



Dr. Henele E'ale

The Secret Nutrient for Losing Weight

THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
TRANSCRIPTS

DR. HENELE E'ALE

THE SECRET NUTRIENT FOR LOSING WEIGHT

Shelley: We've been looking forward to you. My first question for you, you've experienced a pretty remarkable transformation with your own weight loss. Please share a little about your personal journey back to your ideal weight.

Henele: Alright. Well I want to say hello the audience and thanks for having me so much. It's such an honor to be here and be able to participate in an event like this and hopefully reach thousands of people with positive message of health and healing and really, I think more than anything else, empowerment. I think that's what I found on my journey of being overweight, letting myself go and then reclaiming who I am and the better of who I am.

I remember when I was overweight and at one point in my life I was about 85 pounds overweight and I've gotten so just ashamed, I guess, of myself that I stopped getting on the scale, I stopped looking at the scale.

My pants sizes were going up so I very well could have been even more that 85 pounds overweight but at a certain point I just want to bury my head in the sand and not even acknowledge it anymore because it started feeling like it was becoming too much of an overwhelming task in front of me. You know, like the mountains are going to be too high to climb to get back to who I felt I really was.

Of course this all happened at a very interesting time in my life. I just left my house with my parents, I have moved out for my first time to go to college and I really haven't been given... †My parents did an excellent job of raising me but I really haven't been given great eating habits. I haven't really learned as a child how to shop. I'd been on countless shopping trips with my mother but never really learned how to shop, I didn't know how to cook for myself.

I didn't know how to make rice. So I was really subjected to going out and eating in a very radically changed food environment

in my country in the United States where everything had really started becoming confined animal feeding operation, heavily pesticided, heavily chemicaled, heavily preserved foods that unfortunately are all fat soluble and add to a person's weight gain and inability to lose weight.

So I had all of that going on at the same time plus the stresses of a college education plus the stresses of a college life experience where, you know, if you didn't have a Mercedes or are a Porsche, you know, you were looked down upon.



If you didn't have the latest, you know, Guess or Girbaud clothing then, you know, you weren't certainly someone who was appealing for dating and things like that. So there was a lot to try and take in simultaneously and it ultimately resulted in me being very down on myself. Of course, the under-aged alcohol drinking didn't help at midnight and at one in the morning.

Shelley: Yes.

Henele: And, you know, the munchies didn't help either and going to a store with \$100 and buying four boxes of childhood sugar cereal didn't help. You know, so it was basically a perfect storm of horrible decisions and my own under-education to know how to take care of myself that took me into a place where I was, you know, very much overweight.

There was a pinnacle moment though that I'll never forget. I had for several months putting on weight. Like I said, I was very ashamed and I've worked with plenty of people who have been overweight and that's a pretty constant theme. You know, I had really lost a love of myself and I think that we can see that on how we care or how we don't care for our body. You know we can see where love is needed.

I remember walking in and my family is a family of tough love, you have to appreciate this. You know, we pretty much say what was on our minds and we don't have filters okay.

Shelley: Yes.

Henele: So I walked into my house, you know, my parents' house and we're having a family gathering and I walk in and my dad walks across this hallway in the entrance, takes one look at me, says boy you fat and walks out.

Shelley: Oh my god, yeah.

Henele: It was earth shattering in the best way because I was like I had heard people snickering behind my back at school. I had heard some of the comments being made and what some of my really close friends had told me people were saying about me and, you know, it hurt. But that one didn't hurt, that was just the truth. You know, it wasn't something intended to hurt me; it was intended to get me motivated. I walked and I walked straight to a mirror and I looked at the mirror for maybe about 20 minutes. I thought right then and there, that's enough; we're going to do

something about this today.

I remember seeing a book from my father in my father's study had a whole bunch of books and he's a professor and he has a lot of varied interests in reading and one of the things I remember reading as a kid or at least seeing on a shelf was a nutritional almanac. I went and I found it in his library and I started reading it that same day. I actually I didn't hang out with my family much that whole day. I just stayed reading the book.



It was interesting. The first page I turned to talked about a few simple rules for weight loss that I put into play and within a month, I had lost 25 pounds, within two months I had lost like 40 pounds or something like that. You know, by making some productive, proactive changes and really expressing, I think, reconnecting with an affection, a love for myself, it really gave me everything I needed to find the information I need and make the changes.

Shelley: Wow. You know what I recognize in it is this ingredient for success is love. You know, your father in his way gave you that reflection that you needed and it was coming from a place of love as you understood at that time too.

So you know why I'm so inspired by your work because it's coming from that place of love for each and every client that you work with and you can feel that. Through your transformation, you've gone on to inspire others to lose weight and heal themselves and please share with us some of those principles that you learned then and you gone on to evolve so that you teach this now.

Henele: Yeah well, it's actually pretty cool. I mean if I had known back then that that book would kind of be my start into nutrition. You know, because I think I must have been Shelley, like 19 or 20 at the time or somewhere around there and that's like half a lifetime ago now. To look at that and go okay, it's interesting to go on a retrospect a little bit, excuse me, and to start thinking what has that involved into.

Well the eight simple rules helped me a lot but even at that time, there were things that I didn't understand. I didn't understand, you know, the role that the thyroid plays in weight management, the adrenals and the hormone cortisol played in weight management. I didn't understand really the horrible condition that the fast foods that are in the fast food industry. It was kind of nice today to wake up and realize that in my country, the USDA finally banned trans fats and so it's like, yeah, we think we're a decade behind Canada on that one but we're finally there. So one of things I learned was that and this started to become a theme of mine. I started learning this around 2000 and I'm an engineer by trade. Actually, I have a degree in mechanical engineering and so everything for me is trying to understand a system, understand how things work and how things integrate and fit together and then figure out. An engineer's mind is usually trained to figure out on how to make it more efficient. So we start looking for commonalities. Okay.

One of the commonalities I started understanding when I began studying disease processes is that every single disease process embodied a symptom of fatigue and it was like the light bulb went on right there. I was like what if this is the thing we've been looking. Everybody looks at, you know, inflammation and I had to talk with a prospective student actually today about this. Inflammation is something to look at but it still doesn't supersede in the energy production process.



So one of the things we start out with is making sure that our ability to produce energy is very sound and very present and really peaking, you know, really gaining momentum. For that, there's a series of vitamins and minerals that are essential. That also has a great deal to do with our caloric consumption. It has a great deal to do with what percentage of our caloric consumption is protein, which is lipids, which are carbs.

Then it has a great deal to do with our activity and how much we move our body and there's some stuff that I'm going to share later that is amazing when it comes to understanding what that means to your ability to lose weight.

You know, I mean there's a lot of folks going on what I call yo-yo exercising where they exercise for four days in a row, great, and then they take three or four, five days off in a row and really nothing can be problematic to weight loss. For me everything starts with energy production. If we can get the body producing energy in the form of ATP,

which other healing modalities have called prana if you're in the yoga world or chi if you're in the Chinese medicine world or the vital force if you're in Western herbalism, you know. What we call energy is still all the same. It doesn't matter what name we give it, it's still all the same.

So I worked on getting that up and for that, it's nutrients. For that, it's moving the body but for that, it's also how we think, the esteem that we hold ourselves within, the esteem that we learn to hold ourselves within. I think it's a misnomer that we expect people to love themselves. I think it's a misnomer that we expect people to talk to themselves in very loving caring fashions.

I taught at Arizona State University for three years, stress management class and one of the interesting things was getting into the minds of these children, these future, you know, professional adults I should say and getting into their minds and listening like as we would right down exactly unedited what we were thinking. I would see the words that they were using and I would see the derogatory comments that they held themselves in the first couple weeks.

It was so pleasurable to work with them over the course of the semester, getting them to change that. Teaching them that the words we use carry energy. How we talk to ourselves when we've done something good, how we talk to ourselves when we've done something bad matters.

Here's something for the audience right off the bat that is a big deal and it seems like a little thing but it's a huge deal. When you do something well, praise yourself and it's not an act of vanity or being conceited. It's showing a genuine affection for yourself.

Here's that little key that takes praising yourself up to a whole other level, say your name.



Allow yourself to hear your name when you praise yourself. If you're in a weight loss regiment and you got up today and you didn't want to and you going to go get on a bike and you're going to exercise and you're going to sweat, when you are done, praise yourself for getting up and doing what you said you are going to do.

When you do that, say your name. It doesn't have to be out loud. It can be in your head but give yourself that name recognition because what that does is it makes us feel like it's coming from someone else. So often as humans, that's what we need, we feel disconnected, we feel isolated and so when we hear something positive, some praise, it's so important to also hear your name with it. I can tell you that that has transformed the life of thousands of students of mine, that little thing.

Shelley: Wow.

Henele: I never even thought that was going to be a big deal. I was just playing with it in class one day. It turned out to be this major find, you know, which then allows me to do things like talk more about energy production, talk more about calorie restriction and the benefits of it, the lifestyle benefits of it. Talk about the importance of eating organic

alkalizing foods, having a plant based diet. Then of course, that allows me to then get into—once we have that established now, that's what the whole program that I teach online really does; it helps you get all that in there. So then, we can get to something like talking about the eight simple rules for weight loss and, you know, how do you asses your thyroid? How do you know if your doctor actually teach students how to assess their own thyroid labs? So that you know if your doctor is BS-ing you or not.

Shelley: Yeah.

Henele: So it's things like that I think that helped me convey an understanding of what it takes to create the physical appearance, the feeling that you want your body, that feeling of lightness that comes with being in good energetic health. But it all starts with that basic nascent feeling living within a person that they are ready to embrace themselves again, that they're ready to love themselves again and then we can talk about the nutrients and rules and all these other things. But it really starts with a person being ready to fall in love with themselves again.

Shelley: So beautiful and your self-esteem starts to grow. You're acknowledged and you're present and present with yourself and from there you can feel the love. You have that connection and thank you so much for sharing that and in your understanding; you have outlined the art of eating healthy.

Henele: Uh-hum.



Shelley: Please describe a couple of aspects for us.

Henele: Well the art of eating healthy came about because I was teaching nutrition and I was asking students to breakdown a variety of fad diets, you know. What we like to do when we breakdown fad diets and do our researches is one of the things I teach is to find what's good. What's good about this thing? You know it's easy to find the stuff that we don't like. You know that almost in your face whether you like it or not but I think it's important to also use the brain to search for what's good in something and I believe that there's something in everything.

So I started really breaking down a variety of diets and saying okay, why does this work, what principles are in here that work and can we create a –you know, here's my engineering background again. Can we create a system, a way of assessing basically anything that's going to work across the board for anybody? What we ended up doing was coming up with 16 principles. Of course, the first and foremost one is do your mitochondria have everything they need to produce energy.

So that's you know, do they have the B complex vitamins, the magnesiums, the everything, the coenzyme Q, everything that's needed along the electron transport chain and there's a lot more nutrients in that. Does your mitochondria have the access to you know, healthy amounts of thyroid hormone and cortisol. You know, is there down time, is there rest time. You know, all those things play into energy production but when we get into eating healthy, this might gross out your listeners but it's usually a hit even through the grossness of it all.

You know, our health is as much about what we put into our body as what we don't put into our body. So what started to happen for me was I started understanding that we really need to create a rallying cry around our food. So much of our food has been modified, has been given a tremendous amount of additives that they think often even though great documentaries like Our Daily Poison, The Future of Food, Food Inc, give a tremendous amount of pause to that assertion.

The food that is being sold to the industrialized food complexes is not healthy and I think we have ample amount of data that supports that when we look at the number of people throughout our world and especially in industrialized nations that are sick, overweight, obese, fatigued, you know, and suffering from a plethora of diseases. So you know, one of the things that came for me was we have to get back into the cleanliness of our food and to me it's okay if you want to sell that and it's okay if somebody wants to buy that other polluted food that's fine. But I need to have the option of not and I don't mind spending more money on it because I'm actually saving a lot of money in the long run, you know, on health bills and loss of work productivity and all that other nonsense. What ended up coming up for me was a very pretty disgusting example.



Shelley: Yeah.

Henele: So one of the things as a doctor I cannot recommend is I can't recommend dairy as a staple of a diet. As an indulgence from time to time, if it's organic and you want some ice cream you want some cheese, sure. Time to time sure. You know, taste, enjoyment of food matters and certainly, if there's a craving for it, go for it. But when you start talking about it in every single meal three times a day, two times a day you know, and hidden all throughout what we have to understand is that dairy to be rated grade A can have I think it's 750,000 pus cells/ml.

Shelley: Wow.

Henele: So the immediate question becomes you know, twofold. If you're more of a nerd like me, you start thinking okay what the heck is a millimeter because you know in the States we don't think in terms of the metric system. Well you know, a milliliter for people in the States listening is a fifth of a teaspoon okay. That's nothing all right.

Shelley: Right. Okay.

Henele: But you can have 750,000 pus cells in that fifth of a teaspoon, which is amazing.

Shelley: Yes.

Henele: So then the next question becomes all right, all right doc, I don't know if I really want to hear this but what's a pus cell? The easiest way I can describe that for the audience is have your favorite bowl of cereal and do the extra stuff. Like I'm a cold bowl cereal guy.

Shelley: Yeah.

Henele: I like my bowl in the refrigerator for a few minutes to get it nice and cold and keep it a little colder right.

Shelley: Uh-hum.

Henele: Picture yourself pulling that bowl of cereal with your favorite cereal out and you have a nice thing of mood juice right there and you're about to pour it on and you're thinking oh my goodness this creamy texture is going to be so delicious, it's going to be amazing, it's going to be. Then right before you pour that milk imagine a friend of yours coming over and popping a zit right into your bowl of cereal.

Shelley: Oh. [Laughs]

Henele: [Laughs]



Shelley: That's the tenth. Oh wow. Wow.

Henele: Yeah. We're teachers, we got to have a little fun too.

Shelley: Yeah I know but that's a good example because my mind was with you and then I'm enjoying and then to –oh don't do it, oh. Yeah.

Henele: Yeah. Now that's what you're eating. Now that's obviously not productive. It's something that your immune system is going to have to attack even if you don't have a specific -- allergy area, your immune system still has to deal with pus. So by definition you're actually losing energy by putting that food in your body, which is okay in an indulgent way from time to time you know what I mean? You can deal with that.

Shelley: Right.

Henele: But as a staple no. If you can't be healthy eating that, I'm sorry.

Shelley: Yeah.

Henele: So what we came up with were things like that, things like understanding that the pots you use to cook in that the stainless steel, nickel free stainless steel and cast iron are fantastic. That Teflon can lead to Teflon toxicosis, understanding that the way animals are treated if you are a meat eater that the way animals are treated matters. That there is a karma that gets by way of infection that transcends from the animal meat into your body when you eat meat from animals that have been mistreated at confined animal feeding operations. I can actually show this in the soft tissues in the myofascia of the body.

You know, if you've ever looked at a chicken, you might go into a conventional store and you look at a piece of chicken and you'll notice that the fascia which should be kind of this translucent you know, gooey kind of tissue between the skin and the muscle, you'll notice that sometimes it's very opaque. You may notice that when you go to the store there's a segment when you look in the muscle tissue that it should be very clear which indicates that the animal has actually been very clean and was taken care of very well.

You'll notice this if the animal is organic and has had access to the outdoors, has been free range. But if you look at a conventionally raised chicken for example you'll notice that the fascia is opaque and it's opaque which means a little bit white because of leukocytosis meaning there has been an immune reaction right before the animal was finished. So what that means is that animal was dealing with an infection, that animal was sick and if you're going to eat that, what you're inviting into your body is at the very least the remnants of that infection. Let's say that infection is virus, that virus is going to be able to withstand the preparation process and any ammonia that has washed over it.



But what you end up bringing in is an infection You end up bringing in all of the cleaning agents that they had to do to try to clean up the meat to make it edible. You know? So you might be saving a few cents but you're going to be paying thousands of dollars later in medical care.

That's basically unnecessary. So what we look at with the 16 principles are things like that. What are the things like with the paleo diet, I don't have anything against the paleo diet except that they don't strongly advocate clean meat.

We're putting polluted animal tissue into the body and you might lose weight but it's going to be pretty hard to maintain your health and your energy production.

Shelley: Yeah.

Henele: For a sustainable amount of time.

Shelley: More or less the art of eating healthy, what I'm understanding is this, it's quality, it's an understanding and a care for -- what you're bringing into your body yeah.

Henele: You know, to piggyback on that it's a checklist. You can go down the line and say okay does this meal have something green in it so that I can really help to build my red blood cells up and stabilize my alkalinity. Does it have something raw in it, does it have a very small hot beverage? You know we've gotten accustomed eating very cold beverages with our meals in large volumes of cold fluid. Really we have a very simple saying that goes with eat when you eat and drink when you drink. Give your body and your stomach acid a chance to digest the food before you start really diluting the stomach acid with a whole bunch of water or some other beverage.

We talk about the importance of calorie restriction, a notion that the average person who types away all day needs 2200 calories to sustain their function is absurd. You know, if anything it leads to increases in weight and it leads to diminished productivity, it clouds the brain and we have Apple research that shows that it lowers life expectancy and the quality of life by about ten years. So I mean there's plenty of stuff like that and then --you know, since we're talking about weight loss there's two things that I do want to share, I'd made notes to share with.

One was make sure you burn what you consume every day at the very least. You know, we don't have to put on fat reserves for the winter in hibernation to keep us warm. You know, we got heat most of us in the house, you know. We have several layers of clothes and stuff like that. See that's not really a factor of modern day living. Make sure whatever you eat you burn and if you're taking in like I'll take in and feel great 1200 calories or less in a day and be incredibly productive which allows me to enjoy my indulgent days without any restrictions.



The other thing is you know, I had mentioned earlier about this notion of exercising and a lot of us get into some bad habits where we think oh as long as I exercise three, four times in a week that I'm actually doing good. It's like actually you might be doing nothing if you exercise three or four times a week. I hate to break that to folks but timing of your exercise routine matters. Your body is designed to increase mitochondria and mitochondrial energy output and the enzymes that come from mitochondrial energy output when you exercise in this regimen.

Exercising should be done under the following minimal guidelines and that is getting into cardiovascular range and then maintaining that for 30 minutes okay. So the question becomes well how do I know, I don't have a heart rate monitor, how do I know when I'm cardiovascular range? Very easy way to know. The moment you start perspiring, you're in cardiovascular range. So for some people that might be 80 heart beats per minute if you're significantly out of shape, if you're experiencing congestive heart failure and you start taking three steps up a flight of stairs and you start sweating, you're in a cardiovascular range for where your body is right there and that's fine.

So the moment you start perspiring continue that activity for 30 minutes whether it's yoga, whether it's cycling. You know, of course when you're swimming it's hard to tell. But in other activities when you're sweating you'll know. When you exercise the worst thing that you can do is exercise for three to four days in a row and then take three or four days off. Your body begins to diminish its mitochondrial populations and the enzyme production and therefore your hormonal output and your thyroid and your adrenals when you go longer than 48 hours without exercising in

cardiovascular range.

What that teaches us is the maximum time off should be an every other day strategy. It's going to be long term much more productive for weight loss and then weight management and the management of energetic health in your life. It's going to be much better to do it every other day than it is to be exercising for three or four days and then taking another three or four days off. That's actually counterproductive at that point.

Shelley: Well that is really important. If you really are taking responsibility for your health and you're going towards weight loss goals one of the amazing teachings that I'm really interested in sharing with our listeners is you've outlined it in your book at the cycle of influencing energy. Because many of us we have the goals to do the work but something happens. So how do we influence this cycle of energy and share more about this strategy?

Henele: You know what's amazing Shelley, I went – I remember my first like month studying natural medicine. I started out as shiatsu therapist actually.

Shelley: Yeah, yeah.



Henele: And I'm studying in the school and I had a teacher who just started breaking down every single thing that was going on in my life just from looking at me and asking me a couple of questions. I was like how in the heck do you know that? How did you figure all that out from that little bit of information right? It was because he understood how everything is connected this wonderful web that we live in.

One day I was teaching and I had to explain how things were connected and I could see in my students' faces they were just lost. I was like all right just go back for a second and let's just think about how I think because I hadn't really thought about how I think. You know, it was this thing where it was like over time it just comes to you if you've stayed dedicated to it. As an engineer that's not efficient.

You know, it's like I should be able to reproduce what I think and be able to accelerate a person's learning process. I shouldn't have to – it shouldn't take someone ten years to learn what took me ten years to learn. It should take them a year or less, you know, if I'm really doing a good job. So I got on the board. I remember I was in Phoenix teaching and I got on the board and I explained it and it was like okay so it made sense.

Our common language we all understand is emotion. That's something that anger to me is the same as anger to somebody in Zimbabwe. Love to me is the same as love to somebody in Australia. You know what I mean? We understand this and I think that is a common language for really all being's emotion.

If you have a child they may not be able to speak yet but you can clearly see that they love you and you love them. You know, it's how do you prove that? You know, it's a wonderful feeling.

So I started that at the top and I said let's – I want the audience to picture a clock like we're going around an old school analogue clock. 12 o'clock high we have the emotion. At 1:30 we have anatomy and this is interesting. You know, you smile at a baby, what happens? The baby smiles back right? Emotion that is transferred from you to them, the energy within that shows up visibly as their energy output back. I mean this wonderful reciprocity of life that's contained within a smile, the sharing of energy. So emotion influences anatomy.

If we go around that clock a little bit more, let's say 4:30 anatomy is going to influence physiology and that's how the body functions.

So it doesn't matter whether we're talking about digestion. It doesn't matter whether we're talking about the heart. It doesn't matter whether talking about the autonomic nervous system and the shifts between our fight or flights or arrest and digest. How we feel shows up physically in our body and how that shows up physically in our body changes how our body performs that's the physiology. Well if we go a little bit further along the clock to say 7:30 now physiology is going to influence our biochemistry and that's how the cells function.



That's something that I think Candice Pert with her molecules of emotion work did an incredible job of really espousing that what we feel shows up on the cellular level. If you watch What the Blip Do We Know and things like that, you know, if you get into something new that blew me away in a documentary called I Am and really great documentary. He actually talks a little bit about he meets with some people from the HeartMath Institute and they do this thing on yogurt where they put a probe in the yogurt and based upon I think how you talk to yogurt changes the energy performance, the energy output of the yogurt.

Shelley: Wow.

Henele: It was crazy.

Shelley: Yes.

Henele: I was watching I was like that's so crazy and cool right? So what we got is at 12 o'clock high we have emotion. Emotion influences our anatomy. Anatomy influences how our body functions the physiology. Physiology influences how our cells perform the biochemistry and then and of course biochemistry being where nutrition can really make an impact, biochemistry influences our production of energy, our energetics.

You know, what flows through the meridians, what flows through the chakras, what creates our auric fields. I love it when people go well that stuff doesn't really exist. It's like oh really? So you're telling me that you've been driving and somebody has been staring at you from across the street and behind you and you haven't felt it and turned and met eyes with them? That's energetics.

The stronger, the cleaner your body is, the more in weight balance your body is, the better foods that you're eating, they all go into creating this wonderful, truly wonderful energetic output that comes out as people you meet and when you're around them, you just smile naturally because they're just warm. We describe them as warm right?

Henele: Those are people that are moving energy through their body and some of it's karmic of course but some of it is their lifestyle. If you have a good karma with you and a great lifestyle you're going to move a lot of energy. You're going to be able to make a huge difference in the world. If you have some negative karma that you're dealing with, you know, bad things just seem to happen to you, you can still greatly improve your lifestyle and purge that karma and that's something we teach about throughout the program.

Henele: But what ends up happening is the energetic output then goes full circle back to emotion. Basically I can look at what somebody is eating and tell you what mood is likely to come out of them. Because I understand those connections, I can look at somebody's body and tell you which organ is likely problematic and then from there I know which foods are going to bring it back into balance.



That's the beauty of this though process is you understand how the body is connected and then you understand which natural therapies are likely going to influence those various aspects. So if I wanted to influence biochemistry, I'm going to focus more on organic clinical nutrition. If I want to influence anatomy, you know, somebody structures I'm going to focus more on myofascial bodywork. It doesn't really matter where I start as long as I just do something positive like say my name when I've done something good. Because it's all going to go full circle ultimately.

Shelley: That's so incredible and you as a healer working with another person, you're transferring that information on to them as they begin to learn this. It goes out into all their relation and then out further into like how we treat this earth ultimately and how we treat our environment and understanding the integration of all that. It's such deep information and yet so understandable and pragmatic. Something like sugar, I know if you could just share with us like it's one of the things that tends to sabotage people when they're in a weight loss program.

Henele: Uh-hum.

Shelley: Mainly because it's in so many foods and we end up craving it. But in your experience, how much sugar do we need and how do we in terms of influencing our energy what's going on with sugar?

Henele: Sure, sure. A mentor of mine said something very profound years ago and it's funny how somebody can say something that seems very innocuous and then it sticks with you for like the rest of your life. You know, he said people who crave sugar what they're missing is sweetness in their life. So often times and we just don't have enough sweetness in our lives, we try to get it through our foods. You know, we're not hearing enough positive sweet complements to us. We don't have enough hugs coming into our world. We don't have enough smiles coming our way. So we have to get it through our food because I live in Los Angeles and I got to tell you there's a lot of miserable people here.

You know, and it's sad but in another sense it's karma and in another sense it's a wonderful opportunity to learn more about ourselves and change. So I guess it's neither really good nor bad.

But when we look at sugar specifically, you know, in the early 1800s and I like speaking from the States. You know, I'm really a huge America and I don't like the impression that the world has of America now. So I try to be a real ambassador for America and let people know there's a lot of good Americans still here. We just don't have a very loud voice. [Laughs] You know?

Shelley: Yeah exactly.

Henele: You know?



Shelley: Not the people --

Henele: Yeah. Yeah.

Shelley: Maybe politics.

Henele: It's definitely that but without going astray there you know, in the 1800s we ate on average about 2 pounds of refined sugar a year. By the 1900s that had skyrocketed. By the early 1900s that had skyrocketed to about 19 pounds a year. Which means that people were still consuming less than a pound, less than two pounds of sugar per month, refined sugar per month.

Shelley: Uh-hum.

Henele: It's no coincidence that in the early 1900s United States ranked number one in terms of healthcare. We had the healthiest population. We spent the least amount of money on healthcare because we were getting everything we needed from our foods and then shortly after that of course everything went array. It went array so poorly that on average now by the early 2000, the average person was consuming 152 pounds of sugar. So in less than 200 years we increased our refined sugar consumption by 150 pounds.

If we look at some data today, there are folks that say that that number is even very low and that number should be at about 185 on average. We also have folks that say that whereas that's the average you still have to consider the extremes and the extremes are that we have people eating upwards of 385 pounds of sugar a year when you factor in high fructose corn syrup and stuff like that that's found in sodas.

Shelley: Yeah.

Henele: So how much sugar do we need? Well let's look at what the body says on that because ultimately the body is the deciding factor.

Shelley: Uh-hum.

Henele: First of all one thing I'd like to share with the audience is you know, because again I don't understand grams, I don't understand the metric system but I understand standard units in measurement. So if you look at a soda, typical 12-ounce soda is going to have roughly about 40 grams of sugar in it. Well my curiosity is always how many tablespoons, excuse me, how many teaspoons is that?

So to figure that out you have to divide it by four and in a can of soda there's about ten teaspoons of sugar so you start thinking well would I grab a glass of water and pour ten teaspoons of sugar in it and drink it?



Most people would say no. But when you drink the soda that's just what you're doing. You're basically taking water, adding a little food coloring to it and which may not be healthy for you at all either and then adding ten teaspoons of sugar to it and then drinking it down. Most people would drink that down in under 15 minutes. Now still you might --

Shelley: Whoa.

Henele: -- still you might think all right big deal. Right? That's how much do I need? Well let's look at what the body says. Your body is going to have roughly about 67,000 to 75,000 miles of blood vessels okay. That's enough to go around the earth about 2 and a half times for most adults. Staggering when you start thinking about stuff like that right?

Shelley: Oh yeah.

Henele: Through those 67,000 to 75,000 miles of blood vessels you're going to have roughly three and a half to five liters of blood, okay and I think everybody can think of, knows a liter of bottle. That's one unit of measurement I do know.

Shelley: Yeah.

Henele: You know? So in that five liters of blood, in order for your body to function beautifully, perfectly well all it needs is one teaspoon of sugar over a two-hour period of time. So when you start talking about sugar and how much do we need, you need basically one teaspoon of sugar every two hours. Okay? So what that's going to account for, for us is basically what? 12 teaspoons of sugar in a day? Of course you know, refined would probably be the worst choice for your sugar. You know you can get that through your carbs, your whole grain organic pastas, your organic whole grains.

Shelley: Uh-hum.

Henele: You can also get of course through your fruits and vegetables as well, you know, beautifully well. So to answer that question how much do we need the answer is much less than most people think and far less than we're

offered when we go out to eat.

Shelley: That's so intense that when you really get down to the math of it and you start to see what's really needed. It's mind boggling how off balance things have gotten in culture, you know.

Henele: Well now you see the cycle of influencing energy on that then?

Shelley: Yes, thank you, please do.



Henele: All right. So we say that we look at the biochemistry right which was around 7:30 on the clock. We look at biochemistry and that's going to change the energetics and then it's going to change emotion. What emotion might we expect for someone who is consuming ten teaspoons of sugar in 15 minutes? What you've done, well go ahead I'm all good.

Shelley: I'm going to say they're pretty probably fatigued but emotionally who knows it was like--

Henele: Okay.

Shelley: It's in the negative realm. Yeah.

Henele: That is quite predictable. We use the cycle of influencing energy. What you're in fact doing by taking your blood stream from one teaspoon of sugar to ten or eleven or way more right? That's a 12-ounce soda, who drinks 12 ounces of soda anymore?

Shelley: Uh-hum.

Henele: What you're effectively doing is you're overwhelming your blood stream. When you overwhelm your blood stream, guess what emotion comes out? A sense of feeling overwhelmed and that's the simplest view of the system.

Shelley: Wow and I think about all the children out there like the statistics of obesity and what might be going on there with sugar, the overwhelming feeling for these children it's just yeah.

Henele: Uh-hum. And when you talk to these children and you really get a chance to get into their candid thoughts, guess what most of them express? Especially at the high school and college level, I should say collegiate level they express feeling overwhelmed by life. You look at their diet and you go yeah you are. If you are overwhelming yourself with sugar, how could it be any other way?

Shelley: Thank you for this, shedding light on this, your understanding body, mind, spirit. In the mind realm, I just want to step into that because you talked about saying I am and your name, you're creating that foundation of self-esteem what would you say it takes to achieve even getting to that point, like setting up the right mindset for success in achieving ideal weight and health?

Henele: You know, one of the things I get accused of oftentimes being too positive and in fact it gets a little annoying sometimes for folks and I can respect that. You know, because of --where they are with their health and their state of mind. And what they're putting into their body. I get it. But I'm not going to change who I am for that you know what I mean?

Shelley: Exactly. Yeah.



Henele: I've worked very hard to get here. I think in healing and whether we're talking about weight, getting weight balance or healing a serious pathology it's the process, the mental process is the same. Number one you got to believe you can do anything that you want to do but I think before you can really truly genuinely, authentically and I'm using these words purposely, before you can authentically believe that you're going to get there, you have to establish a loving relationship with yourself. Foods go a long way towards that. You know, when we eat alkalizing organic foods what we're putting in is love into our body. You know, when you put a food or vegetable for example with a ton of pesticide residue on it and all that drama what you're doing is creating chaos.

All that stuff does when it gets in the blood stream is that it discombobulates the nervous system. It throws off the heart rhythm, which people don't suspect is a big deal until your heart rhythm is off. Ask anybody who's got in the rhythm how they feel about the

importance of heart rhythm.

When the rhythms of the body are thrown off you know it creates chaos and it creates chaos not just throughout the physiology of the body but also in the neurophysiology, how we think and how we process information. How we think about ourselves, the words we choose to use.

So I think for your audience, the most important thing before you set up to lose weight, let's not reduce weight loss to just numbers on a scale and maybe numbers on a lab and if I do this amount of calories everything is going to work out fine. To me that's the over simplification of it all. If you're going to really be about losing weight, I'm going to assume that you're going to be about wanting to keep it lost so to speak for good.

Shelley: Uh-hum.

Henele: If you're going to do that there has to be the development of a love affair with yourself. So the question really becomes where did you lose the love affair with yourself? What caused it? And more important than that even because that's just retracing your steps, more important than that is what do need to do to fall in love with yourself again? There is nothing more important to your exploration of health than being in love with yourself because there is no greater energy in our world than love.

You can only give out what you have to give. You're not spending enough time loving yourself. You're not cultivating your ability to send love out in the world and then attract it back because that's what love does just like the smile. Once you get to that point of truly learning to love yourself, notice I said learning. It's not a foregone conclusion. It's not something you are born with. Well let me take that back. It is something that we often are conditioned out of. It's viewed as a weakness for some absurd reason or because we go through a series of bad experiences that cause us to distrust it. But the thing is where did you lose love and what do you need to be open to be loving again?



Let me say to this audience. Being a loving person means accepting that you are going to be hurt. It's part of the process.

Shelley: Thank you. That's a really important key right there. Just say that again.

Henele: Love means being hurt. It doesn't mean that it's always going to hurt but what you have to understand is what the hurt really says about you. Something will only hurt as much as you love. It's a barometer. It's a measuring stick for how much you love.

Shelley: Uh-hum.

Henele: You know, I've gone through plenty of breakups with people that I have – let me not say it like that. I have gone through a few very pertinent breakups that have hurt like hell, you know.

Shelley: Yeah.

Henele: Where I've been in the frozen food section talking about getting me that Haagen Dazs. I want to just eat this and numb myself out. That's okay for a very short period of time and you might get a little bit chubby that's fine. But at some point you have to go look in the mirror eye to eye and be able to tell yourself I love you. That's actually an exercise. That's actually an assignment in one of my classes.

Shelley: Beautiful. Yeah.

Henele: You have to be able to do that and when you can do that, you understand that loving is awesome and the hurt is okay. It's supposed to hurt. Let it hurt. Just don't let it stop you from loving yourself.

Shelley: This has just been an amazing interview Dr. Henele and I just thank you for taking the time to share your message with us. I trust many listeners will benefit so much from this powerful approach you've created. I just want our listeners to know how they can find out more about you and your work.

Henele: Sure.

Shelley: If you can share.

Henele: Absolutely. Absolutely. There's my book Energetic Health As well there's opportunities to schedule enrolment appointments to get more information if you're interested in the classes. There is opportunities too if you like what I'm talking about and you want to see about bringing me somewhere to speak to a group of folks. There's opportunities to do that as well.



So there's just a lot of ways because my job now I think is I'm transitioning a little bit my own career to make sure I make information accessible to people and that I start developing the next line of healers that are coming in after me so that they don't have to go through so many years of painstaking, teeth pulling to figure out what's going on. And that they also get lost in the overabundance of information that's out there today.

Shelley: Thank you and it's taken special souls like yourself to carve the path through all of the misinformation out there and to bring it cohesively together.

Henele: Thank you Shelley, thank you so much. Its been an honour.



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