

Popping the Food Bubble Table of Contents

In *Popping the Food Bubble*, knowledge truly is power—the power to heal your body and change your life. This brief intro to our human food legacy and how we've entered the "Food Bubble" will prepare you to take charge of your health, starting with nutrition.

Session 1: Rethink How You Eat

1. Get a Picture of Your Health
2. Temp and Pulse Chart
3. Bubble Foods v. Baseline Foods
4. Balance Your Blood Sugar
5. Lesson Powerpoint Slides
6. Recipes
7. Meal Ideas

Session 2: Rethink What You Eat

1. Macronutrients: Large & In Charge
2. Meal Balancing Rules
3. Eat or Avoid? Food List
4. Keys to Good Digestion
5. Cronometer Tutorial
6. Lesson Powerpoint Slides
7. Recipes
8. Meal Ideas

Session 3: Face the Fat Facts

1. Fat: The Craving Quencher
2. Coconut Oil: The Metabolic Miracle
3. Fat Facts Handout
4. Lesson Powerpoint Slides
5. Recipes
6. Meal Ideas

Session 4: Take Charge of Carbs

1. Carbohydrates: Don't Fear This Fuel!
2. What You Need to Know About Orange Juice
3. Selection of Fruits and Vegetables Handout
4. Lesson Powerpoint Slides
5. Recipes
6. Meal Ideas

Session 5: Appreciate Protein

1. Protein: The Metabolic Powerhouse
2. Gelatin: The Anti-Inflammatory Elixir
3. Pick the Right Protein
4. Tryptophan Handout
5. Lesson Powerpoint Slides
6. Recipes
7. Meal Ideas

Session 6: Salt Solution

1. Sodium the Stabilizer
2. Good News About Coffee
3. Lesson Powerpoint slides
4. Recipes
5. Meal Ideas

Lesson 7: Throw Out Junk Knowledge

1. The Cholesterol Conspiracy
2. Dairy: Too Perfect to Pass Up
3. Overcoming Dairy Intolerance
4. Lesson Powerpoint Slides
5. Recipes
6. Meal Ideas

Session 8: Find Health in Food, Not Capsules

1. Real Food Supplements
2. Light: Amp Up Your Energy Level
3. Health Action Tracker
4. Lesson Powerpoint Slides
5. Recipes
6. Meal Ideas

Session 9: It's All About the Gut

1. Vegetarianism: Healthy or Not?
2. Serotonin Surprise
3. Endotoxin
4. Lesson Powerpoint Slides
5. Recipes
6. Meal Ideas

Session 10: Stress and Hormones

1. The Anti-Stress Hormones
2. Estrogen: The Women's Hormone?
3. Xenoestrogens
4. Lesson Powerpoint Slides
5. Recipes
6. Meal Ideas

Session 11: Thyroid and Exercise

1. Thyroid: At the Center of It All
2. Estrogen: The Women's Hormone?
3. Change Your Perspective: Exercise for the Stressed
4. Lesson Powerpoint Slides
5. Recipes

Session 12: Regeneration

1. The Road to Regeneration
2. Stored PUFA
3. Lesson Powerpoint Slides