



David Wolfe

The Simplest Natural Weight Loss
Secrets Revealed

THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
TRANSCRIPTS

DAVID WOLFE

SIMPLEST WEIGHT LOSS SECRETS REVEALED

Shelley: So David, I want to know from your perspective what's really going in our culture? What is fueling this epidemic of weight gain and obesity?

David: Well I think one is this mass processed food and ultimately if we wanted to really strip it down to the core, it's food that's grown without love, it's planted without love, it's delivered for processing without love, it's processed without the love in it, it's delivered to your home without love in it, it's prepared without love and then it's served without love, it's served without a prayer and then it's eaten. That to me ultimately, we strip it all down, ultimately that's the problem.

Shelley: Wow.

David: And so it really-- every type of food that has intention and love in it is good for you. And every kind of food that doesn't that has greed in it for example or cuts corners or whatever is going to cause problems and it's going to cause weight gain, it's going to cause Syndrome X, it's going to cause that extra 30 pounds you can't get off no matter what you do, it's going to have all those derivative effects. So we got to put the love back in first is, I feel, a first step.

Shelley: Wow. And so what do we do that through prayer?

David: If you're going to eat any food that is conventionally grown and just kind of factory farmed animal, any kind of thing like that, I would really recommend saying a prayer before eating any of that because it's just downright dangerous, it's dangerous. The food supply is dangerous. I know people who've died from eating chicken. I know two people who died from eating chicken.

They went to the store, bought a chicken, came home ate it, died. And that's crazy right? It's like you're going to die over dinner? And literally we hear that though that people have a heart attack at dinner. I was at this one restaurant years ago when I was a kid and this one guy, he choked on a bone and died right there in the restaurant. This is crazy, like okay you die in like a plane crash, alright, but dying at dinner doesn't make any sense and it's completely preventable.

Shelley: Yeah.



David: I guess a good first step is to go organic and you get off all the conventional food, all conventional restaurant food. But if you do eat that ever I would say a lot of prayers, that's for sure.

Shelley: Wow. What a fate, if you're sitting there at dinner and you don't realize you're not going to get up. Wow. So, I've heard you mention that the food we eat becomes a subtle energy of our minds.

David: I'm a gastronaut, I've been born with fringes of food for-- my whole life. I've been in the exotic food business since I was 14 years old, with my aunt at her grocery store. So I've just had that natural thing for like exotic foods and all that kind of stuff. And so eventually that morphed into really exploring you are what you eat, really exploring that. Like not turkey or chicken but like what does it mean to be a raw food vegan for 20 years. What do we really need here and eventually I came across a phrase, it's from Great Vedic Doctrine, it's actually originally from Northern India. It's in the Upanishads, the name of the book is the Upanishads, and in that it says, "The subtle energy of your food becomes your mind." That is the phrase that most nails down to me what my experience has shown me from being a gastronaut.

Shelley: Yeah. I always just take that in for a moment because it's true, it's true. What we're eating becomes us. And they—

David: It's in that way-- the mechanism to me is the key. In what way does it become us? Well it's the subtle energy of the food. For example like fast food grown with greed, let's get to the bottom line, it's all money, it's all about turning over a business blah blah blah. The subtle energy of that then gets into the food and then we're eating that on a massive level so no wonder people are into like bling and money and it's totally empty, there's nothing there.

Shelley: The addiction to the foods of eating more and eating more because they're not being fulfilled, they're not being sustained on so many levels, let alone the body. And you know, I've also heard you say that dieting is a complete waste of time. So why would dieting not work? What would you recommend?

David: Well first of all it contains the word "die" in it. See who wants to die. I like live-its, I don't like diets. I want to live-it actually. So one of the things is it's just this idea of like the next little scammy little thing about this, that, the other thing is going to cause you to lose weight, feel great. It's never really like that. It's really a core change in your—it's who you believe you are. If you want to lose weight you need to have a core change in who you believe you are. If you're the type of person who believes you can't exercise, you're not going to exercise and in order to lose the weight you're going to have to change that core belief about who you are, that no you're the type of person who exercises.



