



Philip McCluskey

How I Lost Over 200 lbs and
Got in the Best Shape of My Life

THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
TRANSCRIPTS

PHILIP MCCLUSKY

HOW I LOST OVER 200 POUNDS AND GOT IN THE BEST SHAPE OF MY LIFE

Shelley: What a pleasure it is and honor to finally have a chance to talk to you, and I'm so grateful that you're here today.

Philip: Thanks for having me on your program and yeah, I'm excited.

Shelley: Beautiful! Well my first question for you is: you've experienced a pretty remarkable transformation with your own weight loss. Please share a little about your personal journey back to optimal health.

Philip: Thank you so much, and a great question to start off with. It's been an interesting journey for sure. I would say, I was pretty much overweight since about the age of 5 years old. It started off with being just the cute and chubby kid that everybody wanted to pinch his cheeks, and rapidly went to being overweight and then obese. At the time, they coined a new term which was 'morbidly obese,' until I finally reached a point where I weighed 400 lbs.

Sometimes it can be hard to even think about that size. The way I always think about it is, when a big guy, a muscular guy comes out of the gym who works out every day, it's almost imagining him carrying another one of himself over his shoulders; everywhere he goes, every step he has to take, and the stairs and bending over to tie his shoe.

It got to a point where that's what my life was like. I would literally come home. I only had one flight of stairs to my house, after doing the flight of stairs, I would be so winded, and sweating and tired that I would just sit on the couch, often recline, rest food on my stomach, eat and watch movies for the rest of the night. That's what my life sort of consisted of. It was pretty sad and it was pretty reclusive; I didn't go out too much.

I did have friends and stuff, but everything was always an issue; even just sitting in the car became an issue. If somebody mean to hug me, they couldn't put their arms around me and touch. If I went to the movies, I couldn't fit in the movie theater seat. I would 2

actually have to force my body in between the arms of the seat where that would literally be cutting off the circulation in my legs. I would have to make excuses that I had to go to the bathroom all the time, but really I had to get up because my legs were falling asleep and had pins and needles.

It just was a hard, hard road. In hindsight as I look back- and I've gone through the emotional work and some of the self-inquiry and discovery - I really see that around the age of 5 when I'd started to gain the weight, is when my parents separated.



I guess I really wasn't told what was going on, so I was confused, I was scared and I didn't have any control. I guess, even at the age of 5, I wanted some sort of control. I said, the only thing I could do was to comfort myself with food and so I would eat and numb myself.

In the beginning, it was maybe sneaking a couple of extra cookies out of the cookie jar, and then it was having seconds at dinner. Then I remember getting to the point where if we'd had pasta, I would have five servings and I would go back for seconds and thirds and fourths and fifths and always trying to fill this never-ending void or emptiness that I had inside of myself with food; so I definitely was an emotional eater, to say the least.

I wanted to lose weight, I really did. Over the course of my dieting career, I guess I'd say I tried over 30 different diets; every name brand diet. I tried hypnotists, therapists, doctors, counselors, coaches, weight-watchers, multiple times; gym memberships with trainers, multiple times and nothing really seemed to work. It came down to the point where I was having fast food about two to three times a day and I was having upwards of 7,000 to 10,000 calories a day.

Somebody my height is probably going to be closer to having under 2,000. I was still, even in my older age, in my late 20s, still trying to fill that void and comfort myself and nurture myself from some of the emotions that I experienced as a younger child. Then of course, being overweight and morbidly obese has its own stresses of its own. Then I'm trying to eat to comfort myself from those stresses and it just becomes this crazy never-ending cycle.

It finally to the point where I thought I was going to have gastric bypass surgery, the surgery where they cut into the stomach and minimize it, and then you can only eat what can fit in the palm of your hand, pretty much indefinitely for the rest of your life.

It's a crazy procedure; sometimes people die on the table. I was at my end, I really didn't know what else to do. I started to go through the testing phase where they make you sleep overnight and they do an apnea test, a heart test and lungs; the list just goes on and on. I did about a month of tests to satisfy my insurance company and then at the last minute, they said, "Okay, you can have this procedure." It was for the first time ever, something inside of me just said, "No," and I knew that I must have missed one thing and I thought I had tried every single diet there was, but I knew I must have missed something.

At the time, I was reading about water fasting and the person mentioned raw food. That's the turning point that really struck a chord in me. I knew they weren't talking about sushi, I knew it was something bigger than that, but I had no idea.

I went online and at the time, seven years ago, there was a lot less information than there is today. I started to read about it, and I literally ordered 20 books from [inaudible 00:06:25] overnight and I just devoured them.



For the first time ever, it felt like I had found something that was right for me and that quick; of course raw food just being uncooked or unprocessed fruits, vegetables, nuts and cheese. It was the exact opposite of what I had interest in eating. I literally liked about four vegetables. I never ate vegetables my whole life. I never ate cooked vegetables my whole life, never had salads. I would always leave the salads at every meal. The only time I had vegetables, was if it was the topping on my hamburger, but other than that, I had never had vegetables. To think that I was going to switch to be a raw foodist, but also a vegan was so far removed from my reality.

For some reason, it still made sense. Basically overnight, I went from eating two to three meals a day of fast food to eating 100% raw vegan diet.

It was amazing, it was so amazing; nothing about it was hard. It was actually interesting. At first I thought I was going to be stuck eating carrots sticks every day and it was so much more than that. After three months, I had lost about 55 lbs. and I hadn't even done any exercise. It was just, frankly, the food that I was putting in my mouth was different, was beneficial for me. It wasn't processed, it didn't have lots of empty calories like the so many hamburgers that I would get at a fast food restaurant, and then I would still feel hungry 20 minutes later and I'd go and have another one. It was real food.

At the end of a year, I had lost 100 lbs. in total, so 100 lbs in one year, again, with no exercise. Not that it's the best approach, but I was just a big guy and everything's hurt, my knees, my joints and I would get rashes. I would get hot, sweaty and so I just didn't want to exercise the first year. It blew my mind to really see how much could change just from the food that we eat, and how much my body could shift just from food choices.

Anyway, to make a long story short; the second year I continued on, but then I started to incorporate exercise in the second year. I started to get into juicing and then I went on this crazy 100-day juice fast, where I literally just had juice for 100 days, which was amazing, it was mind blowing; it was such a cool experience. I had friends who would be like, "I can't believe you haven't eaten in 2 1/2 months right now," and I would be out dancing in New York City until three in the morning, and I would be full of energy and it was great.

By the end of that year, I had lost the second 100 lbs, so in two years I had literally cut my weight in half from 400 lbs. to 200 lbs. I would say that it was the easiest thing that I really ever did. I got to the point where I appreciated every fruit and vegetable from not liking hardly anything to liking everything. I noticed how my taste buds changed and my emotions came up and I released the emotions from childhood and so on.

To make a long story short, I guess that was the journey back to health. It was a 2-year process, and I've enjoyed maintaining that lifestyle ever since this past 5 years.



Shelley: Thank you, wow, that is an incredible story and your honesty, your strength ... Just to hear what you went through, I mean emotionally in the beginning, and to come to that place, just this conviction that just came out from somewhere deep inside of you, it's just beautiful.

Now you are regarded as one of the world's leading experts in personal transformation through weight loss. You've openly shared how many times you've dieted and failed. What would you say made it work? What was that moment?

Philip: Well, I would say there's probably a couple of things in there; one is when I first started, it wasn't something that someone was pushing on me, it was something that I discovered myself. My whole life, I always had doctors and family and friends always telling me, "Oh, you need to go on a diet, you need to go on a diet." I always call that the "cookie jar" mentality. It's like, when you want to get a cookie from the cookie jar, and your mom says "No, you have to wait until after dinner," or something, and then the minute she leaves the kitchen, you go in and sneak one out anyway; it's like that natural instinct that nobody really likes to be told what to do.

For so many years I was just being told what to do, and so naturally, I just kind of wanted to rebel against that.

Then I found out ... it was like my secret that I found out on my own; nobody was telling me to do it. Actually everybody thought I was crazy in the beginning, with my family and close friends, they didn't think that it was sustainable and what have you, so it was actually the opposite. I got to be the rebel in a sense, but in this time it was for my own health.

It was something that I found and discovered and was interested in. I think that would be the first thing.

The second thing was in the beginning, I really got to eat whatever I want. When I think about ... If you ever go to an Italian restaurant; that sort of family style. Say you're at a table with six or eight people; they might have a giant bowl of salad that's for everybody and kind of pass it around and you all take a little bit. Well, that's kind of the size of salads that I was first having when I made the switch.

I was literally having these massive salads with three avocados and handfuls, and handfuls of nuts and cheese and different vegetables, so it felt very abundant. It didn't feel like the typical diet. Despite having all those healthy fats that were in the salad, I still was losing weight faster than I could even imagine. It was really a cool thing to experience, but I didn't feel limited. I didn't have to count calories. I didn't have to move a carb from my diet program's slot from one page to another after I had eaten a carb or eaten a protein or all those different types of programs and protocols that I did before in the past. I wasn't watching calories, I was wasn't watching fats, I was just eating real, natural food.



I guess the second thing would be that it just really felt easy, because I wasn't limited with the type of food that I could eat. I could probably say that the last thing would be -as I look back at the whole process - it became fun for me. It became an exploration. I mean this was the guy who generally ... the only thing I would make would be steak or pasta and I didn't know how to make much else besides that. I didn't know anything about spices, I didn't know anything about what worked with what recipe's ingredients and things like that.

For the first time in my life, I was having fun in the kitchen. It was a joy to be in the kitchen, it was a joy to figure out what goes with what? What's going to make that taste good? I actually was paying attention to the food that I was putting in my body, instead of focusing so much on burying the pain with lots of heavy food. It made the whole experience fun and then, of course, as I'm moving away, it had become a snowball effect where the snowball just rolls down the hill and gets bigger and bigger.

Every week I was losing weight and it was just another exciting moment, and it was just like, "Okay, what's going to be next week? How much am I going to lose next week?" It became fun, so just playing in the kitchen, enjoying creating recipes, simplifying things ... It even inspired me later on to write recipe books; I have just finished my fifth recipe book - It's My Life, and it's just been exciting.

I never thought that a diet or a change of lifestyle could be fun like that. I had to break some of that mind-set and once I realized, "Wow! This is fun!" A lot of people ask, "How did you lose 200 lbs?" My first thought is that it was the easiest thing that I've ever done.

Once I set my will to really focus on the goal that I was looking for ... So many times in the past, I always tried to use, well, I'm indifferent that you call it will-power where everything feels like it's a struggle and it's hard ... "Use your will-power, use your will-power." This was a little bit different, this was kind of just aligning our will.

Making a decision that says, "I'm going to do this" and there is no other option, there's nothing else on the table. I see my goal, I'm going to move towards that, and I'm going to have as much fun as I can with it and enjoy the benefits, which was a new healthier body.

Not only just a change in my body, but it was really a shift in every other area of my life from relationships, to spirituality, to business, to confidence, to interaction with women ... Everything changed as a result of switching the way I ate. I always think of it as the foundation for every other great thing that's happened to me in my life.

Shelley: Wow! I want to jump ahead to a question I had for later, but you mentioned the emotional. You cover everything; that's why we're so interested in your story and what you do now in sharing this information, because it's truly holistic.



One area where, I think, you go into detail is the emotional aspects of what happened for you in your transformation. You've also described becoming more emotionally sensitive with certain foods you eat, and how you can feel your emotions changing when you eat them.

If you can share that experience and just enlighten us more, because it's something that I think some of us can relate to and some of us don't know so please ...

Philip: Yeah, sure it's a great question. So many of us tend to just be, or act out and have moments of emotional eating, even if we don't have a weight problem. A lot of people, emotionally ... if they feel sad they might go out and get icecream or get chocolate or something. If you feel happy, you might end up inviting a friend out; if you're a guy, for a beer and buffalo wings, or whatever it happens to be. When we are cold, sometimes we want to eat something warm, whether we are hungry or not.

We end up giving food the role of so many things; it can be our companion, it can be our partner, it can warm us up, it can make us happy, it can make us sad. We go through the whole routine of all the responsibilities that we've given food, instead of simply nourishment and maybe pleasure, enjoying it.

I started to really look at that, and I started to look at how my emotion really connected with the food that I was eating. One of the things, as I really just got into the self-inquiry was; whenever I felt any moments of stress, or any moments of pain or uncomfortableness, I generally would want to go out and eat. The minute I left work, I'd go out and get a large pizza, and potato chips and icecreams, and soda; I'd go home and just numb myself out.

It was a constant because it provided the same results every single time. That's one thing that food tends to do, is it's consistent. It can be a comfort. When you're feeling sad, you know that when you go out and you have that chocolate bar, it's going to do the same thing, generally, every single time. You know when you're feeling upset about life, if you go and maybe pound out a large pizza, it's going to make you feel a specific way. Sometimes people don't show up in our lives as being that consistent and food can, so we end up developing this relationship often with food.

What I would notice is whenever I had any stress that come up on me, for example, say, something happened at work or my boss didn't react the way that I thought he should have, or whatever that might be, then I would go out and eat heavy food.

This food would weigh down the emotions and kind of keep it at bay again. Sure enough, a few days would go by and life would be all right, everything would be balanced and fine and then some other stress would come up. Now as the stress flares up, I'd go out and eat this heavy food again that would weigh that emotion down, and I would keep playing this game of having it spiked, overcoming it with food and continuing the pattern, until it was a constant in my life.



Now when you switch over to a raw food diet or a more healthier diet than what I was eating before - the standard American or standard junk food diet - you're eating lot of salads, lots of lighter foods. You're drinking smoothies, you're drinking [green inaudible 00:20:11] juice.

One of the things that a lot of people noticed was, as the emotions start to flare up again, it's not so easy to bury that emotion or to weigh that emotion down with a salad. It just doesn't do the same job as like a large pizza or three bowls of pasta or whatever that heavy process addictive type food is that we might be used to; so we have two options.

One option is either ... and a lot of times people will say this, "Okay, I'm going to start a healthy diet or vegan diet or raw food diet or whatever it happens to be, I'm going to start it on Monday. Then Wednesday, something emotional comes around that we're not dealing with or some sort of stressor or what have you. Then as we are sitting there having our salads for lunch, it's not doing the job of weighing that thing down and so then we say, "Ah, I can't do this right now." We switch back to eating the standard American diet or the foods that aren't serving us.

Of course, after that, there's this feeling of guilt, shame that you couldn't do it. Then it all start again Monday and then you start eating healthy again Monday, then Wednesday comes around and the same pattern happens. Each time going back and forth, adding on another layer of guilt, another layer of shame, creating a story in your mind that says, "I can not do this. I'm not good enough, this and that" and it becomes a really damaging process.

That's one option. You feel, a lot of times, people have done that in the past, the clients that I've worked with; that becomes their routine and we all kind of joke about the whole 'diet on Monday' type of thing, but it's real; something that we all experience.

The other option is to recognize the causes of those stressors and emotions and release them in a really productive way.

That's what I knew that I had to do because I knew that if I didn't do that, I'd be bouncing back and forth with those feeling eating process, going back to eating raw, eating process, eating raw; and that's not what I wanted to do. I've made the decision ... it is bit of an extreme decision but literally made the decision that overnight I was going to be 100% raw and I wasn't going to go off and that was it.

That was my one rule that I made to myself. I can eat as much as I want, I can enjoy it as much as I want, but I knew that I wasn't going to go off. I didn't have that luxury because I aligned my will and there was nothing else on the table for me to do. I had to learn to release that emotion.



What's interesting in the beginning ... because I started to put a lot of attention on the emotion as a problem. I started saying, "Okay, I feel this way" or some days, I'd be standing in front of a mirror tearing up and not even knowing why, and trying to say, "Oh, is this from childhood? Is this from pain that I have not released yet? Is it something in work?" I put so much attention on trying to figure that out and energy flows where our attention goes. I started saying, "Wait a minute, this is maybe not so beneficial for me to spend so much time focusing on a problem."

I switched gears and just started focusing on releasing. Whatever came up, I'd be present with it and release. I've started to create this little routine. If any kind of emotion came up, I would first create awareness around it or just notice it, "Okay, I am feeling emotional right now" and quite often you don't even feel that, we just automatically ... something happens, and we trigger it, and we think it's [inaudible 00:23:48] food.

I became aware and then I would usually take an action. For me, it was always breathing deep from my belly and not from the chest area. I would just say, "Okay, I'm feeling emotion, now I'm going to breath and then I would just be present with it and acknowledge it.

So, "Okay, I am feeling emotion. I don't have to own this, I don't have to claim this; I definitely don't have to eat because I'm feeling emotions. I can just feel what it feels like, and then I'm going to let it go.

For me that really started to work. I was heavily into reading a lot about [inaudible 00:24:25] at the time and just practicing being present, because for my whole life, I wasn't present. Emotion would kick-in, and I'd go right to eating food, then distracting myself with movie or TV and I never actually took time to realize, "Wait a minute, if I eat this large pizza ..." often to the point where, it made my stomach painful and sometimes to the point where I was eating so much in a day that I really just fall asleep eating with a slice of pizza or burger in my hand because my body is like, "We can't take it anymore, we just have to shut down, you're putting too much in. We have to shut you down" and I'd fall asleep.

Making the change to come back to actually saying, "Okay, why am I doing the things I'm doing?" Or "Don't I deserve better?" Or "Can I start to view things for myself, by being loving to myself, and that it is beneficial to myself?" It's a bit of a mind shift. I find that you really have to want to work through the emotions. A lot of times they can be tied in with a lot of things. It can be tied in with loss of loved ones, that could be tied in with divorce or with separations; and whether your parents are divorced or whether you went through a divorce or lost a job or what have you. Sometimes, we don't want to relive those things.

I don't believe that we have to relive them, but we have to release the pains that have been tied up with them and then cut that emotional, eating [inaudible 00:25:47] and once we can do that, oh, it's so amazing, that flip on the other end.



Because as you start to purge those things from your life, you can purge other types of negative emotions that may be there that might not have resulted in food.

That might have resulted in maybe you got some hurt and you went and gossiped about somebody or you got some hurt and you wanted to blame, or you wanted to feel the victim, or you wanted to feel angry towards someone. Whatever those things are that might not be [inaudible 00:26:17], you get to work on hearing those things as well, so you can find that you've got balance on the emotional and you've got balance on the feeling as well. It feels good to come through a bit of that. It is a work in progress, of course, but it feels good to eliminate a lot of that. It's almost like an emotional enema, I guess. Then you share on anything; actually you've got a lot of experience.

Philip: Wow! Wow, I can just listen to you forever. You have a very calming and confident understanding of even emotional connections that we make with food. It's an area I think, I just know collectively, even as we move forward and look at this epidemic of waking an obesity; collectively we're going to release some things, structures that created this pain.

I'm just so looking forward to your continued work and just learning more from you. You've gone on to create these amazing programs. Specifically you go into the importance of colonics and home enemas. Please share more what this practice for weight loss achieves with our audience.

Shelley: Yeah, absolutely. It's generally one that people don't want to talk about the, ideas colonics; what does that have to do with? Does it have to do with your bowels? What are you doing during a colonic? Do I have to get naked or do I do something at home or is that a colonoscopy or what have you? We get so confused, right? It's definitely not that.

There's a colonic which is generally done at an office with a colon hydrotherapist; my wife's actually a colon hydrotherapist as well, or an enema is something that you can do at home yourself. Generally, most colonics range anywhere from \$60 to \$100 but it's much more efficient than enema is and I'm going to explain the difference in both.

Basically, doing a colonic or an enema, it's generally doing one thing; it's putting water inside the body through a tube into your colon, and it's helping to flush the colon out.

Now, we can have stuff that's stored in our colon for years and years and years, especially depending on the way we eat, the foods that we've eaten in the past, our patterns of eating, how we digest, if we maintained stress in our stomach area and our digestives. A lot of overweight and obese people tend to do and which I have recognized and I've experienced as well; when I feels stressed, I'm not releasing and having a good bowel movement; so we can hold on to a lot of things.



They say on average, people can have an average of seven pounds of fecal matters stuck inside the colon. First of all, you could be seven pounds lighter if you got that out. If that would be the only thing we got from it, it is a quick weight loss tip; but as you start to flush that stuff out, a couple of things happen.

First of all, you'll notice that you feel so much lighter; I feel energetic and lighter. I feel physically lighter. I'm more inclined to run up the stairs and go up two steps instead of one step at a go. It's just little tiny things that I notice, because I actually feel lighter.

The second thing is any kind of bloating disappears. Any type of gassiness disappears when going through the process. If you tend to be windy, this will help clear things out and give you an opportunity to reset. There's people that have said that rings had literally slid off their finger after having a colonic, because the body can be just so bloated and all of the sudden all that pressure gets released. You're like, "Oh my God, my ring just slid off my finger, it does not fit anymore," something like that.

I've had that experience before. When I first started going, my sneakers were probably a little bit too small for me; actually they weren't too small, I just had gained weight at that time and my foot ... The foot gets bigger when you gain weight. My feet are smaller than it used to be.

I remember getting maybe my first or second colonic done and my foot slid in and out of my sneaker easier, and I was like, "Wow, that's really weird." It was cool though, it was just interesting. Actually I've done some experimenting with doing at home enemas on a bit more frequent basis. I even noticed that I would do specific experiments with my exercise routine and when I had more energy. I noticed the dramatic increase in my energy after having an enema and then going right in to doing my exercise routine at Shield Dynamite. Whether it is push ups, or sit ups, or crunches, or whatever I was working on that day, it was dramatically improved. Again, probably the feeling of lightness, but the feeling of energy in the body, as well.

Basically, to break it down when you go to get a colonic, you're going to a colon hydrotherapist, there are three types of methods. There is either gravity which will be a big bucket of water with a tube, or there'll be a machine which will pump the water. It's literally going into a tube which goes into your bum and it puts water inside the colon. When you feel you need to release, you'll release them out through the same tube and you can actually see; if you're brave enough, you can actually see the fecal matter leaving the tube and going down.

It's funny, your colon hydrotherapist, you can't hide anything from them. They know what you've eaten, they know if you'd drinken wine, they know if you chew well or if you just swallow up and [inaudible 00:32:52].



They know everything, there is no getting around it. It's a cool experience; but when you come out you, feel very refreshed. Sometimes people are nervous the first time, so they're actually stressed and cold in that stomach area. They might not notice much will come out of. Once you go the second or third time, you start to really see amazing [inaudible 00:33:14].

Now, an at home enema or a bottle system enema is generally done at home in the bathroom and that's your own simpler version. You generally have a bag or a little bucket; I use one with the bag. Then I can fold it up and travel or what have you; I just hang it on at the back of my door handle and that again has a tube which goes in to your bum, you just turn the knob and let the water drain down inside of you. It's different from the colonic because you're not releasing to the same tube, so when you feel that you have to go, you will take the tube out and you will go sit on the toilet and then do it, release.

That's a little bit different but you can do it in the privacy of your own home and maybe getting start you will feel a little bit more comfortable. It's not going to be anywhere near as effective as getting a colonic, because when you are doing a colonic, they're flushinh the water in and out of you many, many times over and over. You might end up by getting 20 enemas, and so immediately you feel really clean and refreshed. But you can do the enema and you can do a bag and then have a release and you can actually refill the bag again if you'd like and do two or three bags. It would not take very long; it might take five minutes per bag or something like that. In the beginning it might be a little bit longer as you just start to cleanse your colon for the first time.

If you've been looking to flatten your stomach ... maybe you don't have a lot of weight to lose and you're just looking to get rid of he last 5 or 10 pounds and you can't get your stomach to flatten out; this makes a big difference. It really does make a big difference. If you haven't done it before, I definitely would recommend breaking any kind of fears that you have around it and going for it.

It's a funny thing how we can be afraid to just touch our own body. You automatically think, what's going on here? This goes where, and it's really just not a big deal. I would've never thought, seven years ago, that I would have ever have done an enema. Now anytime, when any kind of cold symptoms come out; if you noticed any breakout on the skin, if you noticed your energy is low, if you noticed you're having poor bowel movements; any of those things. You can knock out an enema, just in the morning half hour right before you jump in the shower or something like that and you'll feel amazing, you'll feel amazing.

It's certainly one of the fist things I tell my family if they're experiencing any kind of cold or anything like that. I'd say, "Hey, do an enema" and I'd usually have to fight them on it, but every once in a while I get them to actually do it. They're like, "My God, that was amazing. I feel so good." It's a little secret that most people don't jump into, but if you do, you can notice some very big changes inside the body and looks and energy, even in your weight, to a certain extent.



Philip: I'm completely [inaudible 00:36:20]. I learned about colonics and enemas from a yoga teacher years ago when I first started to look into help. I was doing a cleanse and at that time I had been a coffee drinker. I remember I was doing a lot of juicing and I was getting, the first couple of days, just massive headaches from not having caffeine. I realized how ... It was a really big awakening and I remember my yoga teacher offering, it'll be a good time to either go to a colonic or try an enema. I remember the relief from ... I guess it would've been toxins. It was so helpful. I would say this is like beyond being a secret. It's a key for the entire health perspective, the whole spectrum. How much it can help a human being when you're going through something physically, emotionally and mentally too when you're dealing with the holistic model. It's so important. Thank you for sharing about that.

You are also going to hydration, how important it is and what foods help hydrate which foods don't. Please share how important being hydrated is for weight loss and for holistic health.

Shelley: Sure. We all know that our body is generally made up of water; and it enjoys water, and it wants water. It wants to feel liquidy. That's what keeps us feeling fluid, that's what prevents us from getting old and liquidy and not being able to stand up out of our chair. So many times it's funny, I always tell the clients about this.

A long time ago a doctor used to say eat your fruits and vegetables, drink eight glasses of water a day. Now it's, take this medication and have this surgery. You don't hear too much of that stuff anymore, but water still is vitally important to our body. What happens is, when you go to ... First of all, generally this is 75% of the time, we feel hunger pains, it's actually for water, and we tend to go and eat instead of drink. Generally, and as I've lived in the US, we definitely don't drink our eight glasses of water every day and for some of us it can be even more than that. At that time, I was drinking upwards of a gallon of water every day, when I was really looking to lose weight and I felt amazing. Not only that, my bowel movements were great. It was just quick, in and out the bathroom; I didn't have to read a book for half hour or anything like that, so it keep things flowing.

A lot of times, what happens is I believe we feel those water, those pains, and we mistake them for food. Then we go and eat instead of drink. When we're going to eat, even our body is looking to get water out of everything of that we eat. A lot of times when we're eating foods that are just breads, hotcakes, and lots of carb, and foods that don't have a high water content.

We're depriving our body of that and especially dehydrated foods, some of them are good in small amounts; but when we make them part of our consistent diet ... when you have a lot of dehydrated food, it dehydrates you. It's as simple as that. You're giving yourself something that has no water in it and of all the [inaudible 00:40:03] processed food and cookies and crackers and all stuff, you're not getting anything. The body doesn't even recognize what you're putting in it.



When we have high water content foods, it keeps us ... It supplies us with the water that we're looking for in our fruits and vegetables, along with of course, having a recommended amount of water for your body weight every single day as well. So it's probably going to do more than eight glasses if you can.

What I like to do is, first in the morning ... I just start to create routines. So first thing in the morning I'll have 32 ounces or two liters of water, and I like sometimes to have it by itself. Sometimes I'll squeeze in some lemon juice. Sometimes I'll put in a little bit of stevia, which is a natural sweetener, couple of drops of stevia in there and make it fun; make it taste like a little bit of a drink. I knock that right out, when I wake up. Then, of course, that's going to stimulate a bowel movement and then I'm going to have my morning bowel movement. You now continue on throughout the day and enjoy having just cups and glasses here and there, but I'll least now I first got in my 32 ounces. That's definitely a good start.

Then I look to eat high water content foods in every meal that I have. Generally, I just give you my routine, which is not going to be everybody else's; but the first thing I have after my water is I have green juice in the morning. Of course, that's a liquid so my body is loving that. It's a high amount of vitamin and nutrients and so that feels great, much more than I would eat, if I was to have that like in a salad with all the fiber and now it's juiced and I'm having it in liquid form.

Another thing that happens is my body is still fasting, because if you have juice, the body doesn't ... It's not required to go and have indigestion mode. When you have food in the morning, you're breaking your fast; that's where the idea of breakfast comes from. At night you stop eating, hopefully around eight, eightyish. You're not eating too much past that and you're fasting overnight. In the morning you break your fast, but I like to have juice in the morning so the fast continues on to that process, because it's not needing to digest anything.

Whatever is going on, whatever is wrong in the body and it's working and healing and it's giving you surplus energy. I like to do the approach of having light foods to the heavier foods in the evening. Then if I'm going to have something after the juice, it will be a smoothie; so it's a little bit heavier. There's a fiber in it but it's packed with water or coconut water or whatever I choose to use, sometimes a medicinal [inaudible 00:42:56] I'll use as a base, but generally it's water. That's another item that has water, it's also partially digested, because it's been blended up, and so my body is still really not having to work too hard at that point.

Then when I go into having lunch or it might be a late lunch, that might be a big salad; so I'm having more high water content food. I'm having cucumbers, I'm having celery, I might be having [inaudible 00:43:24] lettuce, or a variety of other [inaudible 00:43:26] food, spinaches and greens. Everything is very high water content. I might be going with a little bit of fat like some oil or lemon juice or apple cider vinegar or something like that, but generally it's a high water content salad, and so I'm still continuing that process as I start to ramp up to having a bit of heavier food.



Then as I'm going to have dinner, again, even if I was to have cooked food, which I now incorporate a little bit into my diet, so I'm going to have some baked vegetables or 14

something along those lines. If I was going to have quinoa or something very simple; I would still have my salad first, make sure I'm getting in that high water content foods. I almost use it as a ... if I'm going to have some other cooked things or heavier things, that's my reward for getting in my high water content food in each meal.

When I start the day, it's always from lighter and then to a heavier food in the evening. Then even within a meal that I'm having some heavier foods, I'll still have the lighter first, let that digest really well and then moving to having the heavier. Incorporating, again, lots of greens or all very high water content foods, of course, fruits if you want you. You don't have to have the same routine as me. You can definitely ... you could put your [inaudible 00:44:52] bacon and eggs in the morning with a fresh fruit salad, which is all going to be high water contents.

You can spice it up if you want. You can add some dates or something like that if you're not really into [yoghurt inaudible 00:45:07] and you're looking for something sweet or you're stuck on the maple syrup in the morning or some breakfast bagel or what have you. You can still make it fun and enjoyable; but thinking about having high water content foods in each and every meal. It's taking away from some of those heavy processed foods, because the cookies, the crackers, the pastas, the breads, that's what's going to get stuck inside the colon.

When that's stuck, then you've got to try to eat the next thing then that gets stuck, and then you're digestion is sluggish. Then you're sitting there having very hard and difficult bowel movements. Next thing you know you're reading chapters in your book while you're trying to have a bowel movement instead of being in and out and quick, you're having a [inaudible 00:45:51] experience. That's what really keeps the way around, especially around the mid section, [inaudible 00:45:56] colon there. You can really ... by switching and incorporating enemas and lots of high water content foods, you can eliminate that quite quickly.

Shelley: Wow, thank you. Thank you so much. Just keep quality water and that was an interesting fact that 75% of the time when we're hungry, we're just craving water.

Philip: Yeah.

Shelley: I want to ask you about your 'get juicy, tender, guided juice cleanse.' Let's just share how you guide people through a cleanse. How you help them reach their weight loss goals that improve everything in their health.

Philip: I mentioned before that I had did a 100 day cleanse, since then I've enjoyed lots of different cleanses. I've done 60 days, and 30 days, multiple, multiple times; and just really enjoy incorporating that into my routine, into my life and generally a couple of days every month and it just feels good. It's kind of pressing your reset buttons.



A lot of people have asked me to create a book, and to coach them and there's just not enough time in a day to coach everybody on going through a juice cleanse. What I decided to do ... my wife and I created the Get Juicy Cleanse. What it is, it's a 10 day protocol. You can choose to do the full 10 days or you can do 5 days, 3 days or you can do longer than 10 if that's your calling and you can just repeat it over;

My wife, as well, she's a nutritionist and she loves cleansing and juicing. We basically know what you're going to experience on each day of the cleanse. We know when the emotions generally will kick in, and we know when you're going to feel a little bit more rested and you are going to be ready for some mental mastery or some emotional mastery. We know when those things are going to really start to spike for you.

Again, really knowing what you're going to be experiencing on each and every day.

A lot of times, people haven't even juiced to cleanse before and then they'd say, "Wow, I feel amazing and I never thought this was really possible." Because after about day two, the hunger pains go away, and so you're not really feeling them anymore and it could be quite a liberating experience.

Some people will do just juice, some people will do more of a liquid cleanse so it'll be juice plus, they'll often do blended smoothies. Everything is sort of in liquid form. Then some people will juice for breakfast and lunch, and then choose to have a very, very light high water-content dinner.

So many people have just been healed and overcome what seemed to be terminal diseases with juicing; wheat grass, green juice and lots of it.

Shelley: What a powerful program and what a great way and format to offer it to others, so thank you.

I'll just ask a couple of practical questions, just so our listeners can take something today away and apply it. When it comes to juicing, would you recommend one juice a day to begin with or would you say let's just try it once in a while or how would you say where to start with juicing?

Philip: Yeah, if you just look into incorporate ... having juice in your diet, I will definitely say, "Hey, start off, let's see if you can do it 3x a week, just 1 juice. If you can get it to have a juice every day, that's awesome." I've recently been talking back and forth with my brother who eats the standard American diet and he just started. The only change he did, he is still having whatever he wanted for lunch and dinner.

The only change he did was just had a juice in the morning and he lost 28 pounds, because it was just such a break from what he would normally have for breakfast and it was interesting.



If you can get into having a juice every day, that would be really amazing; definitely in the morning before you've had any other foods, if possible. If you're looking to do any kind of cleanse or long-term cleanse, then you can have upwards of a gallon of juice a day. It's actually the only food that you're going to be eating throughout the day, that's kind of more plentiful. It doesn't feel like you're in any kind of starvation mode or anything like that. If anything, you might have a hard time getting down that much juice because you're just, "Hey, I'm full, I never thought I'd be full on juice."

Yeah, [inaudible 00:54:07] ultimately though, if you can incorporate that into your routine every day, that would be great. 17

Shelley: Would there be any foods or things you would recommend people, not take in if they're thinking of losing weight. Do you have any ideas or something to share there?

Philip: Sure, if you're not wanting to gain anymore weight or you're looking to lose weight and you're looking to eliminate some foods, there's definitely a whole bunch. But without feeling too overwhelming, I'd say, the first one is removing some of those processed carbs. I guess I could go through a bit of a list; first of all, if you have any kind of white sugar, table salt, white bread, white pasta, things like that. Those things aren't there to serve you and the body doesn't really even know how to react too well those things, so I would eliminate those right away.

Second would be processed foods; anything that comes out of a package or a box, generally isn't going to be the best bet for you. The body likes things simple. We come from a people that generally [inaudible 00:55:24], you might be searching, and you might ... whatever it is, 5,000, 10,000 thousand years ago. You might have found a strawberry bush and you might have just eaten strawberries.

That's been it, you're having one food for your meal and now we have a packaged food that might have upwards of 40 ingredients in it. Some of them are dyed, some of them are genetically modified foods; a lot of ingredients might have had pesticides, or herbicides, or fungicides, or larvicides, or whatever it is. We're trying to get the body to recognize that and digest it. It doesn't know what to do and then often gets stored as fat.

So eliminating processed foods and going more towards the fresh fruits and vegetables and healthy fats; your avocados, your nuts, your seeds, some healthy oil; that's all fine to have, but moving away from some of those things. To be honest, if you're closer to your goal weight ... if you have a lot of weight to lose, all that recommendation stands if you're bit closer to your goal weight and you're trying to knock off the last 10 or 15 pounds or what have you; then you might even want to just slightly look at some of your nuts and cheese intake, and you can even try to keep that down to maybe about a handful a day.



In the beginning, it's not going to matter as much if you have a lot of weight to lose because the weight is going to just come off from making the change on its own, but later on if want to fine tune a little bit, it'll be that ... look at that. Of course, you have a lot of the things that people are allergic to, intolerance to any kind of gluten products. Some people have issues with corn, some with soy, some with dairy; eliminating those and first getting tested, of course; then eliminating those, more loss would be a dramatic change for the body, and a lot of things that don't process well.

My personal opinion is on things like meat, the body goes to eat that, and it just takes forever to digest. Generally we're having our next meal before that's even digested and so the next sitting on top of that, when that's causing gas and problems. Then we're having maybe even our third meal and the first meal still hasn't digested, and nor has the second. Having things again - like high water content food, a high vegetarian diet, if that's possible - that's what's really going to help to speed up digestion and give you the energy you need. Not using all your energy digesting food all the time, but instead you've use your [inaudible 00:57:53] energy so you can live life passionately and with purpose.

Those are just, I guess, a couple of quick tips on some food which you can eliminate and then some that you can add as well.

Shelley: Thank you. What physical exercise or activity would you suggest for losing weight? What would it be?

Philip: Good question. I would say the best exercise to do is the one that you're actually going to do. A lot of time, people losing weight, they get all hands-up and, "Okay, I'm going to the gym and then I'm going to do this many steps and this many reps, or whatever that may be; if you don't do it or if you only do it for a week until the high kind of wears off, it's not going to be beneficial. This is all about creating a lifestyle, finding foods that you can enjoy and eat for the rest of your life; finding exercise and movement that you can enjoy for the rest of your life.

The reason why diets generally doesn't work is because they're only met for a certain amount of time. A lot of people will get in shape because they want to maybe fit into a wedding dress or because Christmas is coming up or something like that; so they'll eat those packaged meals, so that diet program, or some crazy routine - no carbs but all meat, or whatever that happens to be, but it doesn't last forever. Then you end up going back to eating what you normally ate, the weight comes back on again and you feel discouraged again. We're thinking of things that going to really create a long-lasting lifestyle.

When I think about exercise, in the beginning, when I was 400 pounds, or even when I started exercising at 300 pounds, I had to really think long and hard about what I wanted to do. I knew I couldn't do too much because my knees were a bit sore from doing that weight. I didn't want to go running down the street, to be quite honest.



I didn't want to be wriggling and jiggling all over every place and having people drive by me in a car ... When I'd be outside too, the sun would make me sweat so I didn't want to really be sweating so much.

I'm on the East Coast and in the Connecticut area, and we have lots of woods, which I love. I actually started to go into the woods; I started to hike. It did two things; one, I wasn't near people in cars so nobody was really watching me; and two, the trees protected me from the sun, so I wasn't overly sweating or anything like that.

Basically, it's finding some movement that's right for you and movement is the key word here. Sometimes exercise even brings about a negative connotation, but just getting into some kind of movement. Even if you're playing ping-pong; whatever that happens to be, find something that works for you and it's something that you can actually see yourself doing.

A lot of clients will get into some exercise, but just something simple, just with their pets, because they have to take their pet out for a walk. It might be just, "Hey, go an extra street for now," and that may be it. Do that until it becomes a routine, a habit, just as routine as brushing your teeth in the morning and it doesn't feel like a struggle; and then you can work on expanding that.

I always like to say, "Be a stairs type of person." If you're at a hotel or a building and it's only two or three flights, try taking the stairs. Don't always go for the elevator as your immediate go-to.

When you're pulling into the parking lot, at a grocery store or shopping center, you don't have to get the front row spot every single time. You can be happy with getting the back row spot and walking an extra 90 seconds or two minutes it takes to get there, and then you start to develop that mentality; you start to do that all the time. You start skipping the escalator at the airport, or at wherever and you take the stairs next to it; now you just skip the elevator and you need to take the stairs, or you walk to the back of that parking lot and you get your movement in, in all the different ways in life. Instead of sitting down watching TV all the time, you might be gardening, or you might play sports with your kids or having fun. It just starts to shift the way you think.

I guess the most important thing would be; be a stairs type of person and find something that you love that works for you; even if it doesn't seem like standard exercise, as long as there's some movement going on just to start with, that's a good start.

Shelley: Well thank you so much. Well, any other words of advice here for someone who wants to lose weight? Any other practices?

Philip: Sure, yeah I guess a couple of other things I'll share that'll be beneficial is when I started to lose weight, because I had so much weight to lose, I was really nervous about the condition of my skin.



Would I be having lots of extra skin? I had seen people who had had gastric bypass surgery and the skin underneath their arms would hang down six inches , or their stomach might hang down below their genitals or something like that and I was kind of afraid of that.

When I hit on this raw food diet or lifestyle, I was eating such amazing clean food and combining that with having juice all the time; then I also added in a couple of other [inaudible 01:03:20] foods which I think would be beneficial for the listeners.

One is, I would take a product called MSM, which is a supplement you can find in your healthfood store; it's a sulphur compound. It's natural and doesn't taste that great, but I started having MSM. It's just a powder and you just mix it in your water and you just chuck it back and that helps to tighten the skin, that helps with any scarring, that helps to improve the condition of your skin. Also, as a side note, it helps to improve your joints as well so a lot of other people might be taking it as well. It helps the skin condition and makes your skin really baby-soft, so I attribute that to the way my skin looks now, and I've never had skin removal or anything like that. It's just amazing how the skin can go back to where it once was when you're giving it the right things.

The second thing I would probably say is skin brushing, I really enjoy skin brushing. You can google online for a skin brush. It's generally like a bristle brush and you can even find a YouTube video on line, if you just Google that. You can see it as a way that's just brush the skin; it helps to remove any dead skin cells, helps to improve the overall condition of the skin and, again, makes it baby-soft, if you're having any skin concerns.

I guess the last thing would be is don't be afraid to sweat. A lot of times, depending on the experience you've had in life or the way that you have to lose this, there can be quite a fear of sweating, or you don't want to get too hot or sweaty. I want to switch that for people that are listening because sweating is key; it's helping release toxins from the body, you're losing weight, you're feeling good, you're getting your heart pumping. Whether that has to do with doing spurts of vigorous exercise, if you can't do a lot right now, go for a walk, and then maybe every five minutes in your walk you do a little 30-second sprint, or a 45-second sprint, or what ever your ability is. Incorporate a little bit of that.

If you have access to a sauna or if you have access to a steam room or something like that, definitely take advantage of that, let yourself sweat in that environment. It's really, really good for you and so if you can do it, that would be a little bit of putting yourself in the environment, or doing it yourself through exercise or just being out in the sun for a little bit, and enjoying getting that goodness as well into your body. Don't be afraid to sweat.

I think a combination of those three things to keep in mind would be another little technique that could help to further support weight loss and help to keep the skin in check.



Shelley: Oh that's beautiful. Well, thank you. You are a wealth of information about how someone can transform their life, and I am just so grateful you're here with us as one of our experts, Philip. It's been an amazing interview. I truly believe you're going to be a catalyst for so many people listening and we just thank you so much. I just trust many people will be benefitting from what you've shared today, so thank you.

Philip: Thanks so much. It's been a great interview and I appreciate it. Thanks for having me on your program.

Shelley: Yeah, okay. I look forward to all your work coming up too, thanks.

Philip: Thank you, you too.

Shelley: All right, take care.

Philip: Thank you, I appreciate it.

Shelley: Bye now, bye.

Philip: Bye-bye now.



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