

un\*healthy Living Well.  
A N O N Y M O U S

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EXPOSING THE GREATEST THREAT TO YOUR

*Health & Happiness*

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Dr. Pete Sulack

AMERICA'S LEADING STRESS EXPERT

DESTINY IMAGE BOOKS BY DR. PETE SULACK

*The Joseph Blessing*

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DESTINY IMAGE® PUBLISHERS, INC.

P.O. Box 310, Shippensburg, PA 17257-0310

*“Promoting Inspired Lives.”*

This book and all other Destiny Image and Destiny Image Fiction books are available at Christian bookstores and distributors worldwide.

Cover design by: Prodigy Pixel

Manuscript assistance by Rick Killian and Dr. Dori Anne Abbott

For more information on foreign distributors, call 717-532-3040.

Reach us on the Internet: [www.destinyimage.com](http://www.destinyimage.com).

ISBN 13 TP: 978-0-7684-0688-7

ISBN 13 eBook: 978-0-7684-0689-4

For Worldwide Distribution, Printed in the U.S.A.

1 2 3 4 5 6 7 8 / 19 18 17 16 15

“If you know the enemy and know yourself,  
you need not fear the result of a hundred  
battles. If you know yourself but not the enemy,  
for every victory gained you will also suffer  
a defeat. If you know neither the enemy nor  
yourself, you will succumb in every battle.”

—SUN TZU

# Contents

<i>Introduction</i>	<b>WE'RE IN A FIGHT FOR OUR LIVES</b> .....	11
<i>Step One</i>	<b>IDENTIFY</b> .....	23
<i>Step Two</i>	<b>CONNECT</b> .....	39
<i>Step Three</i>	<b>CHOOSE</b> .....	49
<i>Step Four</i>	<b>RECOGNIZE</b> .....	67
<i>Step Five</i>	<b>REST</b> .....	85
<i>Step Six</i>	<b>DETOX</b> .....	101
<i>Step Seven</i>	<b>NOURISH</b> .....	123
<i>Step Eight</i>	<b>REJOICE</b> .....	139
<i>Step Nine</i>	<b>MOVE</b> .....	153
<i>Step Ten</i>	<b>ALIGN</b> .....	167
<i>Step Eleven</i>	<b>STRENGTHEN</b> .....	177
<i>Step Twelve</i>	<b>GIVE</b> .....	191

## **We're in a Fight for Our Lives**

**T**hey have come from far and wide over the last decade—people with no hope. Individuals who have been to specialist after specialist, but who still remain confused and hopeless about the answer to the question, “What happened to my health, and how can I get it back?” We’ve learned how to extend the length of human life, but what good is it if the quality of that life is lousy?

Do you feel lousy? Are you too tired to do all the things you dreamed of doing? Do you take multiple medications every day? Do you spend a lot of time managing your symptoms? If so, you are not alone, and I would say to you, “There is hope!” If you are one of those people who is searching for answers to your health problems and has put up with dehumanizing surgeries, has been put on medications that have worse side effects than the original conditions, this book is for you! I humbly say to you—*this is it!* Not the next fad diet or medical craze. Simply, these are the steps out of the mess you are in—the 12 steps to silencing the silent killer: Stress!

We all talk about stress; we all know it is harmful to our health; but we don't ever really address the stressors in our lives. We don't treat the stress systemically—at its source. We treat the symptoms of stress like high blood pressure, weight gain, fatigue, brain fog, sexual dysfunction, or heart disease; but we don't really treat the stress! We have an enemy in the camp whose face is familiar, whose habits are obvious—an enemy with whom we sleep and eat. If we don't neutralize this enemy, we will lose the battle for health and happiness. These twelve seeds or stepping stones will do that. They are the necessary steps to transform your life and health—to help you recapture what you thought was gone forever!

If the captain of the Titanic had realized the importance of slowing down and had recognized the danger of that iceberg in the North Atlantic, history would have turned out differently! So if you are having a health crisis, or if you are headed toward that inevitable iceberg, take heart! You are about to change your own history! Personally, I would rather be at death's door and be moving in the right direction than to assume that everything is fine and be moving in the wrong direction. Together we will right the ship of your life and get you moving in the right direction.