You can do it, start small, build big, you never know what's possible. Right? So a person with that mentality, boom, loses the weight, no problem. So it's an attitude.

Ultimately, in my opinion my study is success technology. Ultimately it all comes down to an attitude. If you believe you can do something, very likely you can and if you believe you can't very likely you can't. It just stacks the odds in your favor. So we want to adopt that belief that we can change, that it's possible for us to become the fitness guru of our family or the diet guru or the food guru of our family and our environment and our community and when we have that fundamental change in our identity then everything follows it. It just becomes you.

Shelley: Yeah. And that's the message that you bring to everything is empowerment. Each time you choose living food or something a super food you can just feel the energy of that and when you ingest that you start to experience that for yourself.

So I'm going to take a step back because we're talking about how we become the food we eat. One of the issues that is on many people's mind and it's affecting our health is genetically modified food. What is your understanding of GMO food and its effect on our overall well being?

David: GMO food contains unnaturally built in glucosomates which are kind of insecticides basically. And glucosomates actually when you ingest them and it's in the foods, it's built in the food so if you have a GMO corn you're going to get glucosomates into your system and that modifies or changes the DNA of your friendly bacteria in a way that's not conducive to health it's actually—it starts to sterilize actually your digestive tract. So it kills off your friendly bacteria.

So essentially the story that we were told no no, you digest everything and the GMO pesticide is built into the food goes away is true. In fact it was a study recently where something, there was over 90% tested positive for glucosomates, over 90% of the people.

Shelley: Wow. That's crazy. Because that—

David: That's crazy and think of the subtle energy, right? The subtle energy of GMO is control, right? Monsanto wants to control the world's food supply. That's their intent. So that subtle energy gets into people causes control issues.

I've traveled all around the world in all different countries and I could definitely say about Americans in particular, Americans have a high preponderance of control issues. As compared to other countries. You walk through customs in Canada and they're all Hindu's and they're cool and you talk about vegetarianism with them and they're all into it and that kind of thing.



You walk into custom in America and it's like the third reich but it's worse because there's the deception going on which is like, "Oh we're all free, everybody is free," but in reality there's this control matrix that is really very prevalent and I think a lot of people feel that traveling the world, you definitely feel the difference. You're in South America walking through an airport, you couldn't be having a better time. In America, it's scary and it has to do with our food and it has to do with the control issues that are in the minds and consciousness of the people who control the food industries.

Shelley: Wow. It's a diabolical message that you're living in a country that is founded in freedom and then you're starting to experience this and you're not even aware of it. Because you're living it, it's like the fish in the water. It's like the control, the food you're being offered is got this preprogrammed subtle energy that affects your mind. And I never thought about that factor of the subtle energy of the GMO, so thank you.

I can remember reading a science fiction book about how you press a button and the food would formulate molecularly and then you'd eat it and I'm like if that's the direction we're going and if this food isn't even what we're in alignment with. Yes, if you could speak a little to that about growing our own foods. You have a fruit tree planting foundation, I would love to know a little bit more about that and share that with our listeners.

David: Awesome. Well you know I believe in growing food for the future and one of the things I really am into is planting trees. It affected me really radically when I was a kid. I grew up all over America actually on the east coast and the west coast and in Central Missouri and in Illinois.

So when I first went to California when I was seven years old my uncle bought a ranch in Eastern San Diego and we planted several hundred fruit trees; citrus, avocados, apples, all different interesting kinds of guavas like pineapple, guava, really cool stuff.

And it had a profound impact on me because even today I can go there and those fruit trees are still there that we planted when we were kids. And when I got into being an entrepreneur, I thought what's going to be my non profit that gives back and I thought what gives you the most joy.

Definitely what gives me the most joy is planting fruit trees, especially with kids. So we created a non-profit organization called The Fruit Tree Planting Foundation, www.ftpf.org and that's what we do. We plant trees all over the world with kids. We just did a project with one of Richard Branson's friends in Africa where we went into a place, this is crazy like this is like literally like raped girls, like really the most gnarly thing you can imagine.



And then each one of them got their own fruit tree and they got to plant it and then at that orphanage they're going to actually look after their tree every day and they're going to grow up eventually and be able to come back to see their tree. And that's going to serve as food for future kids who are there so they have food too.

That's the kind of stuff that we do and we do childhood elementary school 101, fruit tree 101 classes where we come in there, we put an orchard into the school and then every week that school, like on a Friday, goes out to the orchard and has an outdoor environment education class.

Shelley: Oh wow. That is so beautiful. That connection and that will carry into their children generational experience of growing your own food, especially when you think right now it's something like nine million children in the US are obese. And we want to give the right tools, the right information, the right education to get them empowerment towards having the right foods they can grow. That's beautiful, David, thank you. You know, you're renowned for teaching the benefits of super foods. What are some of the super foods that you recommend to help support the natural weight loss process?

David: There's a couple. I mean definitely chocolate is one of them, strangely. We took a sacred food as Western civilization usually does. We took a sacred food which was 500 years ago to the Native Americans the most honorable, the most wonderful, the most incredible thing there is, is a gift from the gods.

We turned it into poison. We actually turned it into poison. In fact a lot of our associations with chocolate are like that, they're totally distorted and disturbed because of what we did with mass produced chocolate bars and all this kind of stuff. So what we did is we stripped it back down to the original food which is cacao which is the original nut that all chocolate is made out of, it's a nut. It's the most widely eaten nut in the world that nobody actually eats.

Shelley: Yeah, that's crazy.

David: We all eat the processed form of it. And that nut is so mineral rich that it's a natural anti-appetite. Maybe it's the magnesium, it's the highest magnesium common food there is and that's known to shed off the appetite. So if you eat raw chocolate, especially unsweetened, your appetite gets shut off completely, that's the really great way to do it.

You just eat one cacao bean, go 25 minutes, eat another cacao bean, go another 25 minutes, and at the end of the day you might have had 10 cacao beans and that's the minimum amount of calories, a huge amount of nutrients plus it's shedding off your appetite for all the other stuff. So that's one really good way to do it.



This has been known by the weight loss industry forever, that's why they always have these bars that has chocolate flavor. They don't do that because you like chocolate, they do that— well maybe partly I'm sure, but they do that primary because they know your appetite is suppressed by chocolate and that's the old folk wisdom about chocolate is like don't eat a chocolate bar before dinner, it's gong to ruin your appetite. Anyway, so that's one, that's a big one too. I was just in South America, my god, here's the most maligned food of all in the whole world.

The most maligned most demonized thing there is which is coca. Now we know coca because they make cocaine out of coca but that's-- comparing cocaine to coca is like comparing white sugar to a beet or to a fresh, raw sugar cane. They don't have anything to do with each other.

The indigenous people down there-- like a very good friend of mine, one of my best friends actually, his mom gave birth at age 51, healthy baby. She is 57 now. She is an indigenous tarot person, native American from South America. She is 57, she has like a six year old.

Shelley: That's amazing, yeah.

David: It's amazing right?

Shelley: Yeah.

David: It's just a reality shattering thing and those people live on coca because coca is the number one longevity weight appetite suppressant. It's the best appetite suppressant there is, that's why it's illegal.

That's the main reason. Now I want to bring that out because we got to start talking about this because this whole war on drugs business is not a war on anything. It's actually a war on you, it's a war to take away your freedom, it's a war for mass corporations like Coca Cola Cooperation to control certain aspects of agriculture around the world.

That super food down there where you have coca down there, you have to basically because you set a high altitude when you're in the Andes. You have to have coca tea, that's just the way it is. And you can get coca tea, coca tea is legal in America and Canada. Well Canada dubious but definitely legal in America.

That's a great appetite suppressant, incredible, one of the best ever, coca tea, that's legal, you can get that. But really the food that we all want is your coca powder and that food could feed all of humanity, one of the most powerful super food, nutrition wise, unparalleled. It's a green leafy vegetable so you're getting your chlorophyll. It's super high on omega 3 fatty acids and it just goes on and on and on.



And all these years of eating coca when I'm in Peru, I never felt any high from it, I never felt anything from it. I felt more actually more from certain super foods like chocolate than I ever felt from coca, but this is how we're suffering, right? All these kids with this obesity problem, they don't have that in South America because the kids eat coca and they eat coca their whole lives, keep their teeth their whole lives. This woman is probably going to be living to be 120, there's people in that tribe that have lived to be 120.

Shelley: Wow. That's incred—

David: And that just—yeah it's so important to have that out there. We've got to start breaking up this locust of control and this information that we're getting.

Shelley: Yeah, the war on drugs. I think you're speaking to the underlying reasons for this transformational event we wanted to create online. And there's sacred food and the then there's the food that is detrimental to health.

You're seeing these indigenous people and how they live and how they treat their foods sacredly bringing that to our modern lifestyle, bringing that wisdom through is one of your messages and I thank you so much for bringing into this context of obesity, weight gain and we have foods that can increase our metabolism. What are some of the simple strategies that you work with to help someone boost their metabolism naturally?

David: Okay, well definitely coconut oil is very important as compared to, for example, polyunsaturated oils like corn oil, safflower oil, cottonseed oil, soy oil, all of those are very mass produced, cheap seed oils that are essentially rancid and they slow your metabolism down.

Because they are too polyunsaturated and they're too susceptible to being oxidized which means they're too susceptible to becoming rancid. Now the opposite of that is actually coconut oil which actually speeds up your metabolism.

So coconut oil is actually a really interesting calorie source because you do need fat in your diet and if we're looking at all the different fats that are available some of them are other than excellent. But coconut oil is really a healthy fat and it's a healthy oil that does not increase heart disease or stroke or any of those, it actually decreases the chance of those things.

And that information is pretty widely well known now. Actually in the last 15 years there has been a whole resurgence in saturated tropical oils, like coconut oil, because of the effects of the polyunsaturated oils, for example, cottonseed oil in causing heart disease.



Actually if you start looking to the research on this you find out that actually the vegetables oil in particular cottonseed oil and rape seed oil which is canola in those kinds of seed oils they actually-- and soy oil and corn oil-- they actually cause heart disease, they're actually the number one causative agent of it.

So now we're getting the flip side and we want to take advantage of the research that was done in the '40s and '50s on this where they fed livestock the polyunsaturated oils like the corn oil and the soy oil and the cottonseed oil and all that and they fattened them up and they fed them coconut oil and they thinned them down. So that's how it first became really clear to Western science that these oils namely the coconut oil and some of the other ones, even palm kernel oil if it's well processed and to some degree also olive oil speed up metabolism where the other ones slow it down really actually dangerously slow it down.

Shelley: And so that was a study in the '50s and you know—

David: I picked that up from Raymond Peat's book.

Shelley: Okay.

David: Raymond Peat and he's written a number of books on really kind of bashing the seed oils and really also focusing on the importance of the androgen hormones which is an area we should get into because a lot of times when people have Syndrome X and they have weight on their body, they cannot lose it no matter what, can't get themselves going, they have estrogen dominance going on, that's the underlying metabolic disorder.

And it's very difficult to reverse estrogen dominance without some pretty profound changes in your diet and lifestyle and strategy of life and complete change of the food intake away from kind of like restaurant food, fast food, that kind of stuff over to really something that's more wholesome.

Shelley: Oh, I know. And you really go into some of the super herbs and some of the just regular herb that can help someone with those kind of hormonal imbalances. I know I've been—

David: Maca is really good, maka is a really good super food and it picks up your libido, it helps your body to form androgens like progesterone and/or testosterone or DADA. So I mark this high on the list for me in terms of a nice, good, hormone healthy food that kind of gets your metabolism kicked on.



