The Nutritional Pyramid Evolution: Why Real Food Comes First Transcript

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Welcome to The Holistic Truth

You need fats. They become the building blocks of every cell in your body. And if someone calls you a fathead, which I've been called many times, it's true because your brain is 70% fat.

So when you look at things like Alzheimer's, type 3 diabetes, dementia, that's when people start to lose the essential fatty acids in the brain. Welcome to the Holistic Truth Podcast.

I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of the Soul Intelligence Method. We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically.

with real proven strategies, protocols and tools you can use in your practice today. Hi, everyone, and welcome back. We're live at The Holistic Truth, your number one podcast for healing in the mind, body and soul.

So I'm your host today, Jamie Dorley. I am the CEO and founder of Nutritional Frontiers. And we are making the world healthy and making your world health.

Welcome back to my gorgeous co-host, She is our Chief Growth Officer. She's also the creator of the Soul Intelligence Method, award-winning author. And I tell you what, she's my partner in crime.

So welcome back, Christine Genovese. Thanks, James. I'm excited to have the opportunity to talk to everybody today about the evolution in holistic healing.

Food Pyramid History and the Rise of Processed Carbs

There's been a lot of buzz on the internet about nutritional pyramids lately. Tell me more, the evolution and holistic healing. I love it. Well, what I want to do is I'm actually going to go to presentation that you and I worked on and see if we can share with everybody kind of how things have developed.

Cause there's been a whole lot of buzz out there. All right. well, I think it's really important for people to understand, you know, we've had multiple nutritional pyramids, right?

And you would think they would all be focused around the same basics. You know, we think we know how we're supposed to eat, but obviously we don't know.

So let's rewind. I know I was a couple years old when this originally came out. Yeah, you were a baby. Yes. It's so fun. Remember like it was yesterday, right?

Cause we were really trained and indoctrinated with this whole food pyramid in the 1970s. So back in grade school, I remember we learned about it. And then over the years, you know, we realized that this pyramid probably should have been flipped upside down, right?

Because this was really the beginning of the high fructose corn syrup years in 70s, and then remember the fat-free days in early 80s? And it all goes back to this, because if you look at the base of a food They really want us to have eight or six to 11 servings per day of bread, cereals, rice, and pasta.

All the starts and carbs. Well, yeah. Well the Italian is the olive oil too, right? So I think what happened was that they took a lot of the good foods and they over processed them, so the bread become over-processed, the cereals are processed, even the pastas, these aren't pastes imported from Italy.

And if you look at this, there's a underlying cause to really the evolution of diabetes, right? Because you're eating that many servings of carbohydrates and people aren't working out, then their body weight's gonna go up.

They have a lot of energy. People don't realize, you can only store roughly four to 600 grams of carbs in your body, depending on how much muscle you have.

So as soon as your tank is full, Christine, any other carbs you take in, you get converted to fat. And not only that, when your energy levels are full, any fat you take in is stored.

So this is a recipe for disaster and obesity. If you look back over the last 50 years, that's kind of what happened. You walk through the airport, even at the beach now.

I was in Pilates this morning and The bodies have changed quite a bit over the years and this is really where it all started and things went kind of off course.

Well, you know, I always think about it as, we kind of grew up with TV, right? When we went from the dial to the remote control. We thought that was super cool.

And only so many channels in New York City. But I remember, when you look at the shows from back then, like the Brady Bunch, they're all tall and skinny, Right?

You know? They were petite, basically. They look like Rosinian, yeah. Oh my God. By the time you get to, the 80s and 90s, everybody's huge. Right. Yeah.

And it's only gotten worse, right? Yeah, look at this. Then they put in some veggies and fruit. The thing that was interesting, you know, is the dairy products, because I tell people, one of the first things I told people is get off of dairy product.

They're always like, do I go to skim milk? I'm like no, we're not made to drink cow's milk. There's a lot of things in there we don't want. Our bodies are really allergic to the milk, And then you look at the top of the pyramid, they want us to limit fats.

There's different types of fats, there's the fat from extra virgin olive oil and I had a great salad last night with a friend watching football, so I have avocados in there and olives and olive You know, natural nut butters and seeds, those are the good fats.

The bad fats are hydrogenated fats, and we were talking about this recently. If you put up the chemical composition up on the board of a hydrogenating fat and plastics, they look almost the same.

So these are very congesting to the body. And we learned recently about a credit card full of plastics in your body, so these hydrogenate fats a really the problem, not the natural fats which we really need more of.

Sugar Addiction, Inflammation, and School Nutrition

Well, it's interesting, too, when you think about, you know, Casey Means and her brother wrote this book, right, talking about the evolution of food, processed foods, and that the companies that used to be focused on tobacco purchased all the food companies.

And then they started to work on formulations to get people addicted to the high processed food and sugar. It was just, oh man, let me tell you this. I was watching his video over the weekend.

the snack sales are down tremendously because people on GLP-1s and focus on weight. So they're all seeing a tremendous decline in sales. What they are working on now, which is really scary, is that snacks that people will be addicted to even if they were on GLP-ones.

Oh my gosh. Yeah. I just saw that last night and I was like, I can't believe what's going on. If you look at these biochemists that work for these food companies, They want you to be addicted, right?

People licking their fingers from the Doritos, the old Lays commercial. You can't eat just one, why? Because they're addicting. The more of those, that's what I tell people, you're better with none.

One's too many and a thousand's never enough. But you write on because these people that, because cigarette smoking is down in our country, but what's up is they said sitting is the new smoking.

It's the same risk factors. And people are, you know, spend too much time on the couch. Even though cigarettes have declined, the snacking has gone up because you're right on, Christine.

All that money was reinvested into like Post and Kellogg's and all these companies because just like the cigarettes, they want you addicted to the processed junk.

It's not food. There's either junk or there's food." So, well, what's crazy is that this pyramid remained in place. for more than 30 years. The next pyramid we have, I believe it came out from Tufts University and you got a score.

How did this one work? And not until 2002 did they give us a new one. You know, when you're looking at this, it's really interesting because, you know lucky charms gets a 60, right?

If that doesn't jump off the page, right? Cereals gets a 95, canned peaches, which is just pretty much fruit and syrup, gets 97, at least watermelons at the top, but chocolate covered almonds, not almonds but let's put chocolate all over them, It's insane.

This is absolutely insane, you know, and what they tell you, even like orange juice, right? They tell if you're going to have fruit, eat it, not drink it.

Because the fruit at least has fiber and phytonutrients in it and really the orange. So again, we were, I remember Tropicana as a kid, it was like, um, he mentioned the Brady Bunch.

I think the woman from there was, was the big spokesperson for it And they basically just take the juice out of it, and they water it down, they add sugar to it.

Because sometimes you'll look at the container, it'll say, no added sugar. I'm like, what about the other ones? Yeah. So this was even worse. They applied scores to food.

And this is back from the early 2000s. You know, the cereals, you know there was a book called Cereal Killer with a C. And yeah, it was like a tongue-in-cheek thing, but it talked about how our country, when they got hooked on cereales for breakfast, cause it's cheap, its quick, It's easy, and what else is it?

Addicting, right? Hey, I'll be transparent, there's fruity pebbles as a kid, those are very addicting. Yeah, we all knew about Cocoa Puffs. We all know about Free Pebble.

Cuckoo for Coco Puff, yes. And I remember my mom like, well, you should have Cheerios. Some people were like what about Mini Wheats? Well, can we at least have the Frosted Mini Weets?

They taste like crap. It's like cardboard. Yeah. One of the versions that eats Frost and Mini wheats is second. This one has Cheerio's third. So yeah.

Unbelievable. You know, it says here, to be encouraged. They're encouraging people to have Sugar, sugar, it's all sugar at the top, right? There's not one thing there without sugar.

It's loaded. I think you were telling me at one point that there was an experiment that they did with rats about how they were more addicted to sugar than cocaine?

Yeah, this is interesting. This is from the movie Food Inc. It's a great documentary. I love the documentaries. You know, you had the original Super Size Me, where Morgan Spurlock went to McDonald's three times a day.

And if they asked him to supersize it, he had to. That was kind of his experiment for 30 days. What they noticed after 30 day, not only did he gain over 20 pounds, his blood lipids, they were showing non-alcoholic fatty liver disease after thirty days, so his…

Yeah, his girlfriend at the time was a naturopath and it took her It took him about three months just to lose the weight, but it took them a year to get his blood chemistry back after doing that.

So after supersizing, I mean, there was few, yeah, it's crazy because they're showing those hydrogenated fats, the fine and fast food are the worst things for you.

Part two of that was Food Inc, which I believe Katie Couric was the narrator. They didn't experiment in there. The mice are allowed to eat. either high fructose corn syrup or cocaine, right?

Which is one of the most addictive drugs on the planet. And what they found is over time, the mice would actually go for the high-fructose-corn syrup.

How scary is that? Yeah, no wonder our country is so overweight. I tell people, and look, I rarely lead anything processed, You know, I have a pizza now and then and those type of things, but for the most part.

Maybe pretzels. Pretzles is, yeah, that is my, yep. I haven't bought any in a while, But I do like some pretzel.s I found some good ones at Whole Foods.

But what I realize is that you're better off without any of those things. So part two of the study is really cool. So now they says, all right, we're going to give them the high fructose corn syrup.

But each time we give him a little electrical shock. A little jolt. And then they would see if they what they were doing. They kept eating it and eating the High Fructose Corn Syrup until their bodies were literally on fire on the inside.

Now you think about what about us? We always talk about inflammation. Yeah. The same exact things are occurring. If you're eating high fructose corn syrup, you are addicted to it.

A friend of the family, a few years ago, I was talking to this guy, he's our age, right? 50s. And he saw I want to lose weight and I said, well, what do you drink other than water?

Soda. He was drinking like four, five, six Coca-Cola's a day. So I told him, I says, do one thing, just cut out the soda and see how you do it. It's high fructose corn syrup, there's 38 grams of sugar per can.

I go, that's more than you need in a month. And I saw them, a I don't know, month or so later, and he looked different. He's like, oh, what have you been doing?

You look good. he says I just cuts soda out. Because I got, That's it? He goes, yeah, lost 15 pounds. and He says you know what? My legs don' hurt anymore.

He was always in pain, he thought he had arthritis. He didn't have arthritis, He had inflammation and toxicity. So the best you can do, folks, is to do a cleanse and start cleansing off these very addictive food products.

These biochemists are paid millions of dollars so you get addicted to them. And you ever hear somebody say, my Doritos, and my Mountain Dew? You know, and then we haven't got into the brain chemistry.

I worked with Barbara Reed Stitt years ago with Northern Nutrition, one of the top Amish clients in the world out in a state of Indiana. Barbara Reid Stit was a.

an old nurse, RN, and her specialty was that she worked with juveniles, you know, kids in reform school. And she started looking at why these kids are in trouble.

She goes, most of them seem like they're pretty good. They're 15 to 18 year olds. Her husband was a biochemist and he started saying, look at their diet.

This is in the 70s. and she found that two things that they would consume the most would be chips and soda. So she did her own little experiment at Appleton School District in the state of Wisconsin, and she put in organic whole foods into the lunch cafeteria, And they eliminated any snacks and no soda.

You know, in one year, test scores went up 30%. Oh my gosh, that's incredible. Test scores. And she says, Just about all of the trouble was eliminated.

There wasn't fistfights in school. Right, because it got all amped up on sugar. Yeah. Can you believe that? I got chills in one year. And I know when you talk about your program, the mind, body, and soul, all types of trauma and toxicity gets trapped in the people.

Trouble was eliminated and test scores went up just by changing the diet in the school district. And this goes back 40 plus years. Well, what's incredible is we're skipping from 2002, right, with the Tufts craziness, and we are going to 2008 because Ocho de Mayo is the official start date of Nutritional Frontiers and you, being ahead of your time, came up with a nutritional pyramid that we've been following since 2008. When you talk about detox and what do we need from a foundational perspective.

So I'd love for you to walk everybody through our nutritional frontiers. Nutrition pyramid. Thank you. I feel so proud how you presented that. And you know what happened was that I knew the food pyramid was a disaster as a personal trainer.

Because people would go to that and I said, it's completely wrong.

Building the Great Pyramid of Health

There's no protein on there and there's, no good fats. And then after the Tufts University one came out, that's when I about lost it. I says, we need to create, and called it the great pyramid of health.

And we work with our team and Dr. Tracy and Doctor Weiner and our entire Dr Len Bransiewicz and some of our top clients in the country. And I says, you know, I want to create a food pyramid that actually is healthy.

So. And I said, it can't be just supplements. I says it has to be where it incorporates everything together. And we said well, let's not start with supplements, Let's start the foundations.

So this comes from Dr. Bob Wachowski's seminar series back in 2005, which was the Magnificent Seven. Eat right. Drink right, think right. Move right poop right detoxify right and you need emotional wellness.

So we say, I think sleep right was in there too. Yeah. There you go. That's number seven. And that's why we're good together. Yes. Sleep right? And I said, all right these are things that people have in their circle of control, right I'm reading the book let them, which we'll talk about in a minute here.

You know, I got that from three different people. So I guess it was signs from the universe and God that I need to actually read it. A little emotional wellness homework.

I like it! Yes, which is in here too, emotional wellness, right? So the whole idea of the Great Pyramid of Health, Christine, is that we build it on a foundation.

You can't out supplement or out medicate a bad lifestyle. Absolutely. And you need to build on the foundation, not on quicksand. So people that just want to change their diet or they just wanna exercise, but they don't address the

foundations.

They may lose weight, but they usually lose muscle. This pyramid is designed that you will help your body shift from storing of fat to burning fat and building muscle, so eating right, drinking right.

I always ask people, other than water, what do you drink? Because I've asked people whether they drink, oh, I drink a lot of water. No, they don't. A lot a juice, a lotta soda, and these energy drinks, do energy drink increase your risk of stroke by 500%? That's insane.

Yeah. That anybody would drink them. Right. And we know people in our world who are actually into wellness who drink. Yes. It's kind of funny. I have this cool t-shirt that I wear on the tennis court.

it's got a picture of coffee. And wine at night, you know, and it's called plan for the day. So I do have my coffee, but I started, I mean, always start with some water before I have coffee.

Cause I heard that gets your system going. It's really good to kind of, get your cells. hydrated before you go and dehydrate with coffee. So my regular day, as you know, instead of tennis every day which would be wonderful, I do actually drink a lot of water.

I prefer to have the carbonated water, so I typically do a Pellegrino most of my day. And I try and drink the number of ounces in a day as much as I can.

Occasionally, most often, i like to finish my days off with a nice glass of wine with dinner. Yeah, of course you drink Italian wine, right? It's really healthy.

As clean as possible. You don't have the sulfites and all the sugars. And, you know, Dr. Bob showed research years ago, one or two glasses of highly qualified wine is better than none.

He says that the third one is where things change, Right? You better make sure it's a big glass, yeah. But, the other part in here I want to talk to you about is emotional wellness, We live in this really chaotic fight, flight or freeze world where we're constantly on the go, go go.

And I think it's been really challenging for me personally. I'm getting much better out of it. But a lot of people just for being calm, quiet and peaceful.

So can you comment a little bit because of your work with soul intelligence and what you're seