



Mary Lane

Nature Has The Ideal Diet Plan

THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
TRANSCRIPTS

MARY LANE

NATURE HAS THE IDEAL DIET PLAN

Shelley: In your view, why is a holistic approach to weight loss important?

Mary: When you look at something that is out of balance and in this case it is our weight and not only a few individuals here and there but this is happening collectively.

There is a much bigger picture to consider and so on a holistic level individually it's never just about the physical body you know it is, so it shouldn't be dealt with on just the physical level, you know the body is symbiotic with our mental, emotional and spirit body.

It is a reflection of the health of them all and then you know there is a continuum of the same being and so you know then you take this out on a bigger level and like what you just mentioned the epidemic that is happening, it is a complex issue and so it extends out to the soul of the collective. So you've got to look at all of this and it's not just about you know, okay just eliminate this and then carry on as if nothing else is going on behind the scenes so to speak.

Shelley: Yeah beautiful, and what inspired you to write your book, Divine Nourishment, A woman's secret journey with food?

Mary: Well food has been my journey from day 1 and I have cooked professionally for 30 years as a chef and you know high end chef but I've gone deeper, deeper, deeper with my journey with food and now I am 61, I am in the autumn of my life and it was the time to honor the wisdom I have gained, you know throughout my journey and offer it to the next generation so to speak and quite frankly you know I had to transform what I've learned and put it into a form that I can offer it until I grow old and die and you know I can't keep cooking professionally you know much longer.

So and it's been a powerful journey, it's been archetypal for me regarding my relationship with food and the earth and the healing of the feminine within myself so I don't want to pass the baton to the generation to heal this without also offering some support to carry it. You know so that's really what motivated me and you know I wrote it for women because I felt I could only share from that perspective authentically.

What I didn't realize was that the process of writing and offering this book was an extremely powerful vehicle for a much deeper healing for myself so in reality I did it as much for myself as anybody else.



Shelley: Yeah exactly and that is, you call it a journey and that is what I really appreciate because you're right. You are healing as you do anything like write a book or teach a course or cook or eat for that matter. So one thing you said that piqued my curiosity is you mentioned your journey was archetypal. Please share a little about what role archetypes play in your work.

Mary: Well, I have worked a journey that is very much about what we're talking about. I have never been overweight but the healing around my relationship with food has run very deep.

I was born with a defect that put me in a body cast for a month of my life and you know it is a 4 month old baby and so I was only fed intravenously and I wasn't able to receive the nourishment from this life, from this world, from the physical world on a level that is deeply nourishing.

You know so that was a big piece to heal and what I realized in walking through this journey and of course you know naturally then I would turn into a chef and it was about nourishing others.

But it was part of the vehicle just like the book of healing my own journey and as I realized that, as I got deeper and deeper that it doesn't matter if you're overweight, underweight you know we have a dysfunctional relationship with food because we're not able to receive the nourishment and so it was like a metaphor for being put into this body cast of not being able to receive the nourishment and all the ramifications that go with that and that is an archetypal like I said metaphor for what is going on in the collective.

Shelley: Yeah, yeah and the wounded, the wounded healer in a way.

Mary: Absolutely yeah.

Shelley: And then healing yourself and then bringing that wisdom.

Mary: But that is how you, it's how you become an expert because you know you're focused on it because you know you have to heal yourself and so you're very focused on it and so you become an expert of what you've spent 60 years being focused on so.

Shelley: Yes. And so if you were to define the essence of divine nourishment, what would that be?

Mary: Well, my approach and what I call divine nourishment is, it's not, it's a lifestyle. And it is a lifestyle eating aligned and living aligned with the earth's wisdom around the yearly cycle.



And it is appropriate for whatever environment you're in. It's like nature has come up with ultimate masterful map and diet plan that nobody has been able to top as far as I am concerned and when you're aligned with that and you're able to receive the nourishment that is put out in your environment in the season that it's in and you're able to open up seeing a reflection of yourself to the natural world instead of a society that has a dysfunctional relationship with the natural world or with the feminine or with, you know, ourselves. You know, we've been taught to not really feel our self-worth and honor ourselves.

Well if you were to look in the eyes of nature, you being honored and we you know all the time, never, non-stop and so we have to really open up to take this in. This is part of our nourishment and then when you're eating real food that is close to how it was designed instead to processed food that are empty, you know then, you're really getting nourished on a deep level and that to me is like the body starts to feel satisfied and the being our soul starts to feel satisfied and so there is not the sense of I need more, I need more, I need more, because you can't ever feel nourished.

So I feel like this is a core piece for this. It's not just a quick fix. It's coming back into relationship and alignment with, you know the divine world, the divine natural world and how it nourishes us on every level, not just the physical. But how we, our relationship to food is a reflection of our relationship to all of that.

Shelley: So if I am understanding the essence of your work correctly, what you're saying when we are not satiated by the food we're eating, it's because it's not nourishing our soul or our bodies.

Mary: It's not nourishing us on any level and also we're not feeling nourished because we're not feeling connected to the world we're living in you know so, we're not feeling nourished on any level. What I am saying is if we're not feeling nourished by feeling connected spiritually, emotionally, mentally; the body is a reflection of that. It just follows suit. So it's not going to feel nourished either and by the process of over and history of eliminating and moving away from real food that is connected to the environment that we live in and we have a relationship with it, that food has become empty just like other pursuits that are empty that don't deeply nourish us on other levels. So that is also a reflection of the same thing. Does that make sense?

Shelley: It does, yes and it is that connection and our relationships to nature and food that you know, we can align ourselves and in your process, this leads to losing weight.

Mary: Absolutely because everything comes into balance and also there is a deep sense of feeling nourished and content when you eat this way, so there is not a sense of over eating, there is not a sense of cravings of foods that don't serve that you know that are processed that do add weight. It's, everything just kind of comes back into its alignment and the weight it drops away.



Shelley: That leads me like how do we align ourselves with nature, how does the divine nourishment process work on a step by step basis?

Mary: On a step by step basis, it always starts with where you're at in the moment and become aware of it. You can't move forward if you don't know where you're at and it's you know, it's time to step back and instead of just charging forward and going on a crash diet so to speak or you know whatever feels like that is the quick fix in the moment. It's like stepping back and going, where am I at with this? And assess your lifestyle and what is a priority for you so that as you move forward with this, you can take baby steps that you can integrate as you take them. I find that they are much more effective than leaping.

So that level and so you know you just, you know you start where you are at and you just decide I'm going to take baby steps. So you don't go on overwhelm. You know the crash diets, you do this and then there is always a backlash. Well if you took too huge a step, there is an overwhelm, and then there is a backlash. So be kind and gentle with yourself in moving forward and ask yourself, what do you mean in a meal if you we take advantage of the food because it needs to be easy, do you want it healthy, does it need to be inexpensive.

Can it be organic, can I start increasing that into my food, can it be more natural? Is there food I can eliminate such as refined sugars and simple carbohydrates like processed wheat products that put on a lot of weight and also create more of the cravings? So these consistent, committed baby steps are really important as a first step to take and looking at what you can eliminate and then what you can start adding in. What I ask people to do, my students, is to just start looking at, go shopping and there is a lot of farmers markets now, there is a lot of natural food stores.

There is a lot of you know ways of getting real food and there is a big movement you know of being able to get real food now and people are becoming more away of that. So if you could even just start with eating foods that are from your local farmers or go the natural food store and if it grown in your area, start eating those because they are in season and you know it is real and if it is organic and so it is high integrity as possible.

The, you know, if you just even start that way and be gentle with yourself, it is very important to be gentle with yourself when you are re-establishing this very necessary relationship because it's not just a relationship with nature, it's a relationship with yourself. Well those are just the easy steps to start and then you can go deeper and deeper by really looking.

I use the Dallas perspective of the 5 element because the Dallas, the ancient Dallas, 5000 6000 years ago, they were masters at witnessing nature and knowing their self-similarity and what was going on in nature, they could completely connect the dot to what was going on inside of themselves and what organ systems that related to and everything.



And so I used that system as the way to articulate the language or nature and Wisdom of nature but it is you know, just because we need to engage our mentor as well but as you go into this deeper, it becomes, it awakens our memory in cells of our being that is nature. And so what we're actually doing is coming back to ourselves.

Shelley: Profound yeah, that is incredible. To be kind and gentle with ourselves take small steps?

Mary: Yeah, very important to take these small steps otherwise we sabotage and it's just much more effective and kind.

Shelley: Yes, and that awareness and how we're similar to nature because it always seems in modern culture there is like an opposition to nature and/or seeing yourself as different or nature is born so this systems, taking that step towards seeing those similarities it's profound. And you've talked about the divine feminine, I just want to take a step back and touch on that and if you could clarify the defined feminine a little deeper and how it works in your process.

Mary: What I found is that this is really critical piece in what we're dealing with, in our relationship with receiving nourishment on any level and we're seeing the effects on collective level of what has happened as a result of hundreds of years ago, maybe thousands that we have devalued that receptive feminine aspect of ourselves and this is the part of ourselves that actually receives and so by having this shut down and this is shut down in humanity and has been for a long time. What that, we cannot receive on the spiritual, mental, emotional, physical level. The body is just responding to that and it can't receive.

Nothing you know, we are unable to receive on every level. Well that has created a sense of scarcity and on a collective level. The world is living in a sense of deep scarcity. What we consider greed out there that has gone rampant is a magnification of the scarcity and so just like the process food that we're eating that are empty, the pursuits that we have been after are empty and there is never a sense of deep satisfaction of deep nourishment because we can't receive it.

We are actually in essence deflecting it and so this aspect of ourselves is critical if we're to receive the nourishment that food offers us, that life offers us, that friends and family offer us. Our relationship offer us, we need this piece to be healthy and active in us.

So what I am seeing in regards to obesity is that, it's like I mentioned earlier, not being able to receive the nourishment and there is a tendency to want more and more and more just like we do with money, like you know what I mean, with other things.

Consume, consume, consume and when this part of us is healed and we can receive and that will also shift our relationship with the type of foods that we would take into our bodies because we're receiving the sacredness of what the earth and that nature is offering us.



We can feel it. So of course we want to honor it and we don't want it processed, we want it in its pure form and when it comes into our bodies in that way and the body is open and going, yes in the sense of gratitude which is a fabulous posture for opening to receive.

Then we're deeply nourished, we don't need as much. We don't need as much of anything. We're satisfied so that is why in my process with the divine nourishment; it's also coupled with bringing that feminine aspects within us and it doesn't matter if you're a man or a woman. That is the part that can receive the nourishment. And we can't receive the nourishment we want more and more and more.

Shelley: Yeah, that is powerful, that distinction, you know the receptive feminine, you know healing that will find our balance and whether you are a man/woman in this kind of society, we can achieve that. We can find balance and it's right outside our door.

Mary: It's right outside our door. Nature is the master for manifestation of what that balance looks like. You know there is active outward time in the year and the spring and the spring and the summer and you know and then fall and winter it's coming into the more inward receptive time of the year when this is where you go in and you receive your divine guidance you receive you know.

So that is on the unicycle but it is in every moment, it's in every day. It is this balance of knowing you know to receive and then to take action. This is the balance and nature is the master of it. And she also puts out the food that is optimum for you in the environment that you're living so that, let's say here in Canada right now, you want to eat foods that are much more warming to your body. To help in the balance that goes deeper into your body.

I am in the tropics right now. It is still winter and I have my version of that but I have it, the version is appropriate for where I am living and so it helps to put the body back in balance as well and so this balance helps us to not crave and go off in this you know desperation mode.

You know it's like the same as if we are in the depth of winter and you have your food shipped up from the southern hemisphere which it is summer down there now so they are growing summer foods. When we ship it to the North and we eat them in the winter, that summer food holds summer energy and so we're not getting nourished by foods that hold the inward you know root vegetables that go deeper inside.

That is more of the energy of the season we're in. So by in sync like this, there is a sense of connection and satisfaction and the rest, it falls away. So this is not a quick fix but as a quick fix to start with if you just eliminated the foods that were processed and that are just empty like everything else what I am talking about you know it is connected to this natural world, you would be astonished at how much weight would just drop away.



Shelley: That's incredible. I understand you have some online courses that you've created based on your book and what if a listener signed up and got started today with one, what would their lives look like 6 weeks from now?

Mary: 6 weeks from now, they would be much more comfortable in their body. They would be happier in their body and they would have, they would be embarking on a journey that would be a healing journey on every level. And they would be embarking on healing the scarcity in their life and they would become much more aware of the sacred connection between them and the food that they are taking into their body.

So their relationship with food in 6 weeks would have a dramatic effect on them which would reverberate out into the rest of their life and this would be a kick start so to speak to a life long journey that just goes deeper and deeper, every circle. Every circle that you take it just keeps going deeper. So it's like a big kick start but it's not just about losing weight, you know it's about coming back to a deep relationship with yourself and reclaiming aspects of yourself.

Shelley: And in your experience when a person starts on this kind of journey, what might be the roadblocks getting in the way of losing the weight and keeping it off?

Mary: In all the kind that I have worked with mostly women on this. What I have found is the roadblock is self-worth. It runs so deep and it's been there for so many generations and we live in a society that promotes not feeling good about ourselves and so it is a billion dollar industry and so as long as we keep looking to that society to take our queues of what we're supposed to look like, what we're supposed to be like, who we're supposed to be, all of that and the old believes that something must be wrong with us.

That is what is the biggest roadblock in any of this it is, I am worth and it's sad but it has been cultivated for a very long time in the psyche of humanity.

Shelley: Yeah and so you can see that holistic approach is just...

Mary: Necessary.

Shelley: So when you teach, how do you work with that sense of not being worthy?

Mary: What I do is I let nature do the teaching I just translate and in her natural circle that when we have access to the energetic qualities of all these different aspects of it, there is a part of the circle that you just let go.

You let go of what no longer serves you so that you can take in what is new, you know that will nourish you as who you are becoming and transforming. So there is always this process of letting go to take in the new, to take in the harvest of the new. And so this always applies.



You know we're self-similar to nature. And so it's like if we kept taking in food that never eliminated. So these old beliefs that perpetuate the lack of self-worth, perpetuate the sense that something is wrong with us, they need to, they need to be let go off, so that you can then take in what was to come in that is new that you're growing into. So it's a recycling, it is a rebalancing and so this is specific key and what I do is I say, see this is how nature does it and this is how we write this way connected with nature and how when we're in sync with it, the energy that we're surrounded with is supporting us to be a different phases of this process throughout the cycle of the year and so that supports us to have access to that and it becomes natural.

Okay you know this served me last year, it doesn't serve me anymore, let's let it go and create what is new.

Shelley: And releasing.

Mary: Yes releasing these old believe systems is really necessary so when you think that it's, I would say that could also contribute to the overweight. It's like you're piling old believe system on old believe system on old believe system on old believe system. If there is not a recycling of letting go a releasing, there is no new nourishment so what happens is that it becomes toxic in the body, it becomes stressful in the body and so that stress creates an environment that there is even a stronger holding on.

Shelley: Just lack of sleep stress can cause weight gain so it makes sense on a deeper level.

Mary: It's worth it and like I said it's, you know we're not just a physical body. So what's beautiful about this is the knowing that you're just losing weight. You are healing on such a deep level and reclaiming yourself in your authenticity. Nature is reflection of who we are in our authenticity.

Shelley: Well and that process, that journey that you share you know through divine nourishment, I want know if you have one practical piece of advice that our listeners that our listeners can do right now. And I know it is a step by step process for long term transformation but what could they do right now to accelerate a weight loss experience?

Mary: I would go through my cupboard and I would let go of goods that are refined and processed. I would let go of foods that have refined sugars with so many people are allergic to wheat and gluten that adds weight and I would stop, I would stop shopping in the middle of the store where all the fats foods are and I would go to the edges. (laughter) That would have a huge impact, just that. And you know not mention these process foods also contain genetically modified foods that are not good for the body and that adds to it and so just doing that is a big start and start shopping in the produce section more.



Shelley: Well thank you and then if you could recommend one food or beverage to avoid, what would it be and why?

Mary: Well I think that is what I would. It would be, it is the refined processed food and the wheat products and genetically modified foods. That would be off the list you know.

Shelley: So anything that says wheat you know or sugar, processed just avoid it. And I know there is great information online, you can find lists of what products contain GMO so for the listeners, if you want to eliminate GMOs right away just search online for something like a list or just information about that.

Mary: This is critical piece because it is the antithesis of what I am talking about and so if we feel like we're disconnected from our food source now, that is taking it to the ends degree.

Shelley: It's changing our DNA.

Mary: It is and it is to be avoided at all cost and then you know when I go to France I can eat wheat but when I am here I can't and I think it's not wheat itself it is what we've done to wheat.

Shelley: Yes thank you for that clarity. Just for my own understanding of gluten, it often creates the sensitivities because of what has been added to the wheat.

Mary: Exactly and what happens is, your whole intestinal tract becomes inflamed and when it is inflamed and when it is inflamed then you got another stressful condition that is going on and it is not able to take in the nutrients and so when you're eating something over and over again it is always inflamed and so once again it is another reason why you're not being able to take in the nourishment and you're going to want more and more and more.

Shelley: And if you could recommend a food or even a supplement of some kind of add to someone's diet to lose weight what would it be?

Mary: Well the food that I would recommend is seasonal greens of all kinds. Green, green, greens. I mean they are food for the soul, you know this and they have the winter greens, the heavier greens, the lighter greens you know, this really supports the body and I have as a staple I'll just steam greens with a little garlic lemon juice and all of well and it is so incredibly nourishing to the system and gives you so many nutrients without it being you know adding to the weight and then what I used to drink because it was growing in my yard in North Carolina but it is growing a lot on the main land, I have to use the equivalent of it here which is Mamaki in the nettle tea, if there was one supplement it would nettle tea. It is so full of vitamins and minerals to support the usual mineral deficiency that simply people suffer from and this helps the metabolism in the hormonal system and so I can use it overnight for 8 hours.



I just take some nettle tea and I actually would add some oat stroke to it that is good for the nervous system so it can calm the nervous system and I pour boiling water in a mason jar overnight and let it sit on the counter and then strain it and I just drink cups of it during the day and it is, I had an exam one time when I had been doing that a lot because you know I was harvesting it out of my yard and the doctor I had an exam but I said I had no mineral deficiencies which is unheard of and it is because of the nettle tea.

Shelley: Nettle tea for balance. Yeah, that's really--

Mary: Do you know about nettle tea?

Shelley: I've heard not only the nettle tea but I have a small boy and just breast feeding, it was recommended for that and I noticed you know just to calm this and what I also heard is the roots are excellent too.

Mary: The roots are great for prostate problems.

Shelley: There you go, see the female and masculine balancing, the answers are in nature.

Mary: Absolutely, I don't take any supplements. What I do is I make infusions out of different herbs and also my supplements to keep me healthy.

Shelley: That's incredible thank you. Yeah because we can, once we start to educate ourselves and start to realign with nature, I am sure intuitively you start to go to those plans that will help you.

Mary: Well it becomes kind of like the next step where you want to learn about what, what you know what would give me my minerals and what would you know do this for me so it just becomes like a lifestyle that you want to learn more and so well if the food is doing this for me, what are the herbs going to do and so it just becomes more integrated and so what I found over time is that I get everything I need. The nature has something for everything and there is so many people now because it is coming back, there is so many young people that are really in this movement you know to reconnect with the natural that you can, it is easy to learn. It is easy to learn from books and on the internet you know, what is good is for what and so instead of, I don't have anything I need for acute issues I made some serves in case I get caught but I just drink these infusions from the herbs you know as teas that just keeps me healthy, keeps my immune system up and so it is about preventative instead of waiting until I am sick.

Shelley: Yes exactly and it is part of the reason why we did this summit because just seeing weight gain and obesity as basically signs of an imbalance that could lead. It is a preventative care to listen to the body, see the weight gain and make the shifts in order to balance yourself out again.



Mary: Yes, yes.

Shelley: And in your practice do you have any exercises or activities that would help someone lose weight you know on a physical level or is there anything you can offer there?

Mary: I found that mostly people who are overweight they need to be gentle walking and hiking. Walking out in nature, it serves both you know you get your exercise and you're connecting with nature and so for me walking out in nature, going into the park if you live in the city and take that in, that is nice kind gentle exercise, it supports your metabolism but it is also infusing you with the energy of nature at the same time.

Shelley: It is so simple stepping out of your door.

Mary: Yeah.

Shelley: I like that.

Mary: Yeah I think that we have to come back to being kind and gentle to ourselves and doing this crush diets and doing this, it's like supporting more scarcity, it is supporting more harshness that something is wrong with us and we need to do this through kindness, self-kindness and gentleness.

Shelley: Beautiful. And that is just it, it is these practices strategies that you provide just continually support the balance the connection to nature and ultimately holistic weight loss process that works and I really I am an admiration of how you've brought this altogether and all of the systems that you work with, your own experience and the depth of your experience has just been such a pleasure to connect with and I know so many people are going to benefit and we're going to be forwarding how people can get in touch with you but if you would like to share how someone can connect with your right so they can either learn from you directly, take one your courses, read your book, please if you want to share your website address that would be great.

Mary: I would love to, thank you. It is called divinenourishment.net and I have book excerpts there, I have information on my online courses, I have a blog that I just keep putting out more articles and also my schedule on teaching on [inaudible] and so I am, you know I offer a lot of different ways to get this and you know and affordable ways so that women, men and women no matter where they are living all over the world, they can access this support through the online courses and the book and then if they are here, you know that is where I am teaching right now live, but it is called divinenourishment.net and my email address is one the website as well.

Shelley: And they can order your book too through your website?



Mary: They can order my book through the website and everything is on the website and they can email me.

Shelley: Beautiful.

Shelley: Thank you so much Mary. It's been a true honor to connect with you and just thank you for sharing your wisdom.

Mary: Thank you Shelly. Thank you that I could share. I am really grateful.

Shelley: Me too.

Mary: Thank you for putting this together for everybody.

Shelley: Yeah thank you for all the work you are doing. Okay have a beautiful day.

Mary: You too, aloha.

Shelley: Aloha, bye.



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