



Gabriel Cousens

Spiritual Fasting & Cleansing:
Lose Weight, Transform Your Health
and Reverse Diabetes

THE COMPLETE
HOLISTIC

WEIGHT LOSS
COLLECTION
TRANSCRIPTS

DR. GABRIEL COUSENS

SPIRITUAL FASTING & CLEANSING: LOSE WEIGHT, TRANSFORM YOUR HEALTH & REVERSE DIABETES

Shelley: Hi, Dr. Cousens. Thank you so much for taking the time to do this. My first question for you is, in your understanding and experience, what's really behind this epidemic of waking in obesity in our culture?

Dr. Cousens: It would be helpful to understand the history. And there is a history that goes back a few hundred years, so the original understanding back in 1825 were Burlette Soverin, he was the author of Physiology of Case. Now this is his board in 1775 and he sums it up.

It could be deduced as an exact consequence that more or less rigid abstinence from everything that is starchy or flour-ripe will be to the less new weight. So they did understand that a low complex carbohydrate diet was going to be the best way to prevent weight gain and to actually help lose weight.

And it goes on in the dialogue. And I'll mention a few more just to make the point, in 1869 a very famous British physician kind of wrote "Carnatious or starchy and vegetable foods are fattening and the sacred matters are especially so." So, they again considered the best diet for weight loss would be a low complex carbohydrate diet.

And one of the most famous physicians in Britain, William Harvey, genius as a physician, after listen to Lex Buck Bernard in the government, medical genius, and 1865 in Paris relies, "to lose weight one had to eliminate starch and sugar."

So they're all saying the same thing. William Banting was connected with that 1862 wrote at a letter in corpulence in 1864 which became a very famous book.

He said, "Cut out bread, butter, sugar and milk." And this is what we're talking about is this bigger picture is that they've already figured out. So what happened? What went wrong? So up until the 1960s, the low carbohydrate diet was considered a conventional way to prevent weight gain and lose weight.

Now what happened in the '60s and 70's, after the fear around the high-fat came into Vogue which is passing out of Vogue again, people said, "Well, fine. We can have a certain amount of fats, so what are we going to do?" So they began to go to high-complex carbohydrates as basically a macronutrient shift.



And that's where we start to get in trouble, because as soon as we made that shift to a low-fat high-complex carbohydrate diet, the whole weight obesity began to expand literally exponentially. Now, it got worse with use of high food this corn syrup, but that's the same thing, a high-complex carbohydrate diet. So that was the way it went historically.

And we're now just beginning to wake up to, well, in a way that you lose weight and prevent gaining weight is to go on low-complex carbohydrate diet. Now my interest in it is not primary, but secondary I found some very interesting things, because in my work with diet foods, we put people basically on a low-complex carbohydrate diet which was really just greens, and sprouts, and vegetables, okay?

And we do get very, very powerful results for healing diabetes. Now, I began looking then so what to do, because what that leaves me is how to look complex carbohydrate and switching thing back again, and we're going to a little bit higher fat diet 25%-45% fat, and we're getting extraordinary results including dropping people's cholesterol by, you know, 50 points in three weeks.

But the key thing here is besides healing diabetes and our results were healing diabetes are 60% of non-insulin dependent diabetics in three weeks, and 28% of insulin-dependent diabetics in three weeks, and extraordinary enough, 12% of Type I Diabetes which is unheard of, and I'm going to just add to that 31% of the Type I Diabetics will come off all their insulin, even though they're not healed enough.

I'm looking like that's really important, what do I do about the fat question? Now what do I do about the complex carbohydrate question, I begin to do research that show, well, the way you gain weight isn't by eating fat. And as we begin to look at this question, I have a new book coming out in a year, April 2022, so as the publisher, where indeed I lay up that that it was whether for generics, the way you gain weight is when you eat complex carbohydrates and simple carbohydrates, it raises the blood sugar.

When you raise the blood sugar, it creates insulin secretion. Insulin has a very important job and it's not lowering glucose. It's storing energy in the blood as fat. So what insulin does is it says, "Okay, we take the energy that glucose have in blood, we move it into the fat cells, and we stored as potential energy is fat." And that's how you gain fat.

