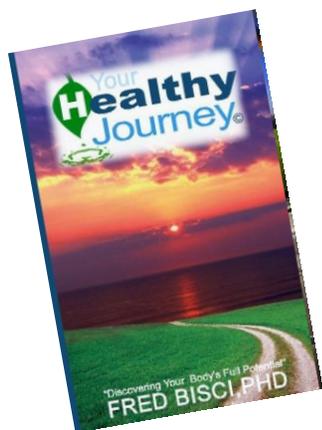




# **Moving Beyond Your Addiction to Food Enjoying Your Healthy Journey**

**12 Steps to Healing, Health and Longevity**

By Dr. Fred Bisci



Portions of this e-book appear in ***Your Healthy Journey: Discovering Your Body's Full Potential*** by Dr. Fred Bisci  
Published by Bisci Lifestyle Books,  
ISBN : 0-9822130-0-1. Used with permission.

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**DISCLAIMER:** The information in this e-book is about a healthy lifestyle program that the author advocates from over 40 years of his experience and working with tens of thousands of people. This is not intended for diagnosis or treatment of individual disease. Please consult a qualified medical professional when necessary.

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*Divine spirit, mind & body: induced, driven & expressed.  
The health of the physical body is spiritually & vibrationally  
induced, electrically & chemically empowered, and  
biologically and genetically carried out.*

*— Fred Bisci, PhD*



## INTRODUCTION

The United States of America that for many years has been proud of its self-proclaimed status as the “greatest country in the world” is in a state of tragic decline. Walk down any street, peer into any store or café, pay a visit (heaven forbid!) to an all-you-can-eat buffet at a Las Vegas casino, and all the evidence you need is there, staring you in the face.

I’m not talking about the state of our economy, our politics, wars or even healthcare reform. What I’m talking about is the nation’s health, in general. The cause of 85% of degenerative diseases in this country is related to poor lifestyle, in particular - diet.

If you have eyes to see, what you will observe is a people whose physical vitality is rapidly waning: many are dangerously overweight. Our bodies are being poisoned by over-processed, growth-stimulated and pesticide-ridden foods and respond with a general feeling of being unwell. Bones and joints ache. Digestive systems don't function properly leading to constipation, heart-burn or other stomach ailments. Fatigue, diabetes, heart disease, high cholesterol and cancer are among some of the risks.

Each year new medicines are introduced and approved by the FDA in hopes of finding a "cure" for the most common health problems. Our government looks for methods to provide healthcare for all Americans. Yet no one is talking about the real problem: What Americans eat is killing them. In our fast-paced society of multiple bread-winners and our busy post-retirement lives, we live to eat when we should be eating to live. Instead of treating our bodies like biological efficient creations, we treat them as if they are disposable systems – something that can be replaced through medications, medical treatments or crash diets.

As we face, perhaps, one of the most challenging climates in American history – healthcare reform, it is more important than ever that Americans learn and put into practice the secrets to longevity, slowing the aging process and drastically reducing the risk of life-threatening diseases such as cancer, diabetes and heart disease. The amazing part: the solution is what you leave out and what foods you put in.

Creating your healthy journey requires a commitment to change, and a plan for how you get from where you are now to where you want to be. It's not a quick fix to feel better or lose weight, although this can happen. It's a conscientious choice to create a lifestyle that helps your body function at its optimal capacity and capability.

So let's get started!

## STEP ONE:

**Although we should enjoy what we eat, food is meant to nourish the body, rather than provide entertainment, enjoyment or pleasure. Contact with people provides that JOY!**



Most social activities are planned around food – potlucks, dinner parties, luncheons, and holiday get-togethers. While there is no doubt that these activities strengthen relationships, they often provide an environment where food becomes the focus of the activity.

The first step to becoming healthier is to recognize that food, as it was originally intended, is meant for nourishment, health, replenishment and to give the proper fuel and necessary energy for the body.

The body is quite complex and has self-healing properties which can be maximized through proper nutrition, exercise, fresh air, adequate rest and a common sense way of living.

