if you have alcohol, there is a false assumption that it helps you sleep, and it does help you fall asleep initially, but hours later that same night, 2:30am, 4am, whatever, it is likely to wake you up. And so that is very disruptive to our sleep cycles, and then after four days it could lower your blood sugar, up to four days later. If you just think about that harmless glass of wine or two, whiskey, that can impact you.

I've taught people how to modify their eating regimens for years, 12 years now and this particular situation is very straightforward. Not a lot of rules you have to follow or specific foods to buy. I know right now with sheltering in place also that it's a little bit hard to maybe get all the ingredients that you want. I went online and went on Instacart and it was just an epic failure! I think I ended up with five items out of 20 and back and forth with my personal shopper, so I didn't get most of what I needed. So, I understand it's hard right now to get certain things so I'm not going to put any particular restrictions or say you have to eat any specific foods. it's really about crowding unhealthy foods out and bringing in as many healthy and nutritious foods as you have available to you. And that includes fresh foods, pantry items, whatever you have and we're going to talk a little more about how we actually integrate those.

We're not being able to go to the gym or do the things that we want to do. Why not use this time to focus on ourselves and make sure we come out of this experience healthier, and better, than when coming into it? Let's take this time to focus.

The benefit is that you will be able to elevate where you are. I repeat that, elevate where you are, right *now*. And I recognize we all have different levels of where that is right now. You may be eating really healthy, and go off track occasionally, or maybe you have a nightly bad habit that you're trying to kick. Or it could be most of your diet, you are subsisting on low quality foods.

For me, my issue was I was having wine most nights with my husband. We'd open up a bottle and sit outside. I thought, oh, why not? And I kind of fell into that trap at first and I justified it by thinking that it made me feel better. And this is just a such a hard adjustment sheltering in place and modifying our behaviors and the fear of getting sick or our family getting sick or loved ones and being pulled in different directions. You know, you've got kids and you may have elderly parents or you may have friends that are home bound and sick, but that's over right now. Right?

So, the kind of trauma part or the abrupt changes are over. Right. We have made those changes. We're into this, I think I'm into this for at least six or seven weeks now.

For me anyway, I feel like that hard adjustment is a little bit past me. It may not be for you and I'm not wanting to take that away from you if you're still struggling with certain aspects of it. Many, many of us are. I have kind of emotionally pivoted and I look at it in a kind of a positive way. In some aspects I try to find the positive and most everything. Now we are getting into that point where it's more of a lifestyle white. Once you're past a week or two and where you're into your sixth, seventh, eighth week, you're developing new habits. You've made those adjustments most likely. And now we're talking lifestyle. If we're in this space right now and you are experiencing things like cravings for sugary, salty, crunchy snacks, I call them PMS foods. But you know, you guys out there probably have those cravings too.

And it could be that maybe our portion control is off or maybe we're eating too much of even good healthy foods. Right? There are different scenarios and different pitfalls that we're each facing. This Cut the Crap program is just a seven-day program you can do for yourself at home. It's not about scale weight, it's about staving off disease. It's about how you feel, how you look and your body composition and that's the amount of muscle you have in proportion to the amount of fat. And we want to be able to eat properly so that we're healthy and that every cell in our body is nourished and functioning the way it's supposed to be functioning. Only when we can cut the crap from our diets can we truly be our authentic selves and use our gifts and we all have gifts to share with the world.

And I am big on this because I feel like I am coming into mine finally at 60 years old and if we're putting crap in our body, we are tamping our gifts down. Okay. And I am learning this myself because I feel like I've hidden behind being a little bit of shyness and drinking wine and doing things that basically make me not be fully present. So now I am on this quest and I am encouraging you to make some similar adjustments to just to elevate yourself. Like let's be in this to be fully present, fully aware, fully awake. We are not going to be able to be the people that were put on this earth to be and be able to help and share with other people and less we are.

And to get there, we need to take impeccable care of ourselves, love ourselves, and nourish our bodies. And it's not about being perfect. It's more what I've coached people to think about is that it's more that you are just making the best decision as you can in terms of your nutrition as you move along. So, meal prep, preparing in advance will make you much more successful or just think about when you're making a choice, it's like, should I eat this leftover Chinese food or should I have this yogurt and an apple and some almonds? Clearly one is way better for you than the other one, but so many times we are just eating because it tastes great and it's comforting us.

So here are the guidelines. I'm going to go through the categories of the different macronutrients. Those include complex carbohydrates, lean proteins, and healthy fats, which things to stay away from and give you some ideas of things that you can incorporate in its place.

Crowding out the crap. The number one culprit I believe is sugar. And whenever I've done public speaking events, I always ask people to, we do this game or ask them to all stand and then to sit down if they've eaten certain crappy foods in their diet. And I may ask, sit down if you didn't have breakfast and certain number of people will sit down and then I'll say, sit down if you've had sugar, like cookies, blah, blah, blah, baked goods. And literally 90% of the women, bam, they'll sit down together!

It's so funny because people realize, yeah, we do all kind of do this, don't we? When it comes to sugar, think about not just the obvious ones like cookies and sugary sodas. If you do that, a pancake, syrup and then white processed food also can go into that category of sugar because when foods are processed, they metabolize really quickly and convert to sugar.

It could be a bagel or it could be sourdough bread, which is, I know it's yummy with melted butter on it, but I get it. But those things, let's take those out of our diet just for seven days because they will metabolize quickly and they will help spike our blood sugars. So even something like agave, which we've all heard in the past, it's so healthy and low-glycemic and that is not it at all. I even wrote about it in my first book thinking that it was healthy and everybody did it and they promoted it as being a low-glycemic product and it absolutely was not the case. So even educated nutrition experts like myself can be thrown off track until we learn better. You can look at ingredient labels. If you do buy something that is a processed minimally processed granola or whatever, take a look at the sugars.

All right, and let's swap those sugars out. Some ideas are fresh fruit and berries are wonderful. They're very high in antioxidants. Bananas have potassium. We want to eat a rainbow of fruits and vegetables so you can swap out. If you're looking for something a little bit sweet, say you are doing a smoothie and you have your protein powder and your almond milk and your flax, add half of a banana or half of a cup of berries depending upon your serving size, maybe a full cup if you're a bigger guy so you can

include and incorporate some of these things into your smoothie. The reason that we want to eat it in combination with other things again is so that it metabolizes slowly and it does not hit your blood sugar. So, I believe everybody should eat like a diabetic so they don't become one and that is balanced macros, smaller meals more frequently through the day.

Other good alternatives that are natural and can be used say in your coffee, your tea or baking is honey and that is still sugar for a certain. However, it does also have other health benefits, especially if it's from local bees and it's also high in antioxidants. If you are going to have sugar, local honey is a good option. I also enjoy some plant-based sweeteners that I'll share with you like Truvia, which is a combination of Stevia and erythritol and both of those are plant-based. One is from the leaf; the Stevia leaf and I believe erythritol is from a plant bark and so it is sweet but it does not add calories to your food and it also does not impact your blood sugar. And then Monkfruit also provides sweetness and Monkfruit is often combined into these, some of these other natural product blends and it also provides sweetness with very few calories. It also does not spike your blood sugars and they sound artificial but they're not.

They are all good for you. I use all three of those in my Toni's Protein Meal products and it gives that sense of sweetness, not overly sweet, you don't want to overuse it, but just a hint of sweetness and there are no calories in it and the right balance of macros so it doesn't mess with your blood sugar. So, they're all really safe and healthy for you. If you haven't tried them, I'm sure you can find them locally.