And we know that when people get more insulin, they usually gain up to eight pounds in the first year and up to 20 pounds in three and a half years after. So we know insulin does that. And I know when I take people off the insulin they have a pretty rapid weight loss. So that's a really interesting thing.



Now there's another dynamic which I think is very important to understand really the key to understand. Now, a lot of women say, "Oh, I can't lose weight. I do this diet, I do that diet, and it doesn't come off." We've heard that before, right? It's not a new thing.

Well, there's another hormone in the diabetes syndrome that I'm talking about. It's called leptin, discovered in 1985. And leptin is a hormone secreted by the fat. And it says when it's normal functioning, it says, "Decrease your appetite and burn fat." That's its control message.

But if we allow the carbohydrates, what happens is that leptin, it gets over-secreted and we go into leptin-resistance. And that says, "Store fat and keep eating." So when people are trying to come off, you know, trying to lose weight, they're in leptin-resistance which is a hidden factor here, really important.

They say, "It's not working. I'm not losing weight. I'm hungry all the time. What's going on?"

What's going on is they're actually in leptin-resistance, so how do you get out of leptin-resistance — low-complex carbohydrate diet. Now there's another very important little detail is that a pregnant woman is she's really not getting enough nutrition and then somehow gets a whole lot of carbohydrate, it creates a leptin rush, and that leptin rush in utero, reprograms the brain of the embryo so that in later life or relatively later in life, in early childhood and later, they actually have a higher incidence of obesity.

So now we're looking at some very powerful statements about what's going on. Carbohydrate is the key player and that key player is simply—it stimulates insulin, insulin says, "Store fat." It stimulates leptin and when we get enough leptin coming from the fat cells that have been stored from insulin, it says, "Store fat," instead of normal.

So we have two very powerful pieces and then we also have the genetic programming which also happens in adults too if their blood sugars take above 140, it can be a leptin rush and it activates a kind of epigenetic mechanism that says, "Store fat."

So we're beginning to crack the code. Now my focus is really about waking up spiritually in live food vegan diet which is the optimum diet for spiritual life, but it also turns out to be an option about losing weight. Our average in our 21-day program is 18 pounds, that's our average.

We have people, but we do better than that. What really happens is as people overweight, they're losing 20 to 30 pounds on average and up to 46 pounds, that's the highest. We're not trying, that's just what happens naturally, because we also get thin diabetics, so it changes the actual real ratio if you follow what I'm saying.



Shelley: Okay.

Dr. Cousens: So we have normally people, and they're going to be losing, you know, they're 20 to 32 pounds, but some losing as much as 46. So observing this whole process, now what I do is I track it and I feel, "Who's losing weight? Who is losing weight and when do they start to lose weight?" And when they move out of insulin-resistance from a low-complex carbohydrate diet and they move out of leptin-resistance, then dramatically the weight starts to come off.

So I'm able to really track this phenomena and I'm also very clear that our great—we know 88% of the diabetics, Type II Diabetics in the United States are overweight or obese. So we're looking at a very significant part of the population who is in leptin and insulin-resistance. In fact, 1/3 of all Americans over the age of 20 are in insulin-resistance.

So we're talking major parts of our population and so obviously that has a very on a whole weight thing, but the simple thing is the low-complex carbohydrate which we use primarily are greens and sprouts and that's what seems to turn off the insulin-resistance and also the leptin-resistance.

So we don't have any other, initially at our diabetes healing program, we don't really have any other carbohydrate, and it moves very fast to pull people out of these hormonal imbalances. I want to just say one more thing. There are many causes of weight gain for example, many, many women more than men have subclinical thyroid problems and that's another thing that significantly contributes to weight gain.

So we have those kinds of things and there are many other problems, but I'm talking about the main dynamic of the best kind of diet to really turn this around and turn off those hormonal programs, the insulin and leptin programs. So that's kind of how I see the process. And then when we moved into high-complex carbohydrate diet, you set the field for learning in insulin-resistance rampant diabetes which has gone completely parallel with obesity and, you know, since the 1980s.