## STEP TWO:

**Our bodies were intended to be optimally nourished through the fruits, vegetables, nuts, seeds and grains of the fields and trees.**



As children, most of us were taught that a balanced diet consisted of each element of the food pyramid - fruits/vegetables, grains, proteins (meats and beans) and dairy. Today, the food pyramid is outdated science and must evolve as a doable healthy lifestyle that supports healthy eating and common sense living.

In early history, man lived off the land. It is no coincidence that science refers to this early mankind as “gatherers” because early man did indeed gather the fruits of the earth. They nourished their bodies with berries, vegetables, nuts, seeds and grains. And, on occasion, they supplemented their nutrition with fresh fish. The food that went into early man’s body was as close to its biological form as possible.

As time progressed, man developed hunting tools and soon was hunting game such as fowl and larger animals. Man’s digestive system had to adapt to this new way of eating. However, survival required activity. Animals had to be tended. Fields of grains had to be harvested. The lifestyle of man functioned around how he must nourish his body.

Now hundreds of centuries later, man has adapted our diet to fit our lifestyle. Convenience foods riddled with sodium, sugar and fat combined with an inactive lifestyle have forced many Americans into unhealthy eating habits. Obesity, diabetes, high cholesterol, heart disease and cancer are only some of the serious, life-threatening consequences.

## STEP THREE:

**Catalog and inventory your own buying and eating habits.**



In 2007, Americans spent in excess of \$1,586 billion dollars on convenience foods ranging from ready-made meals to frozen foods.<sup>1</sup> This translates into roughly \$100 per week that each American spends on convenience foods.

As you review your own buying and eating habits, what do they reveal about your own health? Are you aware of what “extras and burdens” you are placing upon and putting into your body with each mouthful of food?

Eating real, clean, fresh and freshly-prepared, raw fruits, vegetables, nuts, seeds and whole grains daily may not only help cleanse and unburden the body of harmful toxins, but can also reduce your risk of life-threatening diseases. Remember, it's not what you put in your body; ***IT'S WHAT YOU LEAVE OUT THAT WILL MAKE A DIFFERENCE IN YOUR HEALTH!***

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<sup>1</sup>Sheely, Megan. *Global Adaptation of Convenience Foods*. American Journal of Agricultural Economics, Dec. 2008

Keep a journal of your buying and eating habits for the next week. Ask yourself the following questions:

- What foods do you crave (e.g. sweets, fast foods, etc.)?
- How frequently do you eat prepared or convenience foods?
- How frequently do you read nutrition labels? What ingredients are you ingesting that you may or may not be aware of? (e.g. Look at packaging ingredients.)
- How many of the foods you eat are processed (e.g. white flour, white rice, preservatives, growth hormones, non-organic)?
- How frequently are you eating animal proteins (e.g. eggs, meat, poultry, fish) and dairy products (e.g. milk, yogurt, butter, ice cream, sour cream, etc.)?

- How often do you drink sugary drinks, caffeine or sugar-free soft drinks? Contrast this to how much fresh, filtered water you drink daily or fresh vegetable juices.
- How is your health in general? Do you have problems with inflammation (e.g. stiff joints, muscles, skin conditions)? Digestive issues (e.g. constipation, diarrhea, indigestion, gas/bloating)? Abnormal blood indicators (e.g. cholesterol, triglycerides, vitamin D, B-12)?
- How do you feel when you avoid processed foods and make healthier food choices (e.g. increase in energy, clear skin, ache free, etc.)?

## STEP FOUR:

**Become committed to healthy eating habits and choices.**



Healthy eating is part choice and part mindset, both of which require a commitment to reach the goal of avoiding processed foods, pesticides and preservatives in your diet – ultimately, the rest of your life. Most Americans do not realize that they have food addictions and assume that food addiction is only for the obese or those with eating disorders. However, this could not be farther from the truth.