Next in what I still call the sugar category is alcohol and I'm talking about beer, wine margaritas, hard liquor. They are full of sugar plus hard alcohol of course, which margaritas. Red wine, if you're going to drink, it is the best for you. It does have antioxidants and some other healthy properties, but it also does convert into sugar. A part of it and the alcohol portion is it's something your body doesn't recognize.

It's like a foreign substance, so what happens is when you drink, your body doesn't recognize the alcohol and your sugar levels rise because there is also sugar right from the fruit. It's fermented and what happens is your pancreas just says, "oh no" and that it secretes insulin and that insulin is going to grab that circulating glycogen and it's going to go straight into fat storage. All right, so the other thing too just to recognize is if you're a white wine drinker, and I know some, some women are mostly women, not some, it's not so much guys that I have seen anyway, but that has like four times the amount of sugar in it. So, if you're going to drink a wine, red is best white. I would stay away from, if you can maybe convert yourself over to being a red wine drinker.

But just super minimally like balances everything right when we drink wine, not only does our blood sugar escalate, but then our bodies do store it directly into fat. And then when we drink wine, we also let our guard down. We start eating some other things that maybe aren't so good for us. It's ideal, especially for this, these next seven days just cut

out all the alcohol and that's includes beer and wines. Hard liquor for sure and that remember that up to four days later can impact your blood sugar. It actually wakes you up in the middle of the night. So, if you aren't sleeping well, this would be a great thing to swap out and you can swap it out for your favorite healthy beverage. Just make sure you have something on hand, like an herbal tea. Make a pitcher for the refrigerator and the summer you can add lemon slices.

The amount of fluid that you need is one ounce for every half pound of body weight. Say you weigh 150 pounds; you need to drink 75 ounces daily and that's a minimum and that's on a normal day. And if it's not overly hot. So obviously we want to drink a lot more when it is.

Another thing we need to cut out is artificial ingredients. And I include diet beverages and I used to be a diet Coke addict. Like seriously, I would leave the house in the middle of the day just to go to a local drive through to get a diet Coke. And I had to have a diet Coke fresh from the machine. It did not taste the same as from the can. And I would want a big cup with a lot of ice and a straw and I would just suck that down. And it made me feel good. I frankly do not know what's in diet Coke, but I think it's very addictive and it certainly was for me.

And this was about four or five years ago and it took me at least a year to get off the diet Cokes. I would crave them. And the thing about artificial ingredients and especially diet beverages of any brand is that they are so acidic and they have so many chemicals and it takes about, if he can imagine this 30 glasses picture, 30 glasses of eight ounce cups of water, all lined up, 30 glasses to flush out the acidity that's created by one diet soda, just one diet soda. It takes 30 glasses of eight-ounce cups of water to flush it out. That is how acidic your body can be. And if you think about how much acid is in our system and how much that sets us up for disease and illnesses because when our body is acidic instead of alkaline, you know, we can talk about pH balance here just for a bit.

An alkaline environment is really inhospitable for cancers and disease and sicknesses and viruses and bacteria and funguses. So especially as we're going through this Coronavirus situation, making sure that our pH is balanced at like 7.0, to 7.2. It is really important rather than going acidic, and most of our bodies will tend to go more acidic than alkaline. So, if you can remove the acidic types of foods like alcohol, coffee, sugars, artificial sweeteners, then we're going to be much better off as far as being able to balance our pH and adding in things like fresh plants, greens and fruits, which we should be doing anyway. To swap out these artificial ingredients, we can include things like sparkling water with lemon or lime and read food labels to make sure artificial ingredients like food colorants, or preservatives are not included. Like the fewer ingredients, the better.

All right, next step is refined white foods, and this would be foods like white flour, sourdough bread, bagels, cinnamon rolls. Those are my favorite, cinnamon and sugar,

especially with big sugar crystals on them. Here I am, I'm fantasizing about cinnamon rolls. I just love cinnamon and sugar. Anyway, what can I say? Croissants. Doughnuts, white bread. Breads aren't bad if they're whole grain and breads get a bad rap because they're considered a carbohydrate, which they are. And I'll hear people say, I don't do carbohydrates, I don't eat carbohydrates and I will respond with, well you eat vegetables and fruits, don't you? Right? Oh yes, of course. All right. The difference is that of course there are different nutrients and all these different carbohydrates, but where I think carbohydrates get a bad rap is that carbohydrates that are good for you are whole grains, right?