Will it be new? Absolutely! Will it be uncomfortable and challenging? Sometimes. A lot of what I will share in this book will be a new perspective or paradigm of health. Once you begin to see the need to “slow down,” and realize the danger of the “icebergs” ahead of you, change will come naturally, and you will regain a vibrancy, youthfulness, and joy you never thought possible! Until the enemy of stress is exposed, we will *never* get the victory! So, let's get started!



## ONE WOMAN'S STORY

For the great enemy of truth is very often not the lie—deliberate, contrived, and dishonest—but the myth—persistent, persuasive, and unrealistic. Too often we hold fast to the clichés of our forebears. We subject all facts to a prefabricated set of interpretations. We enjoy the comfort of opinion without the discomfort of thought. —JOHN F. KENNEDY

Deanna had no idea what to do. She had been suffering for nearly 30 years. She had been to numerous doctors, and desperately needed some real answers. Almost 20 years ago she'd had two radical surgeries to remove her colon as a treatment for the ulcerative colitis she had suffered with for almost a decade. While this seemed to help, she still wondered why none of the “experts” had really ever understood her condition or knew how to manage it long-term. Surgery had seemed a last resort; and even after she'd had that surgery, she found herself constantly returning to the doctor to manage the symptoms that continued to plague her.

Sometime after surgery, she was diagnosed with Hashimoto's Thyroiditis, another autoimmune disease. This caused her tremendous anxiety because she knew that most autoimmune issues can eventually lead to more serious health conditions and even death. It was one of the reasons she had agreed to have her colon surgically removed in the first place, and now it seemed as if she were right back where she had started. The doctors gave her prescriptions to manage her Hashimoto's. Feeling some relief from her symptoms, she assumed she had finally found her path to recovery through surgery, medication, and regular checkups.

Despite her medications and constant checkups, about three years ago she began to experience a new series of bizarre symptoms—nine months of severe hives, frightful chemical sensitivities requiring her to carry an EpiPen at all times, constant heart palpitations, burning feet, restless legs, insomnia, a benign tumor on her parathyroid (which she had to have surgically removed), vision disturbances, bowel troubles (even though she had no colon), hormonal havoc, distressing fatigue, raging anxiety, and uncontrollable weight loss. If all of that wasn't bad enough, depression hovered over her constantly, saturating her mind with dark thoughts and emotions. She wasn't sure what to do. This was no kind of life.

Deanna's health issues affected every part of her existence. She was forced to leave the job she loved as a middle school teacher. Over the next two years, she saw sixteen different doctors who prescribed a number of different dangerous medications—enough to stagger the imagination. Despite these, she saw no real change in her symptoms, and her health concerns grew steadily worse.

Deanna wasn't a quitter! She knew she hadn't been brought into this world to suffer without reason. She knew that for every problem there is a solution. She prayed for guidance, and she had faith that she would receive that guidance. She began to study how the body works, and spent hours on the Internet trying to understand her ailments and the possible diseases causing them. She continued to pray and meditate daily over the information she found, looking for what she should do next. As Deanna continued to look for answers, she found out about our clinic and made an appointment for a consultation.

When she shared her history with me, I explained our philosophy that the body is designed to heal itself, but it needs to be

restored to proper function in order to do so. We partnered with Deanna in her quest to heal her body, and then we transitioned her into learning how to keep her body healthy in the future. She was delighted that as she incorporated the changes we suggested, she began to get better! That was about three years ago. Recently Deanna wrote to us:

Today I have *no* anxiety, *no* hives, *no* restless legs, *no* heart palpitations, and *no* depression! Every symptom—*gone!* I have more than completely recovered! ...I lived decades without knowing how to respect this body, but *no more!*

...I am so grateful for the compassion and hope I found through meeting Dr. Pete and the staff. It was in their office that I began to truly learn about the real power of foods—the good stuff and the bad stuff. The Internet became a powerful resource as I researched ferociously. I have exited the halls of the conventional approach, and am taking personal responsibility for the answers I need!

Today, I experience so much daily joy! I take no medications! ...I thank God for always providing exactly what we need!

## **THE SAME CAN HAPPEN TO YOU!**

You may not be suffering as significantly as Deanna was, but the answers she found are the same for anyone who wants to live a healthier, happier life. Our bodies are perhaps the most incredible creations in the universe! Our internal systems have been masterfully designed to propel toward health, fight disease, and be

strong when we maintain them in a state of balance or *homeostasis*. Homeostasis is the state of balance that all living beings return to when their systems are operating in a healthy way. It is the exact opposite of stress. The best part is that finding your homeostasis, living in balance, and achieving this ideal state is entirely under your control!