So that's kind of how I see the big folding and why—our people really do well, I mean our average weight loss in a year is 100 pounds.

Dr. Cousens: Just light food doing this and take it's not a big deal, I just expect that to happen, but we're also talking about create a life for yourself.

Shelley: Exactly.



Dr. Cousens: And don't think about weight, think about, you know, God. Think about, you know, your life becoming an active beauty, spiritual beauty, and physical, and mental beauty.

Shelley: Yeah, and that's what's so beautiful about your work. You're looking at each individual. And when they come in with specific things like diabetes or like you're saying like a subclinical thyroid problem, you're seeing plant-based, organic diet is so vital for losing weight or creating optimal health in the long-term.

Dr. Cousens: In the long-term, most people stay as a diet. Now, I have to two levels of diet. One of the things that's important is we have to shift the bounds as they said, it's the diabetes. We actually have to upgrade the epigenetic program, okay, is that genetic shift which is what takes us in the insulin-resistance and leptin-resistance.

So for that, we use in what I call Phase 1 Diet which really doesn't have grains, and doesn't have any cooked food, and it's very focused. Now once people are healed of their diabetes, they're out of insulin-resistance and/or leptin-resistance, then we're moving—we corrected the major stemming box, the weight loss, and you know, from this point of view.

Then we move into a Phase 1.5 Diet which will include a little bit of fruit, now what we call low glycemic foods, cherries and berries, that kind of thing and citrus, and a little bit of grain, and a little bit of, you know, 20% cooked food, and that's what we would expand the diet to, because I'm looking now, my intention never is in, and maybe this is good, because some people will think about their weight—my intention is about getting healthy and becoming a superconductor of the divine.

Well okay, if that's your intention, the weight hasn't, but you're not focused on it. It just happens naturally, but we do shift the diet that the overall idea of what I call Phase 1.5 Diet, that's a lifestyle, that's what I live on, that's what, you know, most people are into very healthy lifestyle for kind of every aspect of your life, spiritual, emotionally, mentally.

And since we know without getting into the other aspects, but the plant source only means it's a cool leafy diet. Now why is that important? When you take in, you cook animal, you're taking in its pain, and its misery, and its fear into you, and that agitates your mind, and also creates pains or misery in a subtle way that then blocks your healings. It doesn't allow you to really shift.

And so as a healing with the plant-based diet and say most people stay on it, I mean I'm talking about Native Americans, chief Sherman from the Inuit came in. Now, he lost 25 pounds in a week. Now this is not unusual, but he lost 25 pounds a week, and I'm not used to seeing this, and his diabetes healed in two weeks. Now he had had it for 20 years.



Shelley: Wow.

Dr. Cousens: Okay. So now he comes back, I mean look how much professionals they have by the varying strengths. So, you know, but that he comes back as a, you know, where this to foremost in the line, he's fine, his blood sugar is fine, everything is, you know, suddenly he eats a little fish, because there's not too much else to eat, and it's, "My blood sugar starts going up."

So he was able to go back to that that we set him up. So there is something with animal products and animal fat, cooked animal fat, that tends to set your parameters of blood sugar imbalance and so forth that ultimately puts on a little bit weight.

We generally know that plant source only people really have a lower percentage of fat, generally speaking. And I think that's a little bit what goes on, because, you know, we have no restrictions on fat. Now I'm going to tell you a little secret with that too, because I think it's important.

So in a matter of seconds, in fact believe it or not, if you had one avocado a day, your cholesterol will go down 17% and we get off a little weight loss we have in situation. Now, why? Why is unrestricted nuts and seeds unrestricted fat animal, plants fat do it, because fat takes away your appetite.

When I find that one, women really particularly will comment say, "Well, I've been doing this 25% to 45% diet, now okay fine, my cholesterol just dropped 15 points, that's great. I'm happy about that. The triglycerides are gone now and that's good, but you know what, I'm not that hungry," because fat tends to kind of block the hunger.

Shelley: You become satiated.

Dr. Cousens: That's right. That's a perfect way of saying it. And so that's another little, I don't call it a trick, it certainly just observed.

Shelley: Yeah.

Dr. Cousens: From my point of view, the world isn't flat and fat doesn't make you fat. The actual real dynamics which they knew while they then have the physiology back in 1825, so I'm telling another new idea, top physicians throughout the world that that observed is that a study done Stanford which actually is called the A to Z Study, and what they found was the diet that best help people lose weight was a little complex carbohydrate diet and that was significantly better than the 10% little fat diet.



Okay, so this is the new treat again and again. Logic is different than how you see it. If it's the world, it does look flat, right? But it's not and that's a pity thing. Fat makes you fat, not true. What makes you fat is the dynamic which is sugar goes in, insulin gets secreted, insulin then moves sugar into storage as triglycerides in the fat cells that's how it does it.

Now take fructose. You say, "Well, whoa," you know, because the weight gain is skyrocket with fructose. Fructose is not metabolized food like glucose. Fructose is metabolized directly in the liver. It directly goes to triglycerides, immediately doesn't get used for energy. So fructose has been a big player in the weight gain story as well, okay.

Dr. Cousens: And the other thing about fructose is it doesn't turn off ghrelin which is a and so you still stay hungry even though you've eaten lots and lots of fructose. It doesn't turn that switch on that's interesting. And it also doesn't make you satiated then, so that's why people doing a high-fructose diet, you know, with all the sodas and, you know, ta-da-da all that kind of thing actually have significant weight gain.

I think it's approximately ten pounds a year if you have a one soft drink a day. So that's really interesting. So those are some of the dynamics around, you know, few hundred year-old observation, so it's fun to understand. We're kind of rediscovering what we already know, so leading physicians had known since 1825.

Shelley: Yeah, and learning what this body is designed for and how to nurture it in that best way. So, one question I'd want to ask you, it's an issue that's on many people's minds and that's genetically modified food. What's your understanding of GMO food and its overall effect on our health?

Dr. Cousens: Well, one interesting research that again, I'm going to say it's a complete disaster that that's the summary statement. The other statement I think would be worked by Dr. Pizawak, Edmund Pizawak in Scotland and he studied the—he's all about genetically modified potatoes on rats.

And what he found is that after about ten days, there was an inflammation of the thyroid, of the heart, of the adrenals, the pancreas and liver, in other words, major body systems all began to become inflamed and break down after sure just ten days. So that's a hint.

Dr. Cousens: I think other research that had been allowed to happen have all pretty much shown that is—now we can theorize it, you know, which is to say, well, that's not the way God designed it, the body can't recognize it, and it's creating as if foreign bodies creating an inflammation, and it seems to affect all the organs, oh yes, ovaries were also, you know, began to decrease, and I think there's an increase among sterility.



It is what we're seeing today as they're being introduced in a widespread way. So there's a significant disaster. There is some suggestion of weight gain with it, because of all the things we go out of balance, but it's more of a holistic disaster. And so I advise all my clients to stay really, how do you do this, go all organic.

And when you really get effective in that labeling the genetically engineered food, then that means if you really, really want to be safe, then you really have to go to whole foods rather than the packaged foods, because almost any packaged food even though it may say organic certainly has a potential of having genetically engineered food in it.

There are all kinds of tricks by playing with labeling. So what I recommend to people because it is so serious for your overall health, well-being, and also for your children, your children's children had the situation to really stay away from even if they say organic, all packaged food, and go to your family's market, and go local which is also very good, because it's a porch organic farming, and organic farming then supports for rejuvenation of the soul. So it's again a whole holistic kind of view for it.

Shelley: And I've even seen in some of your videos online that you also can guide and help someone to learn how to grow their own food.

Dr. Cousens: Yes, we actually—the Tree of Life Rejuvenation Center is a complete veganic community, veganic whole plant source only live food, but we also have what we call veganic farming which means we don't use blood meal, or bone meal, or anything from an animal and then it doesn't just because it avoids mad cow disease, I mean that certainly is important and contaminations from animals, animals like higher up in the food chain, but it's because it's kind of more ethical reasons of not really exploiting animals in that way.

Shelley: Yeah, that's beautiful.

Dr. Cousens: And we teach that, we teach that, we have the beginner principles teaching.

Shelley: Yeah, I think that's so key for a lot of people to start looking into that at this time for optimal health.

Dr. Cousens: Absolutely.

Shelley: Yeah, so I just want to take a step back into, you know, when you talk about the hormones, and what turns on or off fat burning, and what turns on or off the sea.

Dr. Cousens: Yes, the leptin and the insulin. You're talking about those, yeah.



Shelley: Someone if they had addiction and it was different maybe emotional, mental, how would you approach?

Dr. Cousens: Okay, so you've brought up a very good point which is what do they do with addiction? And my 21-day diabetic program that what chartful in general is a 21-day transformational program starts with a seven-day green juice fast, why?

Because in my observation, a lot of the allergies and I'm going to say specifically sugar is a downgrade in the epigenetic program. Epigenetic means "over" the actual DNA; a neck got squished on.

It was worked on by the Baker Institute in Australia and they found this amazing fact that truly has affected my work in treating diabetes and why we're so successful, you know, it is that if you have one helping of sugar, you will switch on your epigenetic drive to keep craving sugar, and now worse gets worse.

Shelley: That's fascinating.

Dr. Cousens: It gets worse. If you're a pregnant mother, your baby will also have epigenetic program turned on. And if the fetus is a female, its eggs, that's third generation, will also be programmed and create sugar, three generations. So what do you do? What to do? So, based on some of the research, I said, "Okay, this is what I've also observed," because we've been teaching fasting, right?

We're a premier, strictest fasting clinic in the world. And I'm looking at what works with people. If you do a seven-day green juice fast, okay, it is enough to switch off your epigenetic addictions. So people come in, you know, lots of people are addicted. Bread has 11 to 15 opiloids, opium meaning.

You know, sugar is in heavy, heavy opiloid-like kind of effect. It's not really an opiloid, but it's a double-mean. Okay, that gets switched off with the seven-day fast.

That's the first thing we do. We cut through the addictions, we turn off that switch, so you're in a sense, yourselves are free in that addiction issue, and we're also switching off the insulin-resistance and leptins.

And that doesn't go away necessarily in seven days. The addiction stop is five to seven days generally speaking, but the rest takes seven. So that's part of our program saying, "Fine," you know, and that's why it's so easy for children's weight, you know. It's like they're not addicted, so life just got real easy, you know.



And so that's kind of what happens and we've been doing it in group setting, you have all those psycho-spiritual support, and so forth, and you're meditating, and you're feeling so good. This is the other thing is, you know, people use food as in a sense a narcotic, you know.

And you're meditating, you know, what we teachers call like yoga, you're walking up and down the hills, because we're out in the country.

You're getting a lot of endorphin input and it makes so much easier, because sugar, and wheat, and dairy, they're all have kind of an endorphin-high that you get from makes it addictive. And then just so you know, dairy has cashew morphins in it.

Dr. Cousens: And there, one cancer strong is rigor morphin. We would break all those addictions. So that's a very deliberate move on our part and we get all the physiology go in the right direction and undo the epigenetic programming. So that's what we do in the Tree of Life, and it works, and that really makes it easier for people that, you know, the diabetes to switch into the optimal diet.

Now the beauty is, and this is a multiple level, is when people come off the fast, they're not craving meat, you know, it's endorphin bit, and they're not craving dairy, and they're not craving wheat, and they're able to settle down into a really healthy bite-food simplest diet and there it's a lot easy to be successful.

And then we follow that you see, there's a reason we get those success. What the psycho-spiritual program call the Zero point, what does that do to each? Well, we help people do what their psychological aspects of their addictions.

And then we ended up with the last week is course and kinds seatings, so people are empowered, so when they go home they already have the skills to do what they have to do.

Shelley: Oh, all right.

Dr. Cousens: So that's how we get success. It's like, you know, all those levels.

Shelley: Yeah, your healing process, you're with them.

Dr. Cousens: We're with them every single day, pretty much all day long.

Shelley: Oh, that's beautiful.

Dr. Cousens: Literally, I mean I'm meeting with all the people every single morning for 21 days, you know, the whole staff is organized that way.



You know, everybody knows what people are going through and they're supportive, and you know, that helps probably gets so tremendous, I'm going to say tremendous weight loss, I think so, 18 pounds includes all of thin people too don't lose anything, because they can't lose any more weight, right?

Shelley: Yeah.

Dr. Cousens: So, we're really getting much higher weight loss in the heavier people, at least 22 pounds up to 46 pounds in three weeks.

Shelley: That's incredible. So this unique approach with spiritual fasting or fasting in a conscious spiritual way, share that a little more and how it supports overall health.

Dr. Cousens: Right, so what we're interested in again is people waking up and moving from the culture of death which is a competitive and kind of not a positive image type of thing into I called the culture of life in the brazier. What that means is you know you feel good about yourself that your heart starts opening in relationship to the people around you, and also into nature, and also to your family.

So everything starts to open up. So when we see this transformation which the whole thing is programmed, you know, if people so choose, not everybody chooses that way. We don't force them into anything, but we're meditating twice a day, and if that's available we're doing probably train work, try yoga once a day.

And, you know, we're talking starting first thing in the morning and we're kind of always interacting in different ways and the different processes going on. So, you have to love yourself enough to want to heal yourself and that love is essentially who we are.

Now when we fast, the kind of encrustation that we put around us of all the negativities began to melt away. And so the love begins to come out, begins to blossom.

And there's also that you're starting to feel good, and you start to feel love, and then you start to love yourself, and then you get a whole lot more motivated, because really a lot of times obesity people just, they don't have very good self-images, but that starts to really turn around in a really good way, because you're just feeling so good.

And feeling good is the key. Fear doesn't mean much, you know, negative image they ask me what really seems to motivate people, "I like feeling good and I'm feeling good doing this, therefore I'm going to continue doing this."



And that's part of the how really the success is about and the spiritual fasting, the way we do it, and the style which we do, and the energy that's put out here. And the Tree of Life allows people to get into that sense of well-being and meaning, meaning in your life.

So we encourage people to look at what we call their sacred design which in life purpose, what are you doing? And so during the fast, you encourage people to look deeply in themselves about what their life purpose is, what is a real meaning of their life now and where it is going. And so they can link onto it and then we do different processes that support that with it, you know, during the week.

So it's all about inspiration. The spiritual fast is about being spiritually inspired. And then we have also just more or less spacey achieving for spiritual discussion, and question and answers.

Shelley: And that is something community can create when you go through the fast or you go through the program if you're reversing diabetes. You can go home and create your own community where you can have these deeper, meaningful spaces that are heart-centered and the transformation will continue.

Dr. Cousens: Absolutely. And we do really support people involving their family. We encourage the families to participate. That's really best. And then we really encourage people to, just what you said and it's very accurate, is to create networks around them, because they're carrying a certain a light when they leave, and then people are trapped in that light, and that begins to spread, and that it works both ways. They're inspiring people and people are inspiring them.

Shelley: That's the kind of transformation I—and I see your programs just guiding people beautifully through this.

Dr. Cousens: And it happens naturally, so we don't exactly say that you need to grow, implicit in the happening, because when you—what the energy in naturally brings that about, you know, the spiritual awakening naturally brings desire to heal in every level, physical, emotional, mental, and spiritual.

It's just natural. We're very, you know, we just watch it happen. We set the conditions and watch it happen in the whole process.

Shelley: So, well what I'm going to do, I'm just going to ask you a few more practical questions, so our listeners, if they want to start something today, if you could recommend a food or beverage to avoid?



Dr. Cousens: As I look at the whole thing, I look at the epidemic I would really say, high fructose corn syrup would be the number one thing that disorganizes the system in a serious way. Here's one other thing, but that's the one, you say one, you say two I'd say MSG, because it actually disorganizes the hypovolemic focusing.

It creates lesions in the hypothalamus, at least in animals, it creates overeating. So the two big players, high in fructose corn syrup and that's very correlately linked in a direct, linear parallel to obesity and the second would be MSG.

Shelley: Yeah, the high fructose corn syrups, almost in everything when you look at the package.

Dr. Cousens: That's right. Unless you go organic and don't go with packaged, and people really in a very practical way, they have to move out of the culture of death and all the packaged foods, and move into a place where they're going several degrees of organic. Like, find where your local farmer is. Find where your street markets are.

And, you know, it is actually a change or at least buy organic whole food and prepare it from there. Those are changes that are very protective, because we don't know what's in the labels. We don't know what's in the box.

Shelley: Yeah and MSG too.

Dr. Cousens: So that's a practical thing.

Shelley: Yeah, MSG's hidden, like there's a different term's used.

Dr. Cousens: Other names, right, right. And then also stimulates insulin secretions which secretes what you know what.

Shelley: So and then, if you could recommend a food or supplement to add to lose weight.

Dr. Cousens: I am going to recommend something that most will haven't heard of this, *Irvingia gabonensis*. Have you ever heard of that?

Shelley: No.

Dr. Cousens: Okay, so we're doing a lot of work with diabetes in Africa, you know, in Nigeria, in Ghana, and a little bit of Tunisia too, and their areas, well they didn't seem to have diabetes, and it turns out there is a thing called Bush Mango, but has a technical name *Irvingia gabonensis*, and they discovered it in Cameroon.



It has some very unique qualities. In fact, very unique, one it reverses leptin-resistance, that's the only thing we know in the world, herb or any pharmacology that does that. Two, it stimulates weight loss. Remember, it stops leptin-resistance, so of course it would stimulate weight loss, but in ten weeks, on the average in a major study they did in Cameroon, there's a 13% decrease in body weight which is important. And body fat went down by 18.5% that's important.

Dr. Cousens: It decreases inflammation which is a key in the obesity thing, the inflammation decreased 26% of cholesterol, 32% of the fasting sugar, 27% decrease in LDLs, low-density lipoprotein cholesterol, decreased to 52% in C-reactive protein which is the whole inflammation thing, and it increased enzyme which is very important for breaking down body fat called glycerol 3-phosphate fassil, dehydrogenates, so it decreased—it increased that enzyme to help break down fat and increased the secretion of adiponectin, makes the body more insulin-sensitive, so you're not insulin-resistance.

Insulin-resistance means you're secreting too much insulin and the body gains fat, because you're getting higher amounts of insulin. And it inhibits amylase which breaks down complex carbohydrates to simple, so this is an incredible herb not, you know, and it really directly, I mean we're more interested for diabetes, directly speaks to us in the weight loss issue.

Shelley: And that's a Bush—

Dr. Cousens: That's a hidden one. It's called Bush Mango, but here in the essence called *Irvingia gabonensis*, G-A-B-O-N-E-N-S-I-S.

Shelley: Well, thank you.

Dr. Cousens: So it's just I thought I told something a little obscure, but it's really good, really a winner, and another thing it decreases leptin-resistance that's where the most important thing for losing weight and, you know, beside thyroid and all that, but from the way we're talking.

Shelley: So that's a good one. I mean, cutting edge and it's a plant and sounds incredible here.

Dr. Cousens: And of course all of replica, but obviously *Irvingia*, you know, North America, so it doesn't go well here.

Shelley: So, if you could recommend a physical exercise or activity of any kind, what would you recommend?



Dr. Cousens: Well, in a very practical way, and I know you're up in Canada. It's like you can't and go outdoors as much, I find that a rebounder which are many rebounder is very, very good. It moves the limbs, you can 16 minutes for five times a week and you're getting a very, very, very good workout, and you're getting an anti-osteoporosis workout, because you're flexing, you're stressing your bones, and you're getting a good cardiovascular workout.

So I think that's the simplest while, you know, walking is great, okay. But it's kind of cold, wet, windy day that may not be your first choice, but here's something you can do consistently and it takes up very little space. So, I tend to recommend natural people as the simplest, because I'm looking at practicality.

"I'm wow, I'm going to do exercise," well this guarantees you have it, and you have it in your house, so as long as your ceiling isn't too low and you bump your head on it, you know, which I've done. It's really easy.

Shelley: Oh, that's a good one.

Dr. Cousens: It could get you all levels, it's simple. I like simple. I want people to be successful.

Shelley: And I'm sure they're really inexpensive too you can go buy one.

Dr. Cousens: Yeah, and you can get them mostly in the—but you want, I get a higher quality, because the low quality ones are little hard on your knees, or made you hurt, really hurt.

Shelley: Okay. So, any other techniques, practices you device to support the weight loss?

Dr. Cousens: It does help to have support, you know. Honestly in our hands, and what we approach it is really pretty easy as I say, probably the most important thing is don't think about it, just go with your plant source only, live food—so here's with live foods, I will explain that a little bit more.

When you cook food, you lose 50% of the proteins coagulated, 60%-70% of vitamins and minerals, and up to 95% of high in nutrients.

Now, the math of that roughly is you can eat half as much if it's raw and get the same amount of nutrients.

So naturally, you can see where I'm going. You're getting half the calories and full nutrients, so it's a very nice way to lose weight, because you're eating half as much, you're eating 50% of the calories, but you're getting, you know, you're not having any restriction, and you're really full, because well that foods told you.



So that's I think an important piece to the story. Again, alpha-fructose don't make it your goal, just natural live this way, and it will happen, and so that's how I really advise people to—I think you can think too much about it and it kind of gets in the way. So, it's just part of life, part of getting healthy, part of enjoying life is kind of living this way. You have so much more energy, so much more vitality, you feel like exercising, you know. You just feel like moving and being alive, because that's what live foods do that makes you alive.

Shelley: Yeah, there's communities we're a part of in, you know, their focuses were all or live foods and you start to—you feel when you move from community to community where you're getting that support, because you learn about the recipes and you learn about the, you know, the different ways to do things. And again, you can just share what's going on for you and your life.

Dr. Cousens: And that's important and we have part of our network, I'm just explaining, is support. One is that our nurse really calls everybody about at least once a month that's been in the program that's nice. And then we have what we call a seen teachers really all over US and Canada where people can call there and get support from the too.

So, you know, it's nice their levels of support, and you'll find it, and then you have your life of gatherings, your potlucks, they're just many, many levels, but at least you're in a framework where support is there.

And people try to do a little bit, and we do we'll do it for sure, because people have, you know, levels of—your struggle levels and motivation, but it's a lot easier with the social support.

Shelley: Yeah, yeah, that's for sure. And so this has been such an enlightening interview, Dr. Cousens. And I know you're schedule's so busy and we just thank you for taking the time to share your wisdom and your presence. I trust many of our listeners will benefit so much from this empowering interview that you've offered here and please let our listeners know how they can find out more about you and you work.

Dr. Cousens: So, they can go to our website which is drcousens.com, the fasting retreat which is like our landmark. We're doing a lot more this year fasting.

It's just so important in our society right now. We're so toxic. And those are two ways. They can take a look at my books, *Conscious Eating*, *Spiritual Nutrition*, our very, very powerful books are looking at all the principles of eating in a healthy way that supports spiritual life.

Shelley: Yeah so, thank you so much.



Dr. Cousens: You're welcome. And it's nice to speak to you. I really appreciate the clarity and depth from which you're coming from.

Shelley: Oh, thank you.

Dr. Cousens: And the quality of your questions, so you know, I'm happy to work with you again.

Shelley: All right, well thank you so much.

Dr. Cousens: Take care and then blessings to you and blessings to the listeners. May everybody be healthy and may all our spirit shine.

Shelley: Thank you.

Dr. Cousens: Amen.

Shelley: Amen, blessings. Bye.





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