Food cravings are, indeed, food addictions. Cravings for sweets (e.g. candy, cakes, pies, etc.), salt (e.g. chips and roasted nuts) and caffeine (e.g. chocolate, coffee, non-herbal teas) are symptoms of addictive behavior. In fact, the most common craving – sugar – produces dopamine, which releases chemicals including endorphins that give us a feeling of pleasure. Sound familiar? This is the exact feeling that people addicted to other substances and behaviors seek to experience!

You can conquer food addictions by making a conscious choice to eat healthy foods at all times. This decision to overcome food addictions can come in an immediate way which means to go “cold turkey,” OFF ALL sugary or salty snacks, and processed foods, *today*. We hope that all people can follow through with this process but please remember whether it’s one or

many things that you leave out for the rest of your lifetime: processed foods, stimulating foods, overeating, or high amounts of animal proteins – whatever you leave out, there will be a reciprocal amount in improvement in the chemistry, physiology, and biology of your body for the better.

What food choices can you make that will have a positive impact on your health, increase longevity and initiate healing of your body? Here are some ideas to get you started:

- Eat fresh, raw organic fruits and 1/2 hour later eat 2-4 oz. of raw (unsalted or un-roasted) nuts, instead of toast and coffee.
- For lunch, eat a large vegetable salad and steamed vegetables which are organically grown. Add 4 oz. of raw nuts (such as almonds or sunflower seeds), or legumes (such as chick peas) for an animal-free protein alternative.

- Plan ahead to eat your evening meal three hours before bedtime, or before sunset (whichever is earlier.) A little known fact is that the eye, when becoming aware of darkness, triggers the brain to slow down in preparation for sleep. Eating earlier helps your body use nutrients more effectively, aids in the digestive process and prepares you for the next day's activities.

For your evening meal, eat as much vegetable salad and steamed vegetables (organic, of course!) as you like. Add to this brown rice and beans, raw nuts, avocado or a very moderate amount of grass-fed beef, free-range chicken or steamed fish, if desired.

Making these simple changes to your diet can greatly enhance your feeling of wellness and reduce your risk of life-threatening diseases.

## STEP FIVE:

**Create accountability.**



No one, let me repeat, no one is successful alone. If it takes a village to raise a child, imagine how many people it takes to make life-changes to your eating habits! Consider creating accountability by:

- Asking those around you to embrace your choices and encourage you on your healthy journey.
- Invite your family and friends to become raw food champions with you!
- Enlist those people who are already embracing a raw food lifestyle to help you along the way. (A great place to start is [www.fredbisci4health.com](http://www.fredbisci4health.com)!)
- Envision goals you have for your health. What do you want to achieve? How do you plan to reach those goals? What changes can you make today that will help you achieve your goals and maintain them over the long term?

- Discover new avenues to socialize. When you do go out for dinner or a party with friends and family, we encourage you to make the right choices but also consider activities which energize the brain and the body! Book clubs, fitness challenges, volunteering for a local shelter can all be great ways to socialize without using food as the medium!

The more accountability you have throughout your transition to new eating habits, the greater success you will achieve.

## STEP SIX:

**Plan for social situations which may detour your healthy journey.**



Orison Swett Marden, an American author and founder of *Success* magazine, once said, “A good system shortens the road to the goal.” There is no doubt that *planning ahead* can help minimize obstacles along the way.

So remember, what you leave out is the key!!

Before you are faced with a difficult decision or obstacle, plan how you will deal with the most common challenges that may occur while you are making changes to create a **Healthier You**. Some things to consider:

- You're invited to a dinner party where your favorite, but so bad for you, dessert will be served. How can you avoid sugar cravings? How will you say no graciously while sticking to your plan?
- It's holiday time where you know that fattening, over-processed foods will be served. What smart food and lifestyle choices can you make? What foods can you prepare in advance that give you more choices? Are there suggestions you can make to create new traditions of healthier foods for everyone?

- Your department is having a working lunch and plans to cater the lunch from your favorite Italian restaurant. What smart food choices can you make? How can you avoid giving in to your addiction to unhealthy foods?
- What are your worst fears – both in achieving and not achieving your goals?
- What are your expectations? Are these expectations reasonable and obtainable?
- How will you track, monitor and measure your progress? Some ideas:
  - Weight lost and/or body measurements
  - Positive changes in cholesterol, insulin and other levels
  - Sleeping patterns
  - Lessened pain (e.g. more mobility of the joints or muscles)
  - Remission of chronic symptoms

- You planned for the worst, but despite your planning, you still gave in to temptation. How will you overcome the guilt? What can you do to quickly get back into your healthier choices and learn from the experience?

The more you can control the foods you leave out, the stronger you will become and your craving will begin to disappear.

## STEP SEVEN:

**Remove foods that trigger cravings.**



As with any addiction, the first and most important step is to remove the subject of the addiction. This means that drug addicts can't use drugs. Alcoholics can't drink any form of alcohol and so on.

Food addition is no different. You must remove the foods that trigger addictive behaviors and/or trigger cravings. The most simple solution is to remove all foods which are processed, not organically grown or fed, or are not in the most pure biological form possible.

Before making food choices, ask yourself:

- What did this food look like in its original form before cooking, seasoning and preparation? Is it as close to its original form as possible?
- What ingredients were used to prepare the food? Has it been over-seasoned? Do the ingredients contain processed elements such as sugars, fats, salts and refining?

- Have the most important nutrients been removed or cooked out of the food? (e.g. Have vegetables been steamed until they lose their color? Are the skins, salad greens and vegetables missing?)

Now consider possible substitutions you could make to encourage a healthier lifestyle. Some common foods and health substitutes include:

- White rice or potatoes – substitute steamed brown or wild rice
- Sugary treats – substitute a glass of water, or fresh fruits such as apple slices
- Processed meats and cheeses – substitute steamed fish (such as salmon), a very moderate amount of grass-fed beef, free-range chicken, legumes, raw nuts or avocados

- Soft drinks – substitute fresh, organic vegetable juice which you have created using a juicer or a glass of water with slice of lemon/lime or a sprig of fresh mint, rosemary or thyme
- Beef or chicken broth – substitute fresh, organic vegetable juice
- Salty snacks – substitute carrots, celery or other fresh vegetables dipped in a lime-cilantro raw-vinaigrette

## STEP EIGHT:

**Spend time each day in meditation or in prayer.**



Let's face it. No matter where you live in America, life is stressful. The economy is unstable. The housing market has tanked. Job security is in question. What always remains the same is how people respond to stress.

While under stress, the body holds onto reserves of fat and nutrients. Damaging enzymes and hormones are produced which decrease the body's ability to heal itself or properly digest nutrients. Additionally, stress can cause sleep disturbances, weight gain and increase blood pressure. It's easy while under stress to look to familiar territory, and for most people, that's eating foods to comfort the soul. The problem is, however, that food can never adequately feed the soul.

Whether you believe in prayer or find tranquility in meditation, it is important for your spirit to be nourished daily. Spend at least one half hour a day in quiet time:

- Acknowledging mistakes you have made today (only) – from being angry because your neighbor left his trash on your yard, again, to eating a piece of cake while celebrating a co-worker's big promotion. Learn your lesson, make it doable and get back on Your Healthy Journey.

- Releasing yourself, your emotions, thoughts and burdens through forgiveness for mistakes you have made against yourself and/or others.
- Meditating on the truth of who you are by meeting yourself where you are and understanding that other people will be at a different place than you. Be accepting and respectful of your authentic truth as well as another's!
- Being grateful to God and thankful for what you do have in your life – family, friends, a job, a roof over your head, your pet, a good book, etc.
- Rejoicing in the “little things” that bring you pleasure each day – a walk along the beach, watching the sunrise, holding the hand of a loved one, the smell after a fresh rain.

- Asking for and being aware of wisdom and direction in the choices you make each day whether about what road to take home or the food you put in your mouth.
- Believing that your needs will be met.
- Believing in something greater than yourself.
- Giving back to others as you discover your health: PASS IT ON!

## STEP NINE:

**Put your plan into action.**



At this stage of Your Healthy Journey, you should have a plan. Now it's time for you to put everything together and put the plan into action.

Those who are most successful making life altering changes do so by keeping track of their activities. This is where journaling, whether on a large or small scale, can be very helpful. Some things to track include:

- Tracking upcoming events (e.g. dinner parties, reunions, holidays) so that you know how to plan ahead for changes which may impact Your Healthy Journey.
- Making daily and/or weekly lists such as menus/food plans and grocery lists.
- Taking daily inventory of your food choices.

In addition to tracking and journaling your progress, **ask friends** to check on your progress. They can help hold you accountable to your new program and celebrate your successes.

## STEP TEN:

**Review Your Progress.**



Most goals, by their nature, take time to achieve. It can be discouraging because most of us want instant results. That's why it's important to review your goal progress from time to time to make sure that you really are progressing, and to remind you of how far you have come in Your Healthy Journey.

Goals should be measured using the metrics you defined in step six so that you can effectively monitor progress along with your starting measurements such as blood work which can't be easily altered. Based upon your measures of progress, are you ahead or behind your scheduled goals?

If you aren't on track, especially if you are behind schedule, what happened or what is happening that is preventing you from achieving your goals? Can this be changed? Or do you need to alter your goals and measures to align with your current situation?

Remember, the key to success is to identify what you did well, what you didn't do well and, most importantly, how you can improve or do differently between now and your next progress check point.

## STEP ELEVEN:

**Educate Yourself.**



Personal growth can start with behavioral changes but will eventually become stagnant without continuing to learn.

Think about your favorite hobby. Perhaps it's reading. When you first learned how to read, you didn't sit down and read from cover to cover *Great Expectations* by Charles Dickens, did you? Instead, you learned how to read in steps and over time, you were able to sit down without assistance to read a newspaper, a website, and even this book!

Perhaps the most important step in Your Healthy Journey is to continue to learn more about eating, nutrition, health and common sense living. Here are some topics that might be helpful for you to increase your understanding and knowledge about your new and healthier eating and living lifestyle:

- What are the four categories of living foods that are critical additions to Your Health Journey and why?
- What are the mineral-rich vegetables which should be eaten at every meal?

- What are the vitamin-rich fruits that are considered excellent sources of energy and nutrient value?
- What are the best food combinations for effective digestion and assimilation to boost energy, health and well-being?
- What is the 7-30 and 80-20 rule and how does it help decrease the likelihood of degenerative diseases?
- Why is making a real, clean, fresh and freshly prepared food approach for the rest of your life the most dramatic, sustainable change for longevity?
- Why is making a mostly or all raw food lifestyle change based on What You Leave Out the greatest beneficial way to go?

I've created a website, [www.fredbisci4health.com](http://www.fredbisci4health.com) which answers these questions and more! It's a great place to increase your knowledge about What You Leave Out and the Raw Food Lifestyle and to interact with others who are also on their own healthy journey.

## STEP TWELVE:

**Practice the above steps every day.**



Making changes that will change and affect the rest of your life require a commitment to make and keep the changes active. The first few months will likely be the most challenging as you are creating new habits and learning to eat and think differently.

It is very important during these first critical months that you practice steps one through eleven of this booklet daily. Journaling each day and connecting with an accountability buddy will also help you establish a program that soon will become an ongoing consistent lifestyle change that will give you the awareness of your progress. Here are some simple tricks that will help you make a new lifestyle for a lifetime doable!

- **Commit to the program**  
For a minimum of 30 days (including weekends), commit to sticking with the program.
- **Start simple.**  
Don't try to change everything in one day. Remember, Rome wasn't built in a day!

- **Consistency is key.**  
If you want to create a new habit that will stick, perform the task daily for the first thirty days.
- **Remind yourself about upcoming goals and checking in.**  
With all the technology available online and off, it is easy to set reminders on Outlook, a Google Calendar, or even on a mobile device. This way, you can't forget what you want to achieve!
- **Get a buddy.**  
Do you remember swimming at the lake or pool as a kid when everyone had a buddy? What was the purpose of the buddy system? Accountability! Find someone who will keep you motivated, who will celebrate your successes and challenge you to meet your goals!

- **Find a way to get into the “zone.”**  
Athletes use triggers such as tapping the bat on their shoe before standing at-bat to get into the “zone” and focus on the execution of the task. For example, place a rubber band on your wrist. Each time you are tempted to eat junk food or make unhealthy food choices, snap the band. In just a short period of time, you’ll train your brain to enter into the “zone” of making healthy food choices!
- **Replace what you think you are losing.**  
One of the most difficult aspects of making healthier eating choices is that you may feel like you are sacrificing your favorite foods. Instead of eating tacos with refried beans, substitute a taco salad with fresh, homemade salsa and chick pea hummus for a similar flavor!

- **Remove temptations.**

Is ice cream your biggest temptation? Do thoughts of eating a rich chocolate brownie lead to sleepless nights? If they do, then you need to remove temptations where and when you are most tempted. For example, if you crave a sugary treat in the afternoon, make appointments with your staff or clients to keep you occupied during your most vulnerable periods.

- **Give yourself room to make mistakes.**

Fear of failure is a natural response. You can minimize the impact of mistakes you make along Your Healthy Journey by giving yourself permission to make errors along the way. That doesn't mean that you need to proactively or intentionally make mistakes; rather, if you do slip up, you can move on without dwelling on the error!

- **Discover what motivates you.**  
Staying motivated is the key to long term success. Everyone is motivated by something different. Reward yourself when you achieve your goals. Find ways to enrich your life emotionally, mentally, physically and spiritually. Take a walk with someone you love (yourself or others that love & trust you for who you are). Attend or travel to a special social function, event or sports recreation with your best friends.



## WRAPPING IT UP

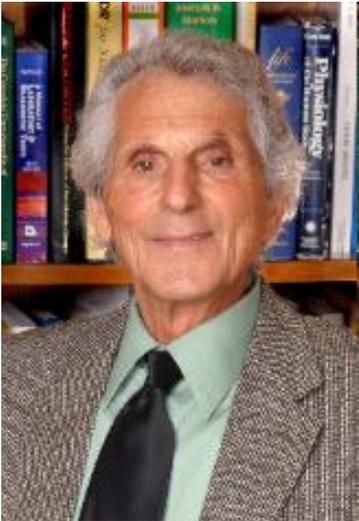
Starting on Your Healthy Journey is a lifestyle change that will impact the rest of your life – and it works! It isn't a diet that you can go on and off as you please. The key to success is to set up realistic parameters that can maintain consistency over your lifetime.

I invite you to participate for your lifetime in a common sense approach to health, nutrition and longevity!

“Your Healthy Journey”

Be healthy!  
FRED BISCI

## ABOUT DR. FRED BISCI



**Dr. Fred Bisci**, for over four decades, has been an advocate for people to live longer, more fulfilling lives by eating more healthy foods. As a child growing up during and following the great depression, Dr. Bisci lived off the land eating fresh fruit, vegetables, and meats that were grown in his mother's garden and on the family farm.

Following his passion for healthy, active living, Dr. Bisci became a nutritionist and food scientist earning his Ph.D. in nutrition. Through the last four decades, he has worked with over 35,000 people teaching them the secrets of real, healthy foods and how organic eating can improve longevity, create a better quality of life and reduce the risk of life-threatening diseases.

Dr. Bisci's life work and passion is to share the message that no one wants to talk about:

***It's not what you put in your body  
that's most important. It's what you leave out.***



For more information about Your Healthy Journey and to receive your free Natural Health Plan Assessment visit [www.FredBisci4Health.com](http://www.FredBisci4Health.com).