We hear about stress all the time in the media, but no one is really addressing it at its source. Citizens of developed countries have more sickness, more disease, and are more overweight than any human beings in recorded history. We face more stressors, more toxins, and are getting less nutrition from our food than any generation that has gone before us. The medical model of attacking sickness and disease has focused solely on making the acutely sick or injured well. It has yet to come up with a solution to the epidemic of chronic disease caused by our modern lifestyles and toxic, harmful environments. Certainly medical practitioners can save a life in the midst of a heart attack and prescribe medications designed to alleviate symptoms, but sending those patients right back to the same suicidal lifestyle habits is a guarantee of future failure.

Now I'm not trying to knock doctors—they are some of the most caring people on the planet; but over the last century or so, the medical paradigm from which they have operated has failed us miserably! While modern medicine can help people in the midst of crises, true cures for the chronic illnesses of today are elusive. No matter how much money is thrown at these problems, there are still no real, satisfying answers.

Cardiovascular disease cancer, type 2 diabetes autoimmune diseases like Multiple Sclerosis, Parkinson's, and Crohn's disease; Alzheimer's dementia and other chronic ailments that affect

roughly eighty percent of our population are not getting better; they are increasing exponentially! This is because the modern medical paradigm is reductionist by nature. It focuses on fixing what is broken in one body system while paying little attention to the wisdom of the body and the interaction of the body as a whole. Its best attempt at prevention is prescribing medications to address symptoms and risk factors. However, it is not focused on building and strengthening people so that they can endure the rigors of this life. Nor is it focused on building systems that won't break in the first place. They know how to address many of *the symptoms* of diseases with pharmaceuticals or surgery, but not how to heal the systems so that the body can combat disease on its own. Not only that, but the tools they use for fixing chronic illness often come with unpleasant or dangerous side effects that rival the diseases themselves. Why? Because pharmaceuticals developed in the last few centuries suppress symptoms, but they don't give our bodies the building blocks needed to create health. What will give us those building blocks?

- Detoxifying the body from inside and outside
- Caging the tiger of stress that is taxing our bodies to the breaking point
- Supplying our bodies with the nutrition and mobility they need so that our systems can function at peak efficiency, repair what is out of sync, and get us back to living healthier, happier lives.

Thousands of years ago, Hippocrates, the great physician, said, "Let food be thy medicine." He knew that the natural healing force within each of us—the body's innate intelligence—is the greatest

force for getting well. It is time to get back to the wisdom of the ages that so many have forgotten.

In an effort to help people regain their health and vibrancy, we started Unhealthy Anonymous. This community allows us to teach and spread the insights we've gained over the years to any groups around the world that want the information. We don't claim to have all the answers. In fact, when I started my practice, I was stuck in the same paradigm as most of our culture. I believed many of the same myths that have been held sacred for decades:

- that eating fat causes the body to get fat
- that red meat causes heart disease
- that I should eat every couple of hours to maintain my blood sugar
- that all calories are equal
- that dieting is a simple formula of eating less and exercising more
- that breakfast is the most important meal of the day
- that grains should occupy the biggest portion of our dietary intake

However, with the insight of thousands of clinical observations and the help of several of my colleagues who are leaders in the field of health and nutrition, I have changed my entire perspective. As a result of this wisdom, we now teach these insights to anyone who seeks the foundation of true health. The truths we

share in this book are revolutionary, life-enhancing—and best of all, simple to understand and incorporate.

I know how confusing information about health and nutrition can be. It seems like everyone has a different idea. As I write this, four of the top ten bestsellers for “Advice and Miscellaneous” are books focused on diet and health—and none of them agree as to what really works best for people. Some argue against grains and gluten, some against dairy and/or animal products, others urge us to eat like cavemen or nomads, and still others suggest we should never eat anything that can't be grown in a garden or an orchard.

On the surface, all of this information can seem contradictory and be quite confusing. However, as you delve into what is being taught as the new psychology of nutrition, you will realize that it sounds a lot like what ancient cultures prescribed for us to eat thousands of years ago. Each of us is powerfully unique, but the quest to create bodies that can adapt to and recover from stress rests on the unchanging principles of human design. This ability of the body to return again and again to a place of homeostasis or rest is the cornerstone of true health. If we get the cornerstone right, the rest of the building will stand.