And so the carbohydrates that aren't processed, and the difference I think where people might think it makes them fat or I've heard people say that or help makes them put on weight, is that a carbohydrate, a healthy carbohydrate like brown rice or quinoa is about 200 calories per cup. It's much more calorie dense than say a cup of spinach might be a cup of spinach is probably 50 calories. And then a cup of whole grain is 200 so you can see it's four times more calorie dense. So, you just eat a little less of it. But there are so many nutrients in it. I just wanted to dispel that, that thought that people had that, oh my gosh, I just can't eat whole grains. You can in moderation and there are certain nutrients you can't get any other way.

Especially if you're vegan, you need those whole grains to pick up some of those proteins like in quinoa. Back to overly processed white foods, when you eat white food, like I mentioned before, your body metabolizes it really quickly, right? What happens is say if it's like a white rice or flour, that outer coating of fiber and nutrients is removed. It just breaks down so much faster in your system. And that's again, when our pancreas starts to secrete insulin and that insulin binds with those sugars and it drives it straight into fat storage. You're hearing me talk about fat a little bit and I'm not talking really about losing weight during this situation here. I'm talking about just saying how your body works and how we want to have good body composition and to feel good and to do that we need to really look at metabolizing and how our bodies work.

So, to swap it out, instead of refined white foods, some ideas for you would be 100% whole grain. If you're looking at a loaf of bread, if it says whole grain or whole wheat, that's not good enough. It has to say 100% whole grain or 100% whole wheat and that goes from breads to tortillas and that kind of thing. Then other great sources of whole grains would be brown rice and quinoa. Quinoa is actually fairly good as far as a plant source for protein. It has I think four grams per serving and then sprouted grain breads are also good.

Next is saturated fats and those are fats that are solid at room temperature. So, butter, red meats, sausages, you know, you see a sausage and refrigerator the next morning and it's so congealed and, and it's, to me it's just kind of gross, but that's just me.

It contributes to all kinds of arterial diseases. We want to swap out those saturated fats for healthy oils. And when we think about healthy oils, those would be oil, avocado oil, flaxseed oil. And then we can include things like whole avocados in our meals. And when you eat flax seeds, say you're putting flax seed in a smoothie, that will pretty much grind it. But flax seed, just to keep in mind, it has to be ground, otherwise our bodies are not going to break it up. All right? So, it has to be blended or ground before you eat it. It is just too hard on our digestive system. And then you may not be able to get some of these things, but hopefully you have at least all olive oil in your cupboard. You can swap that out if you're not already using it.

And we want to incorporate these healthy fats because they are high in Omega threes and also like salmon, right? Wild salmon, not farmed salmon. But these omega-3's we want to really boost and reduce the Omega-6s, like some of these polyunsaturated fats, like in corn oil and safflower oil and those kinds of things. And then the Omega-9's are our saturated fats and we get plenty of them already. We really want to focus on crowding out those saturated fats and bringing in more Omega-3's. And it's that ratio that you want, which is higher Omega-3 to the Omega-6's and 9's.

The strategy is to crowd out all those unhealthy foods with healthy foods. Here are some tips to help you incorporate some healthy foods into your diet.

The first is that in every meal so that you regulate your blood sugar and you can stay fuller longer so you don't have cravings, is think about combining and focusing on first a lean protein.

And then you can add a complex carbohydrate and then a healthy fat in every meal. So just for example, it would be like three ounces of a chicken breast and maybe half of a cup or three quarter of a cup of brown rice. And then some avocado. You have your lean protein, your complex carb and your healthy fat, and you can see that when you have this type of meal and the proportions are right and you're hitting them. You don't have to worry too much about calories to start. Like this is not about weight loss. I would just say eat enough so that you're not hungry and you stay satiated and your blood sugars regulated for about four hours. Like if you eat that balanced meal of the right amount of calories, you're not just grazing a hundred calories here, 200 calories there, that's going to mess with your blood sugar and you're going to be hungry in an hour and then you're going to want to eat again.

So that is not ideal. It's kind of like when you are hungry and you have an apple and say that's a hundred calories and it's a pure carbohydrate, which is great. It's a healthy carbohydrate and it has fiber. But when you eat that one apple, because it does, you are not eating it with a healthy fat like almonds or something and you're not eating it with some protein, then you're going to metabolize it, digest it much faster, and then you'll be hungry again. We want to be able to eat frequently enough so our blood sugars regulated but not go too long because after say five, six hours, your blood sugar starts

to drop again. And what happens when our blood sugar drops, is your body is protecting your brain, which needs pure carbohydrates to function. So, your body starts going after the carbohydrates and it'll start metabolizing your muscle because we don't have any more circulating glucose. Glycogen is made and stored in our liver and our muscle cells, both of which break down the glycogen into glucose, into your body for immediate energy.

We want to do is be able to fuel our body, have the right amount of calories, and eat the right combination of healthy foods. Our blood sugar stays regulated, and what that does it, it improves our body composition. We want to maintain our muscle. So not going too long in between meals. I would just eat what you need to be satisfied and then you'll, you'll know, obviously you'll know your portion sizes, you know what's too much, what's not enough. And I always serve my foods on a small plate or a small bowl and I never put foods directly on the table. I serve myself in the kitchen and then I go sit down to eat and I take what I, what is the right portion for me and I, and I make things that are, that are balanced and then I don't really go back for seconds.

The other thing I do is I don't eat between meals and I don't eat after dinner unless I have to. So, say before bed, if you do feel like you're hungry, like maybe you've eaten at six or seven o'clock and it's 10 or 11 o'clock at night and maybe you can't fall asleep. And I know that I have those nights sometimes. And so, I'll get some almond milk and I'll just heat it up and put some cinnamon in it because that does help regulate blood sugar. But I just heat it up and it's comforting and it takes the edge off being hungry and I'm able to fall asleep. I really love doing that. And the other is there is a hot tea, it's called Good Earth Sweet & Spicy. I'm sure you all remember the Good Earth restaurant in California. I'm not sure if it's outside of California, but they had this amazing tea and they used the cinnamon that has a very high oil concentration and is just so good and helps cut the cravings.

It tastes sweet, but there's no sugar in it and it helps regulate your blood sugar. So they do sell that commercially now, which I love. I always make sure I get the decaffeinated version. Those boxes look almost identical so they're really easy to, to get confused. So, anyway, I would just do your best and if you have a day where you feel like, you know, I just really gave it a good effort, maybe it wasn't perfect, just go ahead and consider that a successful day because you're making changes in your improving where you are and that's all that really should matter as you're making sustainable lifestyle changes. And if you're eating total crap right now and you cut most of it out, that is a huge change too, even if there's some left in your diet. I'd rather that we look at this as not black and white, but as transitional strategies to get you to where you really need to be. I guarantee that if you do this for seven days, crowd out anything that's unhealthy, try to get as many veggies as you can and balance each meal so that you stay satiated and you can cut the cravings. I guarantee you will feel amazing!

I do, I'm on day 10 myself. And what a difference. I can tell you that personally.

Thank you for listening. I hope all of this helps and that you and your family stay safe and healthy, and I hope that this gives you some food for thought. Be sure to subscribe and check out [www.tonijulian.com](http://www.tonijulian.com) for more podcasts, blogs, resources and Toni's Protein Meals® to keep you healthy and strong.

From my heart to yours. Until next time!

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