Shelley: Thank you. And I just want to elaborate a little more on what you're talking about with the hormones and because I know how important they are when it comes to weight loss and if you could just go in a little bit on how it works with the metabolism.

David: Okay. So I guess I'm going to back this question up into like what my basic approach is and what do I basically promote into the world.

Shelley: Yeah, thank you.

David: And what I promote is raw and living foods, that means raw organic fruits, vegetables, nuts, seeds, seaweeds or sea vegetables, sprouts, flowers, actually eating flowers is good. Most of the flowers in your front garden are actually good for you like dandelion. I have St. John's wart in my front yard.

Super foods or-- before we get super foods, herbs like marjoram or thyme or oregano, those kind of like food herby things and then two very big categories which are super foods and super herbs. And what I'm really talking about there is an add in strategy where you add those things in and you just start crowding out the other stuff, just start pushing it out, kicking it out the door.

And what's raw living foods it's pretty straightforward, you just go to the health food and you just take massive raw foods action. You just go for juices, you start juicing, you start getting into blending stuff, making raw food recipes, just go berserk on raw foods.

And that will be a profound, I mean when you get on vegetable, fresh vegetable juice, like the - man he's always on TV talking about fresh vegetable juice and blended stuff like blended super foods, your whole reality is going to change. If you're on a conventional kind of lifestyle and you're like 100 pounds overweight, what am I going to do, you start doing that the energy coming into your body is a complete radical 180 turn.

And so that's a really good way to start. So I really like getting people on fresh vegetable juices that they make themselves or is made in their local health food store right there in front of their eyes or/and both.

Also super food smoothies where you start taking super foods and instead of this protein powder, my god, who knows what's in that stuff, instead of that you start putting super foods into your blender with berries.

Shelley: Nice.



David: Right? Take your berry, your banana, your blender, boom. You start putting super foods in there with anything instead of whatever weird-- god knows what kind of powders are out there.

Shelley: Yeah. Yeah. And you also talk about synergy between certain things like berries and mushrooms, like there's certain medicinal mushrooms that you work with and you provide so many books on how people can do this, so many videos. I mean I listened to your videos, each and single one that I get through your Longevity Conferences.

You have a wealth of information on how people can make these juices and make these smoothies. So there's really no reason why someone couldn't start today with some of these strategies. In your experience though what roadblocks might come up for someone losing weight naturally or keeping it off for good?

David: Well one thing is you always have to control your immediate suggestive environment. So if there is people in your suggestive environment, in your workspace, in your home space, it could be a husband, it could be a lover, friend, brother sister, whatever who are directly trying to block you, you have to remove them from your immediate suggestive environment and that's probably the most difficult thing.

And a lot of people are faced with that choice at some point in their healing journey because like for example if somebody's opinion of you is being the fat one in the family or whatever it actually is a very strong effect in keeping you in that place and if you remove them from your environment and you get on something sort of new then you actually are able to make the change. But when that person is in your ear every day telling you you can't, it's not possible, you shouldn't this is weird or whatever they're saying, it's almost impossible, it's almost impossible to overcome that kind of suggestion. So changing and improving your suggestive environment to me is very very critical factor in all of this.

Shelley: Yeah.

David: Beyond that, I think it's really important to actually have the tools there so you have the education and the tools, so you're saturating yourself with the information. So the information is just coming in and that's what you do. A lot of times in our old world where we had TV, what was going on was that you would actually be told what to think, right?

The TV would come and say this is what is going on the world today, but you get on the internet now which is a totally different situation with millions of challenges instead of three. Remember ABC, NBC, CBS and PBS. Or if you're in the UK it's the BBC or BBC1 or BBC2.



Now we've gotten millions of channels so you can get completely different information and what you want to do is get that information that really empowers you, that's the right kind of information supporting where you're going. So you get into a kind of a camaraderie and friendship with people who are of a like mind and the same situation going through the same struggles.

Shelley: Yeah, yeah. Wow and that's the beauty of the internet. People are able to reach out to others, talk on forums, watch videos and then go out and find like minds in their community because you'll start attracting that.

David: Ron Keygarden who he was on the cover of Time magazine in the '90s, he's one of the leading herbalists in America. And his story about herbs is profound which I want to share just so—I want to get this download out there to everybody listening right now. Basically he's been taught by a Taoist master, a Shaolin master essentially, a guy by the name of Sung-Jin Park and this guy is an amazing—guy is in his '80's now, unbelievable character.

And he's part of a lineage that goes back thousands of generations and the teaching that they're bringing is you don't take herbs when you're sick, you take herbs when you're not sick as a preventive and you don't take any old herb like oregano or thyme; those are great herbs, they're fun, they're wonderful and they're great flavoring, but you go for the super herbs or the tonic herbs as they say in Taoist tonic herbalism. And Taoist tonic herbalism is the basis of all Chinese medicine so Chinese medicine's offshoot of Taoist tonic herbalism and the teaching of that goes back thousands of years, over five thousand years.

And so what you do is you get on the top herbs that there are like reishi mushrooms, chaga mushroom, schizandra berry, goji berry, asparagus root, that's right, asparagus root is one of the top herbs in the world, ginseng, astragalus and then like just those eight right there you're good, you don't need to be worrying about taking this particular medicine for that problem or anything, you just get to the underlying problem, which is the lack of immunological intelligence, which is really underneath most of our illness today and you just ramp up the intelligence of your immune system with the most powerful herbs in the world and you're there. It's like a food class.

Shelley: Yeah and seeing some of the videos where you're making teas with helm and you're combining those tonic teas with super foods and just creating this incredible, delicious, nurturing elixir that actually will satiate you, will heal you, will bring joy into your life, yeah.

David: Right there just that right there should—for me, it caused me to take reishi mushroom everyday. It's like what in the world is this stuff, what do you mean it's the best studied herb in the history of the world? It's like what's going on with reishi mushroom?



I grew up with Kwai Chang Caine and Kung Fu TV show, remember David Carradine in the '70's and that's what I grew up with. And it turns out he was a Shaolin monk, it turns out that the Shaolin, the main guy Shaolin monk today, the main medical guy, he has two things in his office; a reishi mushroom and a chaga mushroom.

Shelley: Wow!

David: That's it.

Shelley: That's so amazing. Wow. So those are his allies or those are his medicines?

David: Ally is a good word because ultimately these herbs heal us and work on us physically, mentally, spiritually and emotionally. And there's no question that disease has a psychosomatic component, no question. Also there's weight gain, when somebody is overweight there's a psychosomatic component and so we need help. Let's get some intelligence to help us out.

By the way, this whole idea that we're alone in the universe and that we're the only intelligent thing in this planet and all this has totally degraded our consciousness, it's a complete aberration of consciousness, that whole idea. And it's disturbed us so that we don't realize we can get help from our friends and our allies namely reishi mushroom and some of the great super roots like ginseng or astragalus which ultimately are an intelligent, that's ultimately how they work.

We're not going to be able to describe every function they have through their chemistry. That's never been able to be done, no one has ever actually been able to really describe everything just chemically, there has to be some other thing going on mental, emotional, spiritual in those categories. And that's why the great herbs to me are really a category of food which Ron called tonic herbs, I call them super herbs.

Shelley: That's beautiful. I know-- I have a two year old son and he—I give him capsules, reishi capsules. I thought, "No way," because they're bitter, but he'll chew them and swallow them and it's shocking.

David: Yeah, and just for everybody listening I do think they're safe for kids, they're the safest food there is, right? It's like this is the safest food we've got and we don't even know that it's a food category. What I'm really kind of referencing is this whole thing that Hippocrates has said. Remember Hippocrates said let food be your medicine and there's a very important "and" in there, let medicine be your food.



David: Right. So that second half is the interesting, it's like what do you mean? Medicine be our food, what does that mean? Well it can't be garlic because pretty soon you're going to lose your job because you'll have garlic breath and freak everybody out in the office. It's not that, it's something else, what are you talking about medicine being your food? Well these are the super herbs, they can be eaten as a food every day they are the safest food going. You can feed reishi mushrooms to a newborn baby, that's crazy, but that is the fact. You can take reishi mushroom mycelium and feed it to a new born, it could be the baby's first food. That's how safe this stuff is.

Shelley: Yeah, yeah, yeah and you know we have so much to learn in this area and I just again your work turning people towards that if they haven't already heard about it it'd be shocking because you are just bringing the ground breaking information to the masses, so thank you.

And I do want to talk about a couple practical questions where someone could start today and get your advice here. So if someone was interested in weight loss and if you could recommend a food or beverage that they could avoid today at all costs, what would it be and why?

David: It's probably two things—factory farmed meat and soda pop.

Shelley: Yeah and they wouldn't have to go far to find out why if they just looked you up.

David: The sugar and the phosphoric acid and the acidosis and the water retention caused by soda pop is crazy and it's even worse if it's diet soda. It's funny, it causes more weight gain than regular soda.

That's one thing I would recommend and then the other factory farmed meat is so labeled with so many chemicals, antibiotics, all of the pesticides that have worked their way up the food chain and are present in the animal's meat which are estrogen forming substances. For example DDT is in the food supply and we are getting contaminated with it from our food strangely enough even though that's been banned since 1970 it's still in the food supply and it worked its way up and concentrates higher up in the food chain. DDT is a bad estrogen. So it automatically causes Syndrome X, cancer, all kinds of different problems, metabolic problems and that's not the only one.

There are dozens of common pesticides like that or metabolites of pesticides like that that are in our food chain that are estrogenic and they're causing this epidemic of weight gain because the food supply is so polluted that it's overwhelming our ability to deal with it.



Shelley: Wow. Thank you. Yeah. Soda pop, factory farmed meat, start today removing those from your diet. If you could recommend a food or supplement to add to someone's diet to lose weight, what would that be and why?

David: I like just raw chocolate, raw cacao is amazing because it's so mineral rich. It connects you back to a sacred food and what chocolate really is before it's been processed to death. It also has very powerful appetite suppressants in it and so that would be high on my list and probably another one that I would like to get on my list is a super green food like chlorella because that gives you protein to chomp on. So chlorella is pure protein, 65% protein.

You can get them in tablets, there's no filler or binder, it's just pressed chlorella. It has a very unique flavor and taste. If you never had anything amazing like this before it's like completely different but because it's so high in protein it keeps your blood sugar stable. So every couple of hours you eat chlorella, it's essentially no calories and you eat chlorella and you just keep going and going and going so you don't get the blood sugar crash because your protein has gone too low. So that would be another pick for me.

Shelley: Chocolate, chlorella, yeah beautiful. And if you could recommend one physical exercise or if you have any ideas there, an activity to lose weight what would it be and why?

David: it's going to be like running, sprinting. Nothing is going to take weight off you like a sprint. I have to get my butt in gear and get up there and actually do some sprints. I get lazy on that side of things. When I do do it, it's the most powerful thing, it just strips everything right off of you. So sprints would be number one, running stairs would be number two.

Shelley: Yeah. And you're getting everything going, the blood, sprinting, running up and down stairs, you're getting the lymphatic system going, those are beautiful. Any other techniques, practices, body, mind, spirit, anything? What would you recommend to further support someone's holistic weight loss process?

David: Well I mentioned saturation, saturating yourself with the appropriate types of media. Instead of TV tell you what to do you flip that around and you tell your media what you want and then listen to that all the time.

You know what I mean? Like for example I have in my mix of songs and music on my iPod, I have all kinds of lectures by success speakers and incredible philosophers and just incredible stuff so every now and then there is a ten minute piece on like how you can succeed, how setting goals is important, all that kind of stuff. Setting goals is probably the biggest thing that I would recommend for anybody at this point.



If you're trying to lose weight, weigh yourself, put a date down on paper, get a little journal going, put your goals in there as to what you want to weigh and by when, you set a goal, you get a goal and then take it from there. I think that writing things down is very powerful in getting that conversation out of your head and onto paper in front of you because you can see where you're going and what your target is.

Shelley: Yeah, thank you. I know when I'm working with people too, that's one of the first things. I'm like what is your intention here because I notice when there's no intention or no goal setting what can happen is they fall away from the health path that they're choosing and when you have something like that you can always get back to it. I've seen people who set goals and completely blow themselves away when they reach it and

I've seen people who don't set a goal and yeah, they become distracted, they don't have that place to go to, so I love that. And you can use your media to help you. In fact, nobody has talked about the goal setting so I really want to thank you for bringing that up. Any thing else you would want to share? I definitely want first and foremost for people to be able to know how to get a hold of you and your work. If you can share how they can do that.

David: Awesome. Well you can always find me on Facebook, that's a good way to find me. That's www.facebook.com/davidavocadowolfe. So that's one way to find me and I'm updating that often and www.davidwolfe.com. And then if you're interested in our non-profit and what we're doing there which an amazing thing, that's www.ftpf.org. So that's a good way to find me.

Or just kind of watch and see when I'm going to be in your area because I love more than anything, I really should probably slow down at some point, it's only been 20 years on the road but I do love public events and I do love doing dinners. And I've done all kinds of amazing events over the years. And one of those things is like we go into a city, we do a dinner, we do a talk and everybody gets together and we find out how we can save our planet and it's so much fun. Unbelievably good time. And then I'll go onto the next city, so that's fun too to just come to a live event and have a dinner with me, I think you'd really enjoy it.

Shelley: You have a new website. I just saw it.

David: I do, yeah. I finally got my website up created. I'm so happy with my team, they organized it for me and we all did it. It was a joint project but in the past it was always me. Oh my god [inaudible].



Now I got a few other people helping me with it so I think we've got a pretty good site up there for davidwolfe.com and one thing that I wanted to say is that I do have a book coming out, many books out for food, diet, eating, for beauty and naked chocolate and a super foods and foods medicine of the future.

But I do have a book coming out on chaga, the mushroom chaga which to me is the most underrepresented medicinal mushroom and medicinal herb in the world, no question. It's the most powerful with the least amount of publicity.

So I've gotten on the publicity train with this particular mushroom, I just wrote a book about it, I've been connecting with a bunch of scientists in Toronto who they contacted me. They basically found out I was into chaga and they're like—look we've been—this is a \$250 million facility, just in equipment. And they contacted me and they said, "We got to tell you about chaga what we found out." They've been testing food for 40 years and they tested everything in the world, period, I mean I've never seen—when I went in there I couldn't even describe it, warehouses full of food and that's all just two weeks of testing and it's all out the door and then the next group of stuff comes in for testing. I mean it's crazy level.

They say that chaga mushroom is it, it's like the most incredible thing they've ever seen.

Shelley: Wow. Exciting. Wow. Again, this is just been such an honor and an amazing interview, very enlightening for our listeners. Thank you so much for taking the time to share your message with us, David. And I just really appreciate the stand that you're taking for super foods and medicinal mushrooms, chocolate. The latest health strategies for losing weight and beyond that, just obtaining optimal health, feeling good. And yeah, so thank you. Thank you so much.

David: Right on. Thank you so much and thanks for having me and I hope that everybody listening achieves their ideal weight and has the best day ever very soon, like today.

Shelley: Thank you. Wow. It will be the best day ever for me just speaking with you, so thank you.

David: Right on, thank you. That was super cool. Okay so I'll see you in Western Canada and until then have the best day ever.

Shelley: You too David. Thank you again. Blessings. Yeah, bye.

David: Yeah, bye bye.



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