My desire in writing this book and creating Unhealthy Anonymous is to partner with you and your loved ones—to help you get healthy and stay healthy by giving you the best information available. It's my goal to start a conversation that will make our nation healthier, one struggling person at a time.

As an added bonus for purchasing this book, you can go to our website, [www.unhealthyanonymous.com](http://www.unhealthyanonymous.com) to get our 21-day Reboot program for absolutely no cost. One thing our members have noticed is that when they follow the 21-day Reboot,

they crave healthier and more wholesome foods rather than the stuff that is causing them to gain weight and setting them up for long-term disease. When you register for this program on our website, you will find shopping lists, recipes, and complete weekly meal plans to get you started on a healthier lifestyle. The hope is, by the end of those three weeks, you will be practiced enough in meal planning and have your appetite healed enough that you will get a vision and desire for a lifetime of proper nutrition and health.

My hope is that this book will become a great resource for you as you seek to create and live a more abundant life. You may ask, “How can a book keep up with the latest information that is out there?” The truth is, it really can’t. Because of that, we have started an online community of people who desire the same as you – a happier and healthier life. By linking to [www.unhealthyanonymous.com](http://www.unhealthyanonymous.com), you can stay up-to-date, inspired, motivated, and connected to others who have the same goals as you do of living healthier, happier lives.

What we’ve learned over the years in our practice and in the extensive charitable work we do around the world is that *changing the world* always starts with changing *your* world first. Until you can take the first small steps to getting control of your health, you cannot take the bigger steps of creating a life you love and sharing that life with the world at large. We want to see you take these initial steps—all 12 of them—in order to accomplish what you were put on the earth to do! I hear people all the time saying, *I’m too tired for that*, or, *if I had more energy, I would do this or that*. God wants us to live abundantly! And this includes having enough energy to accomplish our work in the world—whatever that may be. We want to empower and revitalize you so you can do just that. This a huge part of why



we created Unhealthy Anonymous, and why we are building it through communities of likeminded people seeking to steward their bodies, their talents, and the other resources they have been given. I will give you 12 seeds to plant, and this community of likeminded individuals will be the soil that will allow the seeds (steps) to grow (germinate) into a mighty harvest of health and happiness! So, are you ready to get started?

Be blessed!

DR. PETE

## *Step One*

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# Identify

People are fed by the food industry,  
which pays no attention to health,  
and are treated by the health industry,  
which pays no attention to food.

—WENDELL BERRY

**A**s with any problem, the first step is to identify that there indeed is a problem. Once you realize this, then you can determine what that problem is and begin searching for strategies that will solve it. Many of us recognize that we would like to be thinner, have more energy, and live happier, healthier lives. Although we realize this, it often feels like the distance between where we are and where we want to be is a chasm wider than the Grand Canyon! Lord knows we've tried to eat healthier, started ambitious exercise programs, signed up for weight loss plans, and bought volumes of new cookbooks. Time and again we lose momentum and then quit within a matter of weeks, if not days.

The arduous endeavor of getting from point A—where we are now—to where we would like to be at a very distant point Z—the trim, healthy, flexible, energetic, happy person we believe we should be—is just too great and too difficult to navigate.

If that even remotely describes you, I have good news for you: Change is not as hard as you think.

You have probably heard promises like this before. *So what, you may be asking, makes Unhealthy Anonymous different?* Well, first of all, thousands of other folks just like you have partnered with us to change their lives; and those changes have come to them. They are changes that they know they can live with for the rest of their lives. And the fact that they feel so much better and have more energy and a fresh vision for what is possible assures them that they will stay on track!

Second, Unhealthy Anonymous is more than a diet or exercise program. It's different because its main emphasis is on neutralizing the stress that is destroying your health, and creating a community of people working together towards the same health goals. As Dr. Mark Hyman wrote in his bestselling book, *The Blood Sugar Solution 10-Day Detox Diet*,

When it comes to weight loss, studies show that social threads have a bigger impact than genetics. When people join together to lose weight and get healthy, not only is it more effective, it's also more fun! Losing weight is a team sport.<sup>1</sup>

And how does he know? Dr. Hyman was one of the advising physicians for The Daniel Plan conducted at Pastor Rick Warren's Saddleback Church in Orange County, California. During the

first week, 15,000 participants signed up for the program, and in the first year those people lost an estimated 250,000 pounds! But that wasn't the most startling discovery. What was? According to Dr. Hyman, "The research indicated that *those who did the plan together lost twice as much weight as those who did it alone.*"<sup>2</sup> It's best to team up if you want to get healthy and stay healthy.

Third, Unhealthy Anonymous is about finding out what works best for *you*. Sure, there are some overarching principles that apply to the vast majority of us—sugar is a toxin; wheat, rye, and barley glutes cannot be digested so they encourage inflammation; good fats will help curb your appetite; etc.—but each of us is unique in body, soul, spirit, and purpose. One person's practice will not necessarily work for another in the same way. However, when we are working together, there is knowledge and insight available to us that would not be there otherwise. On your own, you may struggle to solve a particular challenge, but as a team, you will have access to the myriad of ideas that have worked for others.

## WAKE-UP CALL

Over the past 20 years, there has been a dramatic increase in obesity of North Americans. More than one third of U.S. adults (35.7 percent or 78.6 million) and approximately 17 percent (or 12.5 million) of children and adolescents aged 2–19 years are obese.<sup>3</sup>

We are bringing communities together with Unhealthy Anonymous—determining what works best for ourselves and our families, while sharing our successes and what we have learned with each other. We will encourage one another, pool our research so each person doesn't have to read every new book on

transforming health, and work together to find the most fulfilling ways to create lives that we love. All of this comes back to step one; identifying our real problem.

## #1) IDENTIFY THE ENEMY

If you purchased this book or received it when you showed up for your first Unhealthy Anonymous meeting, you have probably already come to the awareness that there are some health issues in your life, or the lives of your loved ones, that you want to solve. You may have a situation like Deanna, whose story you read in the introduction. Perhaps you have a chronic condition that you want to see improve. You may be concerned about your family history of cancer or heart disease. You may want to lose weight, feel better, and have more energy. Every person picking up this book will have a different reason for doing so, and each and every reason is valid.



No matter your reason for picking up this book, I have good news for you. Regardless of your health goals or challenges, the foundation for alleviating, healing, or in many cases preventing health challenges begins with facilitating your body's natural inborn ability to adapt to and recover from stress.

We all have stress—it's inescapable. In fact, stress is really what makes life challenging and fulfilling. It is often in overcoming stressful challenges that we find life's deeper meaning. At the same time, however, stress must be properly managed or it will become destructive. Giving our bodies what they need to cope with and recover from stress begins with changing our lifestyle choices.

These are choices like the way we eat, how much we exercise, how much time we allow for recovery, and how we manage our reactions to life's adversities. It has to do with adding the right foods and activities first, then slowly eliminating the foods and practices that are detrimental to your overall health.

Don't be alarmed about changing what you eat. I want you to know that the Unhealthy Anonymous plan is not about radically transforming your diet from day one, nor is it about starving yourself or adding a crushing amount of exercise. The focus of our program is to get you moving in a positive direction. It's all about building momentum and victory over time. When you start getting proper nutrition from what you eat, you will restore your body's innate ability to crave the foods that it needs the most. By modifying what you eat, you actually begin to change what you *want* to eat. You begin to crave more nutritious foods, not the stuff that is slowly killing you. As you get more nutrition, your body will get healthier, your hormones will balance, and your body will start to heal itself. You don't have to starve yourself. Instead, you will find that you are well fed, have great energy and feel much better. This ensures that you will stay with the program for better reasons than just weight loss. We don't want you to lose weight to get healthy; instead, we want you to get healthy and stay healthy. Then you will shed the weight.

While this is a simple plan, it doesn't necessarily mean it's a walk in the park. Changing your lifestyle doesn't happen overnight, and the habits you have formed—getting the same latte and pastry for breakfast every day, snacking endlessly while watching TV, being sedentary, ordering a diet Coke with every meal—will take some time and concerted effort to change. It takes real determination and focus to learn new habits, and the Unhealthy Anonymous program is designed to stack the deck in your favor.

Our program is designed to be more about joy and empowerment than it is about sacrifice and struggle.

For now, however, we simply want to acknowledge that the first step in solving most of our health issues begins with identifying the true enemy. In any battle, you can't be successful if you don't know who or what the enemy really is. That gives us a simple, common place to start, and allows us to move on to developing a clear vision of where we are headed.



## MYTH VS. FACT

**Myth:**

"I feel healthy, so I am healthy."

**Fact:**

Imagine if you will a battlefield. Both sides have been fighting for weeks with heavy casualties. On the one side, an army serving a totalitarian dictator who seeks world domination. On the other side, a group of freedom fighters—locals who don't want to see their land taken over by a madman. The commanding officer of the freedom fighters is burdened with the battle. No matter what approach he takes with his men, he is met with resistance at every turn. It's as if the enemy knows his every move. But how can they? Some days he doesn't plan his move until the last minute before he engages the enemy. He trusts a few good men; career men who would give their lives for him at a moment's notice. What he doesn't know is that one of those men is a traitor. He spies on the freedom fighters, and reports to the enemy on a regular basis. As long as the commander doesn't recognize this fact, and identify him as the enemy, the freedom fighters will continue to lose men until they

have to retreat or surrender. The end is already spelled out. The war is already lost. No matter how well they plan, how prepared they are, how hard they fight, or how ferociously they stick to their war plan; until that spy is identified and neutralized, they will continue to lose.

Every day people are diagnosed with dental disease (cavities), heart disease (high blood pressure/cholesterol), and all types of cancer (breast, colon, prostate) and don't even feel a single pain, lump, sensitivity or symptom. Many suffer heart attacks, cancer, strokes, and other "sudden" illnesses when they feel perfectly healthy—some even immediately after seemingly good checkups with their doctors.

How you feel doesn't matter as much as what is really happening inside your body. Not only that, but most of us don't really feel as healthy as we think we do—we have just gotten used to masking fatigue with caffeine, aches with medications, and chalking up symptoms to our age rather than what is really causing them.

Until we identify that stress is the enemy in our own camp, then it won't matter how much we try to eat right, or exercise, or take vitamins. Ultimately we will lose the battle to get healthy and stay healthy because we aren't fighting the right enemy. We are just shadow boxing.

You want to feel really healthy? Then realize and act on the fact that stress is your biggest enemy in the fight for health! You will be surprised how fit, strong, and healthy you can be even into your 80s and 90s if you just identify and neutralize the stressors on your body, and give it what it needs to begin once again to adapt to and recover from those stressors.





## #2) IDENTIFY YOUR VISION

I use the word *vision* rather than *goals* because a vision is much more holistic than a list of individual objectives. As far as goals go, we tend to look for numerical changes such as lowering our blood pressure, LDL cholesterol counts, or losing X number of pounds. A vision, however, includes the motives behind why you set those goals, as well as how they work into your lifestyle. It includes the strategies and character with which you want to achieve those goals, as well as a practical understanding of the challenges you will face along the way and the realistic recognition of the amount of work necessary to see your vision become a reality.

There is a Jewish proverb that says: “*Where there is no vision, the people perish.*” However, when you look at the original Hebrew for this phrase, it doesn’t really say, “*the people perish,*” but rather “*the people are unrestrained*” or “*cast off restraint.*” Why are people undisciplined in the pursuit of their goals? It’s not because there’s anything wrong with them, and it’s not because there’s anything wrong with their goals. It’s because they don’t have a compelling vision that motivates them to stick to their plan. If we don’t have self-control, the problem isn’t that we are weak-willed—the problem is we lack vision.

People can go to the other extreme as well. They focus in so tightly on their goals that they forget why they are trying to achieve them in the first place. They make unnecessary trade-offs and compromises to achieve the numbers, but they lose on other fronts like relationships or quality of life. So, for instance, people will radically change their lifestyles or starve themselves to get to their ideal weight, but they forget that the real point was to live a healthier and happier lifestyle that they can maintain. Not only do they compromise their health getting to their goals, but after they

reach them, they find they can't maintain the lower weight without continuing to starve and workout at a feverish pace. They got what they wanted, but they lost the "Why?" behind it.

We don't attain what we causally set out to accomplish—we're just not designed that way. We obtain what we envision passionately. When we spend time adding to and developing a vision for the life we want, that vision becomes a powerful force, pulling us toward its fulfillment. What we visualize in our mind's eye changes us. Our habits change. Our thinking changes. Our willpower aligns with our vision, and our expectations become more magnetic. This is why professional athletes use visualization techniques as well as disciplined practice to hone their skills. Our minds don't differentiate between what we have done in our imaginations and what we practice in reality. When we see ourselves doing things the right way over and over and over again, it affects how we perform.

## MYTH VS. FACT

### **Myth:**

Having fast food French fries now and again never hurt anyone.

