

EAT CLEANER

Live LARGER

ISSUE 21

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THE

JUNK FOOD

ISSUE

The Truth About Fast-Food & How it
Affects Your Diet, Body & Health

Welcome

Whether your diet currently contains a lot of junk food, some junk food, or little-to-none, this issue has been created to shine a light on this area of “food” that is at the heart of so many issues in our world today.

Whether we are looking at physical health, emotional health, mental health and even spiritual health, when it comes to living your life as a truly all-around-healthy human being, junk food is literally the kryptonite to any of the health goals you may currently have. Not only that, but junk food negatively infiltrates relationships,

the economy, the healthcare system, workplaces, and the wider environment, all for the lesser good of all concerned.

If you are looking for anything good about junk food, you’ll struggle to find it. Maybe the packaging is cool! But that’s *why* the packaging is cool. Left to its own “merits” it has little to offer us of any real value except a quick hunger fix when in an emergency.

My slant is that it’s more about you holding yourself and your life with so much love and high regard that you simply refuse to let anything destroy them.

Via this issue my intention is to educate, illuminate and inspire you to leave the junk food behind. It’s not about “healthy” versus “unhealthy” *per se*, because we all know the difference there. My slant is that it’s more about you holding yourself and your life with so much love and high regard that you simply refuse to let anything destroy them.

No matter what your past or present relationship is with junk food, I invite you to dive into this issue with an open mind and an open heart and allow yourself to see junk food through a different lens than what you may have looked through before.

Junk food has never been your friend, even when you thought it was. It’s time to see things for what they really are, so you can allow your diet and body to step into their full and beautiful potential.

To your radiance,

Karen



Enjoy This
Instead!

VEGGIE-NUT BURGERS

SERVES 8-10

If you're a traditional burger lover and are looking for something quick, clean, easy and delicious to replace it, look no further.

EQUIPMENT

Food processor
Optional: Dehydrator

INGREDIENTS

2 cups almonds or walnuts or pecans or any combination of these three. (Pre-soaked nuts give a more fluffy end result.)	½ large onion or more to taste
2-3 large carrots	1 large handful fresh parsley
	¼ cup lemon juice
	1 teaspoon healthy salt with 1 Tablespoon pure water if necessary

DIRECTIONS

- 1 Put all of the ingredients in a food processor and process until you have a very well-blended mixture.
- 2 Taste-test. If you'd like more parsley or salt, now is the time to add them. If you'd like to experiment with other flavours, now is also the time to add them – for example curry powder or chilli flakes. Process well.
- 3 Remove the mixture and shape into burger-sized patties. If you have a mould or cookie cutter you'd like to use, this will create more uniform shapes.

Take Stock

What junk food do you still consume?

I invite you to think back over the past 30 days and make a list of all the different junk foods - and drinks - you consumed during that time. Pull up a calendar to help you recall where you were as you'll likely forget a lot of things if you don't!

Think about any of the following you may have consumed at home, at other's homes or out-and-about on the go or while socialising or having fun:



- Sweets/candy.
- Commercial ice-cream, ice-lollies, chocolate bars, desserts, "treats", squirty cream & similar.
- Commercial snacks high in sugar, salt or other artificial/heavily processed ingredients - e.g. crisps/potato chips, popcorn, "snack bars", etc.
- Processed cakes, pancakes, pastries, tarts, tortes, etc.
- Fizzy drinks/sodas in bottles, cans, tubs, tubes etc.
- Any drinks containing processed sugar or synthetic sweeteners.
- Drinks-on-the-go containing or topped with syrups or other unnatural ingredients.
- Fast food - picked up.
- Fast food - eaten in a restaurant/cafe.
- Fast food - delivered.
- Food cooked in a deep-fat fryer - e.g. fries, meat or meat-substitute nuggets.
- Frozen junk foods cooked at home.
- Anything else you consider to be junk food or drink.

Use the first column within the chart on the next page to make a comprehensive list. Do your best to be as thorough in your recall as you can. Trust me, it will be worth it! If you think of anything else that you know you still eat fairly often, even if you didn't consume it during the past 30 days, add this/these to the list as well. Leave all of the other columns blank for now.

Also - no editing the truth or judging of any sort! This is purely data capture.

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JUNK FOOD & DRINK I STILL CONSUME

[illegible]

FEATURE ARTICLE

Fast-Food Facts Every Woman Should Be Aware Of



Fast food is a modern-day convenience that has made life easier for busy, hungry people, however, the quick meals and sugary drinks that make up the fast-food industry come with hidden dangers that can have long-term effects on all aspects of your health.

While the occasional “indulgence” won’t necessarily do much harm, regularly consuming fast food can contribute to weight gain, chronic diseases, and even mental health issues. And that’s just the start. There are absolutely more subtle effects that fast food can have on you - things that most publications don’t talk about - such as lowering your vibration and literally darkening your aura.

Understanding what’s *really* in your favorite takeout meals and how they affect your body is crucial as a baseline. Here follows eight key facts every woman should know about fast food, along with easy and unconventional ways to remember these facts so that hopefully you can bring these images to mind before you make food choices that don’t serve your desire to eat cleaner and live larger.

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1. FAST FOOD CAN BE ADDICTIVE

Fast food is typically engineered to be highly palatable, combining sugar, fat, and salt to trigger pleasure centers in the brain, leading to cravings. This combination can make these foods addictive, thereby encouraging overeating and creating continual desire to consume more.

How to remember: Imagine fast food as a jug full of sugar, fat and salt. Then imagine drinking it and going back for more even though you don’t want to.



2. FAST FOOD IS PACKED WITH HIDDEN SUGAR

Many fast-food items contain hidden sugars. For example, a medium-sized fast-food milkshake can contain around 12 teaspoons of sugar.

Even savoury items like sauces, potato chips and bread often have added sugars to enhance flavour.

How to remember: Imagine your intended fast-food drink, meal or item on a plate and then spooning 20 teaspoons of sugar on top of it.



3. FAST FOOD CAN HARM YOUR SKIN

Diets high in greasy and sugary foods have been linked to skin issues like acne and premature aging. The excessive fats and refined carbohydrates can cause inflammation, leading to breakouts and dull skin.

How to remember: Imagine smearing your face with a thick layer of grease and sugar and watching your skin immediately blister up, develop crevices and ooze with pus. (#sorrynotsorry.)



4. MANY FAST FOODS CONTAIN HARMFUL CHEMICALS

Some fast-food packaging contains chemicals like per- and polyfluoroalkyl substances (PFAS), which can leach into food and potentially disrupt hormones.

How to remember: Imagine the packaging leaking chemicals into its contents before you consume it and laughing at you like The Joker.



5. FAST FOOD CAN DISRUPT HORMONES

Processed foods often contain artificial additives and preservatives that may interfere with your natural hormonal balance, potentially affecting menstrual cycles, mood, and metabolism.

How to remember: Imagine your fast food meal as a moody, unhappy teenager and then imagine swallowing that teen and then feeling all of that teenage confusion and angst and being unable to make it stop.



6. IT CAN CONTRIBUTE TO DEPRESSION AND ANXIETY

A diet high in processed food and sugary drinks has been linked to increased rates of depression and anxiety.

The lack of essential nutrients can negatively impact brain function and emotional well-being.

How to remember: Imagine your fast food meal writhing on your plate crying, shaking and threatening to throw itself out the window.



7. FAST FOOD PORTIONS ARE BIGGER THAN EVER

Over the past few decades, fast-food portion sizes have increased significantly, leading to higher calorie consumption.

For instance, portion sizes have nearly doubled, contributing to overeating.

How to remember: Imagine your fast food meal exploding with fat and grease and expanding across your plate until it falls off the table, and then imagine your body doing the same!



8. FAST FOOD LACKS ESSENTIAL NUTRIENTS

Fast food is often high in calories but low in essential nutrients like fibre, vitamins, and minerals, leaving you feeling sluggish and unfulfilled.

How to remember: Imagine your fast food meal singing 'I have nothing, nothing, nothing... If I don't have you...' in the voice of Whitney Houston. (Song from the film, "The Bodyguard"!)



If you needed to hear it, I hope these reminders and mindset hacks have helped you to see fast food in a whole new light. It can be so easy to focus purely on the taste of fast food and to completely ignore the realities of what's really going on when the presentation of it is as manipulated as the ingredients.

In case you need an extra-powerful nudge to really get the reality of what fast food can and will do to your body, let's bring all of those visuals into one final symphony for the ultimate reminder:

Imagine your fast food of choice and then...

See it change into a jug full of sugar, fat and salt.

Then see yourself sprinkling an additional 20 teaspoons of sugar into the jug.

Next, see yourself then pouring this mixture into a large plastic container that then leaches chemicals into the mixture and starts laughing at you like The Joker.

Then see this mixture turning black and crying, sulking, screaming and throwing things around the room - hitting you in the head, the heart and stealing money from your purse - and then threatening to jump out of the window.

Then watch as it explodes with fat and grease which quickly spreads across the table messing everything up and falling all over the floor, creating more mess there too and expanding rapidly, out of control.

Imagine scooping some of this up and then smearing it on your face, watching in horror as your skin immediately blisters up, develops crevices and oozes with pus.

Hear this disgusting mixture then sing to you, 'I have nothing, nothing, nothing' by Whitney followed by 'Too blind to see it, too blind to see what you were doing.' (Kym Sims) before bursting into loud, mocking laughter as it witnesses you reach for more, unable to stop.

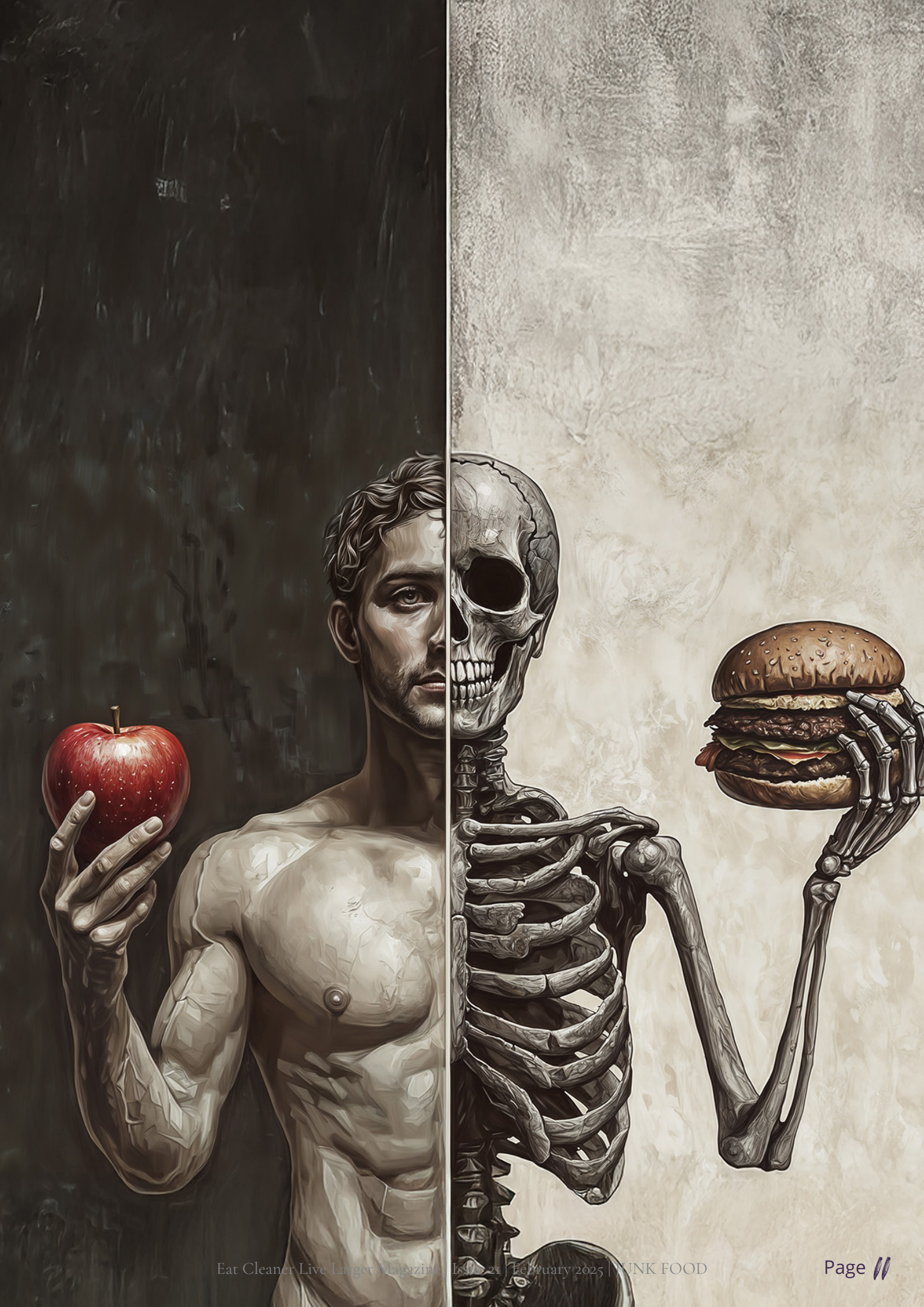
Wrap your experience up by seeing, hearing or feeling whatever it is you need to see, hear or feel to make you never want to consume this stuff again!

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Remember: **Fast food is NOT food.** It is a way for a certain number of people to make huge sums of money while simultaneously damaging the planet, slaughtering billions of innocent animals, and taking people out - physically, mentally, emotionally and spiritually - and not giving a damn about it. Allow your Wise Adult to see things as they really are and to gently and lovingly guide your Inner Child or Teen to safety so they can eat clean, healthy and delicious, and become everything they dreamed of being.

I invite you to become the version of you who no longer sees this as "food" of ANY kind, but rather something to give a wide berth to, something that will only ever harm her, and therefore is no longer a part of her life. It's simply not good enough for you - it's no longer acceptable.

It's time to lay down the idea that fast food is fun or somehow makes life better. It isn't and it doesn't! Don't buy the lies - put your money where your health is and move your diet, body and life to a brand new level.





THE PRICE YOU'RE PAYING

Your next activity is to revisit the chart you started populating on page 5 and to complete it.

You have your list of junk food and drink you consumed in the past 30 days, now it's time to reflect on the impact that each item is having on you.

You'll see three columns:

- 1 PHYSICAL ISSUES
- 2 EMOTIONAL/MENTAL/SPIRITUAL ISSUES
- 3 OTHER

PHYSICAL ISSUES

I want you to take each item in turn and think about how it impacts you physically when you consume it. The most common kinds of answers will be things like:

- Makes me feel sick.
- Makes me bloated.
- Makes me break out.
- Upsets my stomach.
- Makes me itch.
- Makes me super-thirsty.
- Makes me feel tired.
- Makes me sleepy.

If you are not sure how something affects you physically, make a point of keeping your list handy, such as stuck to your fridge door or inside a cupboard, so you can update it if and when you consume it again.

EMOTIONAL/MENTAL/SPIRITUAL ISSUES

These symptoms are the ones that can be the easiest to miss or overlook.

Examples of side effects in these areas are:

- Feel sad after eating.
- Feel demotivated after eating.
- Feel subdued after eating.
- Can't think straight.
- Brain fog.
- Can't focus.
- Negative thinking.
- Struggle to meditate.
- Can't access peace.
- Feel discombobulated.
- Feel negative.

Go ahead and do your best to capture how each item on your list affects you emotionally, mentally and/or spiritually after eating it.

OTHER

Use this column to capture anything else that feels helpful or important to capture in this column. It might be used to capture more symptoms for example, or to write a note to yourself about an action you want to take, such as trying a different product or a recipe to try.

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Once your chart is complete you'll have a huge amount of FACTUAL information about your personal experience with junk food to draw from.

I would recommend that you use this list not only as a list of things to remove from your diet over time, but also to clarify which ones affect you the most. Ideally, it's these ones that should be top of your list for removing so that you can set yourself free from them as soon as possible. However, if you don't feel ready for that yet and want to start with something that feels perhaps easier to remove, then start there. The main thing is to start!

Write below the first three junk items you are going to focus on removing from your diet.

1	
2	
3	



My Clean-Up Commitment

My hope is that through reading and working with this issue you feel ready and excited to start cleaning up your diet even more, specifically by removing any foods and drinks that are damaging you - and *your life*.

On the next page you'll find a fill-in-the-blanks letter of commitment.

I use these often in my work because they are so simple yet so powerful when it comes to spelling out what commitment is being made (so there's no confusion or "forgetting"!) and also because it gives you a chance to bring real focus and intention to the task at hand, and to bring all of yourself to the page to fully commit to the transformation outlined.

All you need to do is insert your own specific details in the blank areas of the letter, and then keep the final letter somewhere where you know you will read it, use it and refer to it, to make these changes and to hold yourself accountable.

Of course you are welcome to create one entirely of your own making! This one is here to make it easy to get this task handled or for those who don't know where to start.

Either way, make that commitment now, because it's the final all-important step before the transformation begins!

Letter of Commitment

I, , commit to releasing the following items
from my diet on or before :

I am fully committing to this - body, heart, mind and soul - because

My body is ready and desiring to

My heart is ready and desiring to

My mind is ready and desiring to

My soul is ready and desiring to

I trust myself to make these changes because

I will set myself up for success by:

I will secure accountability for this project by

This is my letter of commitment to ALL of me, and my life. I am going all in, starting now. The future is NOW.

Signed: