



Lars Gustafsson

The Science of Losing Weight
and Creating Optimal Health

THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
TRANSCRIPTS

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THE SCIENCE OF LOSING WEIGHT AND CREATING OPTIMAL HEALTH

Shelley: In your view, what is the underlying cause of the weight gain and obesity increase in our culture today?

Lars: Thank you Shelley, it's truly an honor and pleasure to be here on your program and to start it with such a great, profound question. (Laughter)

Shelley: (Laughter) Thank you.

Lars: I think that this has a lot of answers, but the one that immediately comes to mind as the most pervasive cause of weight gain and obesity on our society is stress. Stress comes in so many forms, and it has such a huge effect on our biology.

We all experience it in its many forms, stress is our evolver. It evolves us mentally, emotionally and consciously.

When we realize that we're in stress, all we have to do is just come to the moment and know how we feel, and acknowledge what we're feeling, and know how to get around that through the tools that we're being provided through your whole program here, and many other teachers that we can become aware of.

And I believe that the weight loss industry itself hasn't really been dealing with stress. They in fact, from what I see, actually cause more stress. They either decrease calories, they increase cardio, they increase the amount of work on the body; and you know you see TV programs with personal trainers who are screaming at their clients and they get results. You know they have these super heavyweight folks that are just being screamed at you know but so I mean having it done lovingly. But not having to point any fingers at anything but to say you know what direction does our audience choose to take their weight loss program?

And I believe that if you know and understand the fundamental cause of it, that it's stress then you can start to peel away that stress one layer at a time and it might be environmental, it might be from food, it might be something toxic that you're consuming, it might be your beliefs, it might be even your work environment you know shifting that a little bit. So that is the fundamental core as I see it.

Shelley: Well thank you, thank you; and I know you created a program that works with this kind of stress. Please share more about this process.



Lars: Well this process actually came out of; or rather the understanding of it came out of my experiences and my history. Initially I looked at nutrition from a very straightforward, caloric, and macronutrient, micronutrient format and coached many thousands of people through good nutrition but what I was experiencing is what many, many nutritionists, dieticians, and weight loss programs out there are experiencing and that is a huge attrition rate of I would say probably upwards of 90% of the people would eventually go back to a process that would regain their weight. And this was in the first about seven years of my nutrition career.

And then I went through a tremendous amount of stress. Went through a bankruptcy, a split up; and just a bunch of stuff happened to me. And in those last 5 to 6 months as I was fighting to keep my business alive, I was working 18 hours a day, I was sleeping 4-5 hours a night, incredibly, incredibly stressed and although my nutrition hadn't changed that much, I gained quite a bit of weight. And it was really obvious after the six months how much weight I gained.

But then something remarkable happened when I let everything go, came to a place of utter humility because at the age of 30 I lost everything and was living back at my folks place and was just really, really humble. Something remarkable happened and that was I lost all of the weight that I gained after Lesley. I was just following some very basic things, good nutrition, good exercise, getting back to my sleep again, and of course the complete relinquishment of all that stress and my body just transformed. And through that I started to really ask a lot of questions about how and why that had happened and started to listen to a ton of audio programs.

I was going through a huge spiritual evolution at the time, so I got into Deepak Chopra's work and Dr. Bruce Lipton and Candace Pert many others. And all of it pointed to the inseparable body and mind connection, that our thoughts instantly influence our cellular environments and our cellular environments also influence our thoughts by the states that are created in our body. So that just completely revolutioned my thinking.

I started to formulate: what does this look like? You know we renew ourselves constantly.

Shelley: Yeah.

Lars: Intestinal lining, the surface area to 2 tennis courts is replaced every 4 to 5 days; our skin every 3 weeks, our bone every 3 months, our organs every approximately 3 months. And this remarkable renewal process is happening all the time.

And when I heard that I began to think you know there's really something a lot easier going on here. It doesn't have to be complex, it doesn't have to be many, many systems. And over the years it got simpler and simpler, and now we just call it a simple shifts that lasts a lifetime.



So the renewal process itself is how the body goes through and is in a constant state of renewal. And every about 90 days, most of this renewal has gone through a complete cycle or many cycles. And it's what we do, and supply, and the states that we keep our minds, and our bodies in, and our spirits in during these 90 days that really forecasts the outcome of what really happens for our bodies.

So you know and that leads in very much to the topic of discussion for us today, that in a 90 day period if you keep your mind and your intention on the focus of renewal, and just adding in simple little shifts that will enable and support your cell's renewal process more effectively, then at the end of 90 days you're going to find that you'll have a few pounds to many, many pounds of weight loss and it's just simply going to be a side effect.

Shelley: I come from experience with your work because I've gone through those 90 day exercises and I can say they are powerful. At the end not only do you understand your own biochemistry, your own body, what nutrition means for you, you are definitely starting to see the mind and how your thoughts work with your goals.

Lars: Yeah, it's a lot of fun.

Shelley: It is a lot of fun; so empowering. And I just want to dive deeper here for our listeners. I want them to understand in your teachings you outline the four states of balance that we must have in place for successful and permanent weight loss. Please share what these four states are and how this optimal balance can be achieved.

Lars: Well you know jumping deeper is a lot of fun, and as I get into this I want to reiterate that it's supposed to always be fun. And all of the speakers you have here on the series that's what makes them so powerful, that they inspire everyone to have fun with their lives and to really be grateful about everything they've got and explore a greater reality beyond one they have. And through that, you know we all have greater enjoyment.

And through things like focusing on weight loss we come to many new discoveries and many new ideas about ways of living and we wake up to the greater realities and what we're capable of.

So in that are the four states of balance that kind of unfolded. Each one is interconnected and interwoven, in fact entire nutrition paradigms, and systems, and books, and teachers have come out of just one of these.

But because they're all encapsulated within each other, you can talk about one for the rest of your life and you can focus on one. So let's jump in.

The first one, the first state of balance is obviously stress and if our audience were to focus on hey, what's in my life that's stressful right now?



And it might be a relationship, it might be perceptions of the job or something, or it could be something that one is consuming, it could be a type of food, a type of liquid, a type of processed food or whatever it might be, something might be causing stress and so we can peel off layers of stress gently, one step at a time. And if we try to go at it too fast we can go into a full-blown detox and healing impaired state and I've seen this. I've seen where people take a whole bunch of information, get super excited and their bodies aren't ready to be able to deal with the amount of healing that takes place or the amount of nourishment that comes in.

So sometimes like from an audience's ears like this, you could put a pile of really great things into your body, start to really enable it to go through a ton of renewal and then all of a sudden you're sick for a week. But that sickness may be misunderstood, it's not necessarily sickness, it's just the body needing to be in a complete state of relaxation to be able to renew from all that goodness that's coming in; if you can see that.

So stress can happen from both sides. It can happen from literally trying to do too much, you know exercising too much, changing too many things all at once and that's why the approach in life is to take things gently. So to focus on stress, getting stress out of the mind and body.

Second level of balance is acidity it's one that becomes a little bit more technical because now you need to understand what acidity means and what alkalinity means, and the fact that our bodies are always trying to maintain an optimal alkaline environment within ourselves and tissues and blood. And in order to do this, if we consume something acidic, let's just take an example like you know a lot of people who are on pop might go to like a diet pop. Well the diet pop isn't doing you any better because it's still extremely acidic. It takes about 32 glasses of water to alkalize 1 can of pop.

And so as you drink this pop your body releases a pile of minerals and alkalizing agents from your cells to be able to buffer or get rid of this huge acidic load that's reached, gotten into the body. And when they do that, the minerals that have just exited the cells are now not there as components or co-factors for enzyme function, and everything in the body runs on enzyme function and enzymes need these minerals.

So if you drink or eat acidic food or are in acidic environments, or think acidic thoughts, or are stressed which creates lots of acidity basically you're demineralizing constantly. And when you demineralize you lower your metabolism and you also slow down the ability of the body to burn fat. You lose the ability to optimize the environment for all of the enzyme functions, and energy metabolism in the body.

So that's a little bit more of a technical one and I almost hesitate to bring that one into any topic of discussion because it sounds like you know things all of a sudden get a lot more complicated. But just to give you an example of how easy it can be it's just a matter of drinking more wholesome, clean water that doesn't have chlorine or fluoride in it.



Preferably spring water and drinking that between meals, putting fruit between meals, and automatically alkalinize the body tremendously. By alkalizing the body you really, really increase your metabolism.

So that leads us into the third one which is toxicity and our environments are so toxic, our food systems are so toxic, our thoughts can be toxic, working out too hard and not getting enough replenishment can also be toxic because your body is now not capable of getting rid of those toxins after the workout, not drinking enough water is also toxic your body goes into a state of edema and toxins gather around the cells and create a very inhospitable environment for them.

So toxicity is not something that one has to instantly focus on, it just happens naturally. And that's why you know when I was answering your question about renewal, these four states of balance happen anyways but for each phase of life as you go through each 90 day renewal and you feel more and more enlivened, enriched and feel more and more energy, you can go into these in increasing levels of depth.

So when you deal with stress, you start to increase your body's natural abilities to get rid of the toxins, and your natural ability to alkalize. So that's why these are tied together so closely.

Toxicity is something that you know if you go onto like a renewal retreat or detoxing retreat it's why people who get away into an alkaline environment bring in fresh air, don't have their stresses of life and they might go through a pretty heavy detox effect in the first 2 or 3 days but once they're out of it, they feel more refreshed and enlivened than they ever have potentially in their lives.

And they drop tons of weight, and along with that their body starts to wake up again, their minds starts to wake up again and that's why many people have reported being able to let go of medications they were needing to take to be able to maintain a state of homeostasis and balance.

So as the body wakes up it regains its wisdom and its ability to control things. So toxicity is a great inhibitor of that and when we distress, focus on getting more into an alkaline lifestyle and nutrition plan, the toxicity just starts to drop away. But within that, as we progress in life you start to research and learn so much more about how we can detox. It's not about just plunging right away into a detox if your body is not ready for it or if you don't have the proper guidance.

The fourth state of balance is balance in insulin and this actually came out my initial years doing nutrition where I saw great value in helping insulin do its job. Because insulin controls many, many micro hormones in the body called eicosanoids that control micro functions inside cells,



if you become insulin resistant you start to lose a tremendous amount of natural functionality in the body. So by balancing insulin by having smaller, more frequent little snack-like meals and that can be a piece of fruit to a wonderful super food smoothie to a greens drink to a nice little meal whether its raw, vegan or just a nice balanced little meal. When you start to balance your insulin your body very quickly starts to become balanced and into a state of homeostasis and these natural good eicosanoids turn back on again and they control things like fat burning, your metabolism, your immunity, all of it.

So these four states of balance are all so closely intertwined that when you focus on one, you focus on them all. And if you just focus on one simple thing coming out of our talk today like drinking more filtered or spring water between meals or whatever it is that catches your attention out of today, or out of this entire series you will find that all of these four states are tied into that simple shift.

Shelley: I could listen to you talk about balance for a long time Lars. I so appreciate this and how you've brought this together and teach it because it's something in my own life and in my own practice. I always come back to these four states and I reveal different ways and methods that I can achieve those. It's beautiful thank you for sharing that and I want to take a step back to what we were talking about with our minds and our intentions.

I've heard you say just today as many, many other times that the power of our minds and our intentions can transform our health. Please share more with our listeners about these innate abilities and how to work with them to lose weight.

Lars: Well this is probably the most powerful question out of all the ones that we have ahead of us and the things that we're about to discuss and have discussed because many of us don't realize how much our thoughts and our intentions actually rule our lives. If you're here in that place right now, I was just like you. I had no idea how my thoughts were creating my reality and were causing me stress, and my stress was breaking down functions in my body, and how I was gaining all that weight.

But then when I started to understand that every thought has an effect on releasing hormones into our body, and that our cells listen through their receptor sites and through the biochemical environment that's created, listen to those thoughts. And so it's inseparable and it's in many cases instantaneous. You know if you read *The Power of Intention* the amount of research that is in that book that points to instantaneous communication between our mind and our intentions and how well we eat and digest and absorb food.

So let's just say that our listeners and our audience has been in a state of stress and in the past they have reduced their calories or exercised more or done any number of plethora things from ordering things from you know different kind of devices from TV to lose more weight or whatever it might be.



And the bed underneath that is a belief system that has come from past successes or failures and those past successes and failures have come out of experiences where they weren't really taking care of all the states of balance.

So they might have been stressed or causing more stress, they might have been acidic or causing more acidity, or they might have been becoming more alkaline, they might have been toxic or detoxing, they might have been detoxing in a stressed and acidic state or they might have been focusing on balancing insulin through balanced meals but still staying acidic. Any one of those factors, but underneath that is also a lifetime of thinking thousands upon thousands of thoughts a day and then having an influx of millions of bits of data coming into the subconscious in every single second of one's life. Underneath that, that belief structure, that subconscious environment is where all of our experiences come on top of. And then out of that comes a result.

We may like that result or we may not like that result. We may be happy with it and continue on and then maybe slide back into a previous lifestyle and wonder how that happened. If we are not focused on our thoughts, not focused on the belief systems that rule our lives, our beliefs about our food, our beliefs about ourselves, our beliefs about our capacity to live enriched and happy and wonderful lives within the environment in which we live. All of those things influence our cellular environment, our health and our outcome.

Shelley: That is powerful. If you have not experienced looking at your own thoughts and how they are affecting your life, let alone just the weight loss you may be wanting to achieve it is really like an injustice to yourself, your own progress because this is a very big key. And this is where in my own life when I came into learning about your work that this was the missing link, looking at our thoughts and the belief systems that these thoughts are creating.

Lars: Yeah.

Shelley: It's just so empowering.

Lars: It's empowering for all of us and I have to thank my original teachers, Dr. Bruce Lipton, Candace Pert and Dr. Deepak Chopra, Dr. Wayne Dyer, Eckhard Tolle. I have probably over 200 audio books on my iPhone, built up over these years, I can keep on going. But you know, suffice it to say, these epic teachers have really condensed the idea and ideas behind how thought influences our health and influences our reality.

And one of the epic teachers of late in my life is David Wolfe in terms of how very powerfully our conscious effects our cellular environments and how to use food in respect of our earth and raw food, and super foods, and nutrition to bring our bodies back in line. So it's a continuous flow that's what makes it so much fun. And it takes the overwhelming nature of it away, that we can just focus herein right now, in this moment about how we feel.



The feeling is the connection. We don't have to worry about the thousands of processes that are hidden in our brain every day because we think, man that's just; how do we control that? It's not about controlling it. It's about releasing to the flow of this moment and about how we feel, and your feelings connect you to your intuition and to your innate abilities. And in there, in that feeling and in those innate abilities is your soul.

And your soul has been with you for your whole life and you may have forgotten about your soul in your human endeavors as I did. And it's when you get reconnected to that soulful way of living that life becomes joyful, it becomes magnificent, it's in the flow, you look for miracles and magic in everything. And you're always in a state of gratitude for everything around you and then when you get into that state, there's an ever increasing level of gratitude and joy that pervades everything in your life and then everything become easy. If you expect it to be easy and you come from that natural place of expectation in unity with your soul, bring your soul into this game. And you know ask your soul what the next step will be and you'll see, you'll see what the answer is. It's going to be easy, it's going to be fun and you're going to have a ball with this, it's going to be fantastic.

Shelley: Wow thank you. One of the methods that you teach that allow us to bring out these innate abilities is a form of self-hypnosis and you teach how you can each night before we go to sleep revolutionize our life. Please share a little bit about this amazing technique.

Lars: Oh man I'm glad you brought up this question. This is one of my favorite things to talk about because it's the easiest thing our audience can do. It's the easiest thing I've ever implemented and it produces the most dramatic results. Now I always ask my audiences when I'm speaking and my students and the folks that are in my courses you know, "How many of you have watched TV and fallen asleep while you watched TV?" And I don't think there's a hand that doesn't go up these days. There's always some point in our life that that's happened. And then I also say, "Well if that hasn't happened how many of you are aware of the thought process you had last night as you were falling asleep?" Some will say, "Yeah I was stressed and I couldn't get to sleep for the longest time, I eventually fell asleep because of exhaustion." Others will say, "Yeah it was just kind of imagining what my day was and doing some visualization," and there in right there, that's actually the technique.

And I was actually taught this more skillfully by my life and spiritual guide and coach, Larry Wayne. Larry has actually taught this entire process and it's available in downloadable form in the self-hypnosis certification which is available for free in our free student pass in the BodyMind Institute. So I just wanted to say that...

Shelley: Thank you.

Lars: Because the full 8 hour certification is all about this 5 to 10 minute process. So I'm going to quickly describe it. I can't take you through the whole process because I can't actually take up too much of our interview and put our audience to sleep. (Laughter)



Shelley: (Laughter)

Lars: So; because it will relax them so tremendously. But when we think about hypnosis, we think about something that is you know going into our subconscious and changing something down there in our subconscious. And we go to our hypnotist to guide us through this, to skillfully guide us through this but we are our own most skillful guide.

And this is something you will discover when you do this tonight, when you've listened to this and every night from here on in, the more skillful you become in this, the more you will see that this has a very dramatic effect on your life.

So the whole process takes about 5 to 10 minutes and begins with a total relaxation and connection with one's mind, with every part of the body through deep breathing and focusing on soothing light flowing through every part of the body. So starting with the feet, you breathe in and breathe in this light into your feet, and you breathe out and you breathe out the tension of the day.

You breathe in and more light comes through your feet and starts to fill up your calves, breathe out the tension of the day and breathe out the tension in the calves. Just relax the calves.

So every time you come to a different body part, you relax that body part. And then move on up to the thighs and to the middle part of your body, to your trunk of your body, so on and so forth through the arms and; I've had times that I've reached my eyes and my face and I have fallen asleep. (Laughter)

Shelley: (Laughter)

Lars: If you're tired enough this is probably one of the most effective ways; if you can't fall asleep sorry it's one of the most effective ways to get you to sleep. But then when you're in this totally relaxed state you're literally in direct connection with your soul and also in direct connection with your subconscious.

Your subconscious has a tremendous amount of recorded history and has the ability to aid you in accomplishing anything that you desire. That's why hypnosis has gotten so huge in our society today because people are really catching on to this.

And what has really become apparent in this last decade is using thought forms like mantras during the day or repetitive affirmations but this is so much more powerful than an affirmation or repetitive affirmation because you literally are talking directly to the subconscious and relaying a message that you will begin to live out in your life the following days, weeks and months.



So as you get into this relaxed state you say, "Subconscious here's what I'd like my life to look like tomorrow," and you start thinking about what you'd like and what you love to enjoy. And you say, "I'm so grateful that my body has released this weight and that I have been given the gifts, and the time, and the energy, and the motivation to be able to do what I need to do to be able to get rid of this weight. I've been given all the gifts and this whole process will have gone in a perfect flow state, and tomorrow I will have seen, felt, and experienced a full day rich with experience and all the things that I need to be able to do to lose this weight."

What you're in fact doing is thanking for something to have happened. See the subconscious doesn't know that tomorrow is still to happen or that yesterday has happened, all it knows is just this moment.

So when you thank in the past tense then it operates from that perspective as if you already are in that state, that you already are in the perfect fat burning state, that you already are in the perfect healthy state.

And will then relay when you wake up, in your conscious day as you go through your day thoughts will bubble up out of nowhere that will say drink some water, now is time to drink some water, now is time to get a little meal, this meal is going to be amazing, it's going to be so delicious, I'm so excited to drink more water in the day, I'm so excited to go and exercise.

You'll just have these thought forms come out of nowhere that you've planted them the night before into your subconscious and your subconscious dutifully delivers them back to you. Just as it dutifully delivers to you, all of its blueprinting that you've ever had in your lifetime.

So if you've fallen asleep in front of a TV at nighttime you literally are in a hypnagogic state and are being hypnotized by whatever is being said and done on that TV screen. And many people are shocked by this thought, that what they are watching is going into their subconscious and what they're letting their kids watch is going into their kid's subconscious and this can be a major wakeup call because if you're in a tired and fatigued state and you turn on that TV you are in optimal condition of pure hypnosis to be able to take in and be hypnotized by whatever you are turning on on that TV.

Shelley: Wow.

Lars: So this self-hypnosis process is fun, it's simple, it puts you to sleep, it puts you into a great state of sleep. There are often times where I've; and here's a fun little trick that you can play on yourself, I haven't been using an alarm clock for I think something like 6 or 7 years and a friend of mine said you know, "I just tell myself that I wake up at such and such time and I'm always awake at that time." And I've been doing that ever since.



So you just have say, "Thank you for waking me up at 5AM, 6AM," whatever it might be and, "That I'm bright, alert, feeling motivated, feeling excited, energized, I've rested well and that I've had an amazing sleep. Thank you." So this is it's so powerful you can play with this in so many ways it's unreal. You can play with this in business life, with finances, "Thank you for bringing abundance to me in its many forms." And it keeps on going. So and it's particularly useful when you want to lose weight.

Shelley: That's exciting, thank you. Yeah this is like also a teaching and a form of meditating and a form of gratitude prayer.

Lars: Oh yeah.

Shelley: I see so many layers of this that someone may have been introduced to it but haven't applied it to their weight loss goals or...

Lars: Yeah.

Shelley: In their life when they're about to fall asleep and realizing that important place.

Lars: Absolutely, absolutely.

Shelley: I thank you for bringing up the TV, that is so huge that we are unconsciously being programmed by these media devices and it's important to be aware of that and to make the necessary steps toward empowering yourself with your own focus, and your own goals rather than just allowing whatever's being shown to you through these media devices as your way of living.

Lars: No kidding absolutely, absolutely. And you know I just wanted to add one more piece that when you start to realize this whole thing around the media you become hyperconscious that everything that is being said is a form of belief structure and if you are watching something in a relaxed state of mind you are in a state of hypnosis. And many, many things can go directly into your subconscious and then you accept them as belief and you just don't realize it.

And they may in fact not emerge as an action until many, many years later. And that's something that's extremely powerful for people to understand, that what you put into your subconscious does not necessarily have to become a manifested reality tomorrow or the day after. But if things build up and they are in your subconscious they may actually emerge many years later.

So that brings us to a very important point as to getting results in weight loss because we have been bombarded by so many different realities about weight loss and scientific studies.



And I yet have to come up with a process scientific study that has been done with people that are conscious, that are in a state of balance, that are in an alkaline state, that are using all the forms of balance. Now there's lots of evidence out there and our whole speaker crew here in your program have all experienced this so I'm not saying that it's not out there except when you see in the media the media isn't portraying that.

And so our audience may be used to only what the media has fed. And that might come in the form of very well-intentioned articles that talk about say a scientific study that said that such and such is good or such and such is bad etcetera. And what I do is I look further into that scientific study and say, where was the research done? And under what conditions were these people, were they naturally balanced or was it with the you know standard American diet or was it in a state of stress, or what area of the world, what were the belief systems? And what you do is you start to quickly become fully aware that it's really about coming back to a place of simplicity and being able to help control it, control the outcome if there is such a thing as control.

To help guide it, you become the guide by using little tricks like this self-hypnosis little technique. And I mean I use this all the time, you don't have to close your eyes and you don't have to be lying down at night time. You could actually be in a lineup in Safeway and you can get so good at this that you can actually put your body into a complete state of calm and inner peace with approximately 5 to 10 seconds. Even faster, it can be instantaneous, one deep relaxed breath and your subconscious instantly clicks into that state of relaxation. And then you say, "Subconscious this is the state that I want. This is what I want to create. This is what I'd love for you to deliver in the next few hours, days, weeks," etcetera. So it's something that becomes a habitual, natural, effortless way of living.

Shelley: That's incredible and this is you know simplicity so important. In your work you discovered there's five simple shifts that ignite metabolism in every cell of our body. What are these shifts? Because we know how important metabolism is for our weight loss.

Lars: Well I start with five that I've seen are the simplest for people to implement. And I encourage our audience to use one or two or three of these or maybe even all five. But you will notice that these five purveyed everything as being said about natural, organic and effortless living.

So here we go, the first one is understanding the power of your intentions, beginning to watch your thoughts and beliefs.

This is you basically waking up to the idea that you are the creator of your thoughts and your reality. So as you start to guide your thoughts you literally guide your hormone systems, the health of your cells and the outcome. So intentions is one.



Two is cleaning up the water and air. The water, a lot of people I've come across say, "Well I drink city water, isn't that nice and clean?" And I always ask, "Well does your municipality do they put chlorine in it, do they put fluorine in it?" In that case it might be quote on quote clean of bacteria but it's also very heavily laid with chemicals and those chemicals, all one has to do is start to Google them and you will very quickly see that chlorine and fluoride are not meant to be consumed orally and are quite destructive on many, many layers physically. So I love David Wolfe's view on this, find the spring and take those trips, go out to the spring and get spring water. If you can get fresh well water that works as well straight from the earth; if you can find a company that brings spring water to you fantastic. Go with the spring water, go with water that has come directly from the earth.

Air? Air is not taking into account in weight loss programs and one of the things I came across when client's moved away from the city; I was living in Calgary for quite a number of years now, several decades. I noticed that when my clients moved away from the city into fresh air environments, they were able to literally eat less, be energized more and lose weight effortlessly. There were many factors working to this. One, they were in a less stress environment. Two, they were in a more alkaline environment, they were leading more healthy and active lives but one of the most interesting factors is the air that they were breathing.

We have negative ions in fresh air in high, high quantities into the tens of thousands and being a scientist at heart, I spent almost a thousand dollars and ordered a negative ion tester to test the air inside my office in downtown Calgary and when the air circulating systems were on, the negative ion count was under 1000. Now take into account that fresh air is tens of thousands of negative ions and negative ions activate hormones, they activate your metabolism, they activate the oxygen and they're extremely critical to normal and healthy functioning. They are in extremely high content around waterfalls, falling water. So when it rains you'll often notice that if you're walking through the rain or you have the windows open and it's raining that you feel enlivened and incredible.

Negative ions activate serotonin so you feel amazing. That's often why if you go from sitting indoors to outdoors you might be really tired, and then you walk outdoors and you wonder why you were so tired you're just so awake. So negative ion content inside my office was under a thousand; now get this – when the air was turned off in my office it was under one hundred. I got a headache; I had to leave my office. Like when they turn the air system off because I'd be working late downtown, within an hour I had a huge headache and had to get out of there. I just felt my whole body was feeling heavy and sluggish, it's as if literally I was having the oxygen taken out of me, I wasn't absorbing anything.

And so for those of you who have the ability to open up your windows and let fresh air in if you live in a high smog or pollution dense environment than I would recommend getting a negative ionizer and a high quality air filtration system.



A negative ionizer will pump out lots of negative ions into the air; and I have seen so many amazing effects from this over the years. Because I grew up I was spending the last 27 years in Calgary and 19 of those as a nutritionist, I had the opportunity to see the results over the last decade. With clients who bought negative ionizers took them home, were able to sleep deeper instantly. I had clients who were on sleeping medications for years who couldn't get to sleep just put a negative ionizer next to their bed and 'boomp' they're asleep.

Shelley: Wow.

Lars: They sleep deeper, we know that deep sleep; I've had others and just sleeping deep, they were eating healthy, they were wondering why they weren't losing weight and I said, "You know one of the factors that you don't have right now is healthy clean air," and I said, "do you know about negative ions?" And nobody really has heard about negative ions. Most likely a major part of our audience here because of the types are amazing teachers on your list here but it's amazing how people drop 5 to 10 to 15 pounds of weight just because they're sleeping deeper because of the negative ions. And so that's a huge one.

Okay so number three, frequent and small meals and chewing the food slowly and in a state of gratitude. So one of the interesting factors of the attitude of gratitude is that if you are thankful for the food, and thankful for the things in life, you can't have two discordant states in your mind and body at one point and time. That's a fact. You can't be in a state of gratitude and in a state of stress at the exact same moment. So if you're thankful for your food, you're chewing your food nice and slowly and carefully, all of your digestive juices turn on, your digestive functions turn on and you extract more nutrition from that food.

How many times I've come across people who actually eat fairly balanced meals, they might not have a piece of fruit between meals, they're just throwing in some extra snacks during the day they might be super food snacks, or raw chocolate, learn how to make cacao, might be raw chocolate. You know any one of those things you can put between meals but being in an attitude of gratitude and chewing slowly has a very profound effect on the nutrition that you extract from the food.

The fourth one is creating an electrical body. Because we've grown up in a society in the last few decades that has had a plethora of scientific research evaluating the results of harshly, harshly processed salt. We're talking about the table salt that's in as a preservative in canned and processed foods. It's on millions of people's tables, people put it into baking, it's in bread, it's in everything and the scientific data from that shows eat less salt, eat less of that stuff. And I couldn't agree more, of course you eat less of that stuff; in fact take it all out. And at least replace at your mealtimes, replace that salt, that table salt, that processed white death as we call it with organic raw sea salt. If you do that every functionality in your cells in your body turns back on again.



Our bodies are electrical, our cells are electrical if you take the table salt without the minerals and you switch it up for sea salt which has over 80 choice elements in it, now all of a sudden you are alkaline, your body is getting de-stressed, it's going to be able to detox, and it's going to be able to get all of its messages through because all hormone communication is electrical. So that's a very power principle and it's so simple.

So just to recap you've got intentions, clean air and water, frequent small meals, chewing in a slow state and in a state of non-stress and a state of gratitude, and getting your body electrical.

The last one of course is so obvious it's movement, got to move our body. Our limb system is a pumpless organ, it surrounds all of our cells and when you start putting all this goodness into your body put from an intention and action perspective, you do need to move your body at least a couple times if not one time a day so that you pump the limb system and get those toxins out and enable the delivery of good healthy nutrition to your cells.

Shelley: Oh thank you, thank you. Simple shifts, five, there they are. So you touched on gratitude, you know I think this is a really overlooked practice of our relationship with our food, our relationship with our bodies. It would be great if you could just share a little bit more on the importance of attitude especially towards our food and how this works with weight loss.

Lars: Well I'm really glad you brought this up again because as I was saying, the intention is one of the most powerful things but attitude; you know we know people in our lives that have an attitude that they just seem like they just got out of the wrong side of the bed or something and they always do. It just seems like they always have a spin on life that looks for the mistakes, that looks for the errors and know we do need elements of that in our life. We do need to look for you know the spelling mistakes so to speak. We do need to look for the things that can improve and add greater levels of perfection to our lives.

But the attitude that I'm talking about is the overall feeling state that pervades everything in your day. And what I love focusing on is the attitude of gratitude because it releases the guilt from food because one of the most important things that I love focusing on in nutrition is not changing everything in one day. So I'm going to give you one really, really powerful example.

I had a gentleman who came into my office quite a few years ago now and he had something like 27 allergies and just asking a few questions I found out what his lifestyle diet was like. He had just moved from Toronto to Calgary; he started working in the airport as a refueling mechanic and he wasn't using the masks all the time or was around a lot of fumes. And he was also under a tremendous amount of stress. For his form of liquid instead of drinking water he was drinking coffee and pop the whole day. So he was drinking 2 to 3 liters of pop a day. And so can you imagine? Here's a guy that who's really in that depth of stress



What would have happened if I said, "Okay you got to get rid of that pop. You just got to get rid of that pop." That's just you know, "Replace it with water." I just cannot fathom what would happen to a body that has so much acidic stress coming in and then just completely eliminating that literally instantly, I can't imagine. So what I suggested to him is I said, "Okay it's really important that you actually keep this pop in, that you maintain at least that factor and we're going to start to work around and work our way into the core. And at any point that you feel that you'd rather have a glass of water than the pop go ahead, please go ahead.

But I'm telling you the core action here is not to remove the pop." It was just bizarre. He said, "I didn't expect to come into a nutritionist to have someone say that to me." And I said, "Well," I said, "I'm just going on intuition here, I just can't imagine releasing that much stress out of your system especially since you're financially stressed. You might not be able to work for a week or two as your body adjusts to this new form of biochemistry."

So he came back two weeks later and here's what happened, he had added fruit as snacks because there were often times where he couldn't get to the fruit. He had small couple sips or orange juice or apple juice but a very curious thing started to happen. His taste buds changed because he started to bring in more water and more goodness in. And because he hadn't had the idea that it was something he had to do and people who feel like they have to do something, usually if they don't do it they feel guilty.

And so I instilled in him the attitude of gratitude and I said, "Listen just instill the attitude of gratitude. It's a job, you're getting income in, you've got an amazing sister, you've got an amazing family." You know and just put a list down of things he could focus on. And his taste buds changed and in the two weeks he had gotten rid of all the pop.

Shelley: (Laughter) He did.

Lars: He did, he let go of it and he said, "I never felt guilty once, I never felt I had to do anything once, and all of my allergies are gone."

Shelley: Wow.

Lars: It was cured and that's the factor of allergic reactions, is getting rid of stress, getting rid of toxicity, getting rid of acidity, and balancing your insulin so going back to those four states of balance. And so you know attitude I'd say if there's one thing our audience can take away from today it's to release guilt around food, please release guilt because when you feel like something is bad for you and boy there is a plethora of information out there to tell you something is bad for you, just go with it. You know I'm just going to bring a quick scientific study in here.

Shelley: Yeah.



Lars: I had two groups of people, one group of people who had eaten a delicious apple pie and this group of people they measured their blood afterwards and the biochemistry and things like that and their skin electrodes and conductivity and what they were looking for was signs of stress and immune function and biological function, things like being able to burn fat, have a high metabolism and things like that. They were looking for quite a few things and what they found with this one group of people who felt guilty about eating the pie was that their immune systems plummeted, their ability to burn energy decreased, their ability to store fat increased, and the outcome of their guilt became manifest.

Shelley: Yeah.

Lars: So the other group which is the group that I hope you are as our audience today went away and they had an increase in immune function, increase in ability to burn body fat, an increase in metabolism from eating the pie and when they were asked what the difference was, they said, "I was just envisioning tasting that pie, sitting with my grandma who had just made this pie. Sitting there with my family, amazing family times." So they infused their body with all these thoughts and emotions of gratitude and upliftment and great memories and things like that.

And what was the outcome? Amazing physical outcome. So I just am so grateful I found that study because it really transformed my life, and it transformed the way in which I relay a message of nutrition. So back this is 10 years ago, I started to relay the message of nutrition that if you're going to undertake this process with the attitude of gratitude what you will find is that you will release the stress of guilt forever and you'll also purvey this message to our children and our children's children and it will create a whole brand new world.

Shelley: Wow thank you and I'm just so grateful for you sharing this with everyone. It changed my life. You know even when we bring up the topic of you know certain foods that we know for a fact are poison like sugar or things like GMO which affect our body so deeply on a health level. Some part of me goes back to this teaching and when we're making the choices, if you do not have any other option and that's the only option you have or maybe you don't know if there's GMO in this product or there's something, you can at least bless it. At least think of what you're grateful for in that moment. 19

Lars: Absolutely, absolutely.

Shelley: Transform it and...

Lars: Absolutely, I'm so glad you brought this up. This brings up another thought.

Shelley: Yes.



Lars: We know we know that thought can be sent through time and space to another human being, we know this right?

Shelley: Yes.

Lars: We know that there are—Lynne McTaggart wrote in a book *The Power of Intention* really brought this out. The scientific studies have been done with this. We know that thought can be transmitted to another human being and then it creates biological changes in that human being. So if we think something negative about someone, we think man how awful, how you know and we're like angry and we're sending angry thoughts. I mean the people who are making GMO products, they may be very conscious of what they're doing or they may be very unconscious of what they're doing.

It doesn't matter what they're doing, if we're sending them negative thoughts, we're actually empowering that environment, we're actually creating strength. And we're empowering it because we are also becoming in tune with that vibe and that energy and if we send blessings and light, well we empowered in the direction of super consciousness, we empowered in the direction of letting that go.

So yes, not only does it affect ourselves in the terms of how the choices we make, and blessing it, and the changes in our biology and so forth but also in how we send thoughts to others. So if we know someone who is not making all the choices and we say, "Aw man how could they do that?" Like if you walk passed someone who's smoking you go, "Man that's just disgusting. What on earth?"

You know if you do that, you're sending that person additional negative energy and you are certainly in their vibe. You're in their vibe; I'm sorry, you're in a judgmental vibe, you're not in a positive vibe. If you fill yourself with the attitude of gratitude and say, "Man I am so happy that I lead a life that doesn't require me to have that habit in my life, and I'm so happy and grateful that that person will discover other things that they can do." And you think, it gets you into a different track and you realize that your own emotions, your own biology, and your own reality completely shifts in that moment that you no longer judge and you no longer send those negative energies out.

Because as long as we as a human race are in fear of GMOs and continue to pervade all the negative energy around it; and we need to get people educated, sure. We need to get positive vibe of empowerment and that's what I love about our panel.

Our panel rocks, rocks that idea and that's what it's all about, it's about pure intention, about getting us back to really wholesome living. If we focus on that we take our eye off of what we don't want and put it on what we do want. So yeah that's a nice little; thank you for bringing that up.



Shelley: Thank you and you know you mentioned it's a scientific study, it is also a shamanic understanding that the thoughts that you project towards others can affect them as well as yourself. So I think it's interesting that not only science has revealed this but it's also very ancient methods that work with that as well and they understand that on a more primal level.

Lars: Yeah, yeah.

Shelley: So I want to move into talking about your programs and specifically The 90 Day Renewal Process. What if one of our listeners got started today with your program, 90 Day Renewal Process for Weight Loss what would their lives look like 90 days from now?

Lars: Well I think that I can ask the questions to our audiences, what you would feel like if you focus on the attitude of gratitude, if you started to drink lots of pure water, and you started to eat smaller meals, and you started to electrify your body with the right kind of salt, and you started to move your body, and you started to incorporate some of the other simple shifts and add ins and pieces of knowledge and wisdom from all the people on our panel. Or just some, maybe just the water, you start with just one thing.

What would your life be like on a daily basis? And your cells as they renew because you replace a couple hundred billion cells every day and those new cells when they replicate, do they have an improved form of nourishment whether mentally, emotionally, physically or do they have less nourishment or something that takes away from that nourishment?

And I think that you're going to answer that with, "Yes I'm going to nourish my body more effectively." If you focus with that one single intention then every day your cells as they replace will be replaced with greater functionality.

I love how David Wolfe puts this he says you know, "We don't play with Atari anymore," we're playing like incredible app games on our iPhones and we're Skyping with people around the world with our you know video Skype and we're in a completely different strata of computing technology.

So we wouldn't downgrade our computer technology to something like Atari, we're always upgrading. So I love how David says he says, "Add in one thing you can do today that upgrades your mind, upgrades your spirit, upgrades your body, add in." From my perspective I always say renewal program, choose a simple shift today that you know you can do for the rest of your life.

Something so simple its effortless added in and when you do this day in, day out as your cells start to renew your liver functionality improves, your lung functionality improves, you absorb more oxygen into your cells, your metabolism improves.



From a weight loss perspective it could be anywhere from 2 to 10 to 20, 30, 40 pounds of weight loss in 90 days. I have had some stunning, stunning results out there and I don't like making any claims because they are not what most of people would experience but to lose 10 to 20 pounds is incredibly easy, incredibly easy if you focus with the intention of simplicity, of gratitude and really taking things on one small shift at a time.

Shelley: Thank you. I'm just going to ask some practical questions.

Lars: Sure.

Shelley: Just so people could get started in their next meal today. If you could recommend a food or beverage to avoid if you want to lose weight what would that be?

Lars: Again I'm going to preface this with if you do have this food or beverage that you don't ever feel guilty about it, that's the most important thing.

I can say that in my history as a nutritionist in the last 19 years, the one that has caused the greatest amount of destruction inside the body is diet pop and sodas of any kind. And the sheer acidity of that is just bizarre of what it does to the cellular systems inside of the body. So there would be an avoiding thing, but on that note...

Shelley: Having said that. (Laughter)

Lars: (Laughter) On that note if you do love like a can of pop a day and that's your thing, then you know go for it. Start adding in some of these other things, you know do shifting up your attitude towards things, shifting to the attitude of gratitude. Attitude of gratitude around that diet pop you know.

Shelley: Yeah.

Lars: I'm so grateful that I actually have this choice.

Shelley: Yeah.

Lars: You know and you're going to be empowered with a lot of information. I don't need to be an educator of things you don't need and I've actually chosen in the last 10 years not to be that educating. I've just focused on the things that you can add in and the positive things. Pop is such an obvious one though so because you asked that I'll give you the answer.

Shelley: Okay, thank you. And then if you can recommend food or a supplement to add to someone's diet to lose weight what would it be and why?

Lars: Well probably the most profound supplement and I say supplement almost hesitantly because there is a living organism, and its probiotics.



Shelley: Yeah.

Lars: Probiotics they're good bacteria that proliferate in our intestinal environment and enable the final digestion of food, the final production of vitamins, the healthy environment for the gut so that we can produce the 80 to 90% of serotonin which is made in the gut. And serotonin makes us happy and interestingly enough for women; I'm just going to toss this one in, women have seven times the number of serotonin receptor sites than men do. So seven times the ability to feel joy, and intuition, and the power of intention, and the power of emotion and things like that because of serotonin and that all comes back to the gut. So happy gut, happy mind, probiotics would be one.

Get a full spectrum wholefood probiotic that you can get in any health food store. But you know when you say probiotics you also think about fermented foods. If you can take a fermented foods class whether it's online, how to make kefir, organic kefir, yogurt or kombucha, or ferment vegetables like cabbage, fermented cabbage. Historically it's been shown that societies that eat a fermented food at least once a day have little or none of the disease factors of our modern era.

Shelley: Wow.

Lars: It's a very profound fact and I know that I've learned this and heard this from our entire panel. (Laughter)

Shelley: (Laughter)

Lars: A healthy intestinal environment is so important and becoming empowered how to make one thing like say kefir or yogurt or kombucha it's so much fun, so tasty and something that you can include in your daily living.

Shelley: Yes, it's making the food medicine.

Lars: Absolutely. So the probiotics can be made or the probiotic capsules one of the most effective times I've seen to take it would be first thing in the morning because you're in movement all day, those probiotics circulate through, go through the whole digestive track and they have a very pervasive and amazing effect because it's not about how much good food you eat, it's the nutrition you extract from it. And that's actually a saying I just saw online where if a NutriBullet ad just came out with an incredible, incredible new food nutrient extraction system and that is such a good saying. "It's not the amount of good food you eat, it's the amount of nutrition you extract from it."

Shelley: Yes thank you.

Lars: So when it comes down to it, chewing; you've got a NutriBullet in your mouth.



Shelley: (Laughter)

Lars: Chewing food is a very interesting practice. In fact I heard it once said that in yoga they say, "Drink your food and chew your water." I thought that was so interesting. And I tried chewing water and it's very odd. (Laughter)

Shelley: (Laughter)

Lars: It was very weird but you know I don't chew my water all the time, let me just say that for the audience, I don't do that.

Shelley: Yeah, yeah.

Lars: But once in a while it is actually very interesting to take a mouthful and chew it and more significantly, every one of your bites to take the time and chew it carefully until it's just liquid. You will find an amazing effect. One, you won't eat as much. Two, you'll get more nutrition out of your food so you will feel better afterwards and that will have an ongoing cumulative effect of helping you be less hungry, craving less, and really effortlessly losing weight because you're accessing so much more nutrition from your food.

Shelley: I want our listeners to know how they can get in touch with you, learn more about your work, you have other amazing online programs on health, nutrition, so many levels of wellbeing. If you could share with us.

Lars: Oh for sure, to answer this question I'm going to preface it with something.

Shelley: Yes.

Lars: One and first and foremost it's so important to act from the heart and to go in the direction of a heartfelt decision. You have an amazing panel of speakers here on this program, learn from them, go sign up on their program, go onto their websites and sign up in the membership programs. Do everything you can to get into their presence to feel their vibe. Whether it's a retreat, whether it's a class or certification program, whatever it is do everything you can to follow your heart and get into their presence. That's what I'm going to preface it with. So...

Shelley: Thank you.

Lars: With that said, one of my greatest passions is surrounding myself with incredible teachers and the BodyMind nutrition program is an idea, it's an idea that encompasses the elegant information and wisdom that has come from many, many other teachers. It's not my program, it's just a program. It is a compilation of information from very, very brilliant teachers. David Wolfe, Deepak Chopra, Eckhard Tolle; you name it.



Shelley: Yes.

Lars: All you have to do is go to bodymindinstitute.com. So we live in this epic age where our audience can start from literally zero information and within 20 to 30 hours have the accumulative knowledge of like a half a dozen teachers and literally like 50 to 60 years of experience in just like 20 to 30 hours. How incredible is that? And with your program here live, this recorded program I mean what people get in one hour took me many, many, many years to figure out. Same thing with David Wolf and all of the rest of the people on your panel.

Shelley: Yes I know.

Lars: It took many years to figure out. So it's an epic time, it's amazing.

Shelley: Yeah, so well thank you so much Lars this has been an amazing interview and I just I thank you for taking the time to share your message with us and with our listeners. I trust many people listening to this will benefit and lose the weight that they've been wanting to lose.

Lars: You're very welcome, very welcome; and thank you for this opportunity to be on here, it's an incredible honor and an incredible joy to share from my heart, all of my experiences and it's been a lot of fun. It's always fun; have an amazing day. Thanks for reporting on this.

Lars: Bye.

Shelley: Blessings, bye.



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