### **Truth:**

High temperature frying, especially of potatoes, creates the chemical *acrylamide*. The fats used to fry fast food also stay in the body for many days causing a decrease in nerve transmission, increased hyperactivity, decreased immunity, and an increased risk for diabetes, cancer, and heart disease.

The point of having a vision is to focus on the results rather than on the pain of achieving those results. When we focus on the

pain, we tend to give up; when we focus on the rewards, we keep working until we achieve them. It can be as simple as focusing on what you will feel like after you work out rather than how much you don't want to get out of bed. Realizing how much better you will feel sitting down to a healthy, home-cooked meal with your family rather than driving out to get fast food and eating it in the car. The key is to pull future rewards into your present state of mind and focus on the benefits rather than on the obstacles.

The more we develop and contemplate our vision, the more it becomes part of who we are. It doesn't take long for what we reflect on in our minds to become the reflection we see in the mirror! An unclear or ambivalent picture of how you want to look won't be enough to propel you towards achieving your ultimate goals. You need a detailed vision that you nurture, develop, and meditate on every day.

### **#3) IDENTIFY YOUR PLAN**

Another crucial component of creating a healthier, happier life is proper planning. Most of us fall into eating at fast-food restaurants and buying convenience foods in the supermarket not because we are weak or don't have time to do better. Most of the time we drop the ball because we fail to have a better plan. When you make decisions while you are tired or stressed, the default setting is to do what you've always done. However, if you have a written plan, the easiest thing to do becomes to follow your plan!

Planning today is easier than it has ever been. There are apps for your smart phone that allow you to synchronize shopping lists between family members. You can set alarm reminders for preparing food ahead of time so you are ready to cook dinner at the same time every night. There are websites galore with

health tips, recipes, downloadable meal plans and shopping lists, as well as video exercise programs. There are even YouTube videos that show you everything from how to set up your kitchen to walking you step-by-step through meal preparation. It has never been easier to learn about how to create a healthier, happier life and then planning and incorporating that plan into your weekly routine.

## **IT'S NOT ENTIRELY YOUR FAULT**

In the last 40 years, the world has become increasingly more industrialized, and stress is at an all-time high. Our society looks nothing like it did just a generation ago. Over the last two decades, the number of unhealthy, diseased, overweight, and obese North Americans has skyrocketed. People have more chronic health issues than ever before, and are on more medications than ever before. This isn't because you have bad genes or are just getting older. This isn't an epidemic that has happened because of a change in climate, or because our generation is lazier than any before. If I were going to identify one factor, it wouldn't be that we watch more TV, play more video games, or surf the Internet more than we ever have before. The real issue is that our bodies are stressed. We have more stress than we have ever had in recorded human history. When we refer to stress at this point, I mean that stress is anything that puts an undue burden on the body. Some stress is good, but chronic stress with no relief is devastating to your health.

One of many reasons that we are stressed is that our food supply has changed so dramatically. We put certain things into our bodies that should never have been called food. Just because something gives energy (calories) doesn't mean that it is food. If man

created it, or it is filled with preservatives, or sits on the shelf forever, it has more than likely been altered in harmful ways. Look at margarine; it's not a real food. It is a combination of artificial chemicals that give a certain taste. We put it in our mouths, but it is not a naturally occurring substance. Now we can taste strawberries in a syrup that has no strawberries in it. It is just a fabricated chemical designed to taste like a strawberry. Even at times when we think we are making a healthy food choice like vegetables, we learn that the process of industrial farming has stripped those foods of value and they now create more harm than good. America's topsoil is depleted, and the very DNA of food has been altered for reasons of economic efficiency and convenience. These factors of modern life all put complicated chemical stress on our bodies.


In order for topsoil to stay fertile, it must be cared for with good conservation practices. Unfortunately that is not happening today. In order for plants to thrive, the soil in which they are grown must contain vast amounts of naturally occurring potassium, nitrogen, and phosphorous, as well as hundreds of trace minerals. Soil conservation is a set of strategies that prevent erosion or chemical alteration from overuse, acidification, salinization, or contamination. Strategies like crop rotation and planting cover crops and windbreaks are necessary steps to protect our topsoil and help it to retain its integrity. The current use of glyphosphate (also known as "Roundup") in standard farming practices has poisoned our food supply. Even those who choose fruits and vegetables over junk food find their bodies assaulted by toxins that cause chronic stress, genetic mutations, and cell death. The company Monsanto, with their push for acceptance of these chemicals and acceptance of genetically

modified foods, will someday be responsible for more human deaths than any totalitarian dictator in history!<sup>4</sup>

The standard American diet today is higher in sugars, bad fats, bad carbohydrates, sodium, and other nutritionally bankrupt and downright harmful ingredients than ever before. We are paying the price for not getting enough of the right things in our food and getting too much of the wrong things. We are eating more than ever before, while our bodies think they are starving. Simply put, our food supply lacks the proper nutrition. As a result, we are constantly storing fat because our bodies are tricked into thinking that because nutrients are scarce, food must be scarce. We are coming to a time when being overweight is going to be a greater world issue than poverty and hunger. We are very close to seeing more people on earth dying from the associated diseases and conditions of obesity than from being underweight or starving.<sup>5</sup>

The processed foods that line grocery store shelves today have been carefully engineered to be as addictive as cigarettes or drugs. This is especially true of those that have added sugar, salt, fats, carbohydrates, or some diabolical combination of the four. Many of these processed foods—even ones that advertise themselves as “healthy,” “whole,” “gluten-free,” and “organic”—don’t have nearly the nutritional value that foods grown or raised in the right environment do. We need to recognize that much of what we eat out of habit is not because we lack willpower or self-control, but because those foods have been deliberately designed to be addictive. At the same time they have so little nutrition in them that they leave us hungrier than we were before we ate them. Then, to feel satisfied we binge—reaching for foods that please the palate, but stress our internal systems because they have so little of what our bodies really need.

## WAKE-UP CALL

Obesity-related conditions like heart disease, stroke, type 2 diabetes, and certain types of cancer are some of the leading causes of *preventable* death in our country today. 

Despite such complications, the answer is relatively simple: as individual families and as a culture, we need to get back to eating real foods. When you eat real foods in the right combinations, something amazing happens: you feel full much sooner, and your appetite remains satisfied much longer. Your body is getting the fiber and nutrients that it needs. Your hunger hormones balance, and your appetite switches off. If your systems have been out of whack for a long time, this balance will take time to correct.

I want to warn you up front that you will be in for a bit of a fight, especially in the first few days. Food addiction is a real thing. When you eat gluten (wheat protein), casein (milk protein), and sugar, your brain is flooded with chemicals that make you feel calm and content. As you begin to remove those substances from your diet, you may feel some anxiety, or other physical effects. Hang in there. With each passing day your body will adjust, and your cravings will diminish. You will find that it takes about seven to ten days to do most of the work of recalibrating your appetite. This will vary depending on what your eating habits were like before beginning.

At the same time, by the end of the 21-day Reboot you will be surprised at how much your eating habits and appetites will have changed. You'll know something is different when you look forward to a hardy spinach salad with avocado, roasted pine nuts, wild-caught salmon, and a little feta cheese rather than

a super-sized burger, fries, and a shake! And, oh boy, when that starts to happen, things start to get exciting!

## NOTES

1. Mark Hyman, MD, *The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast* (New York: Little, Brown and Company, 2014), 11.
2. *Ibid.*, 69 [the italics are from the original].
3. "Overweight and Obesity," *Center for Disease Control and Prevention* website, <http://www.cdc.gov/obesity/data/facts.html> (accessed: August 13, 2014).
4. A recent Harris poll put Monsanto as the third most hated corporation in the world—ranking only above BP and Bank of America. <http://www.globalresearch.ca/monsantos-gamble-biotech-lobby-pushes-genetically-modified-gm-food-into-europe/5400307>. For poll info: <http://www.businessweek.com/articles/2014-07-03/gmo-factory-monsantos-high-tech-plans-to-feed-the-world>.
5. *Obesity: Preventing and Managing the Global Epidemic* (Geneva: World Health Organization, 2000), Introduction.



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# About the Author

**D**R. PETE SULACK is the founder of Unhealthy Anonymous, an organization that helps individuals, corporations and non-profits understand and manage the immense effects of stress. Founder and majority owner of one of the largest Chiropractic clinics in North America, he has served over 1 million patients over the last 12 years, validating his unique approach to health and wellness. Dr. Pete actively treats patients traveling from around the world seeking his services. His studies on the effects of stress, coupled with testimonials from patients and attention in medical communities have garnered him the title of America's Leading Stress Expert. He is a highly sought after teacher, lecturer and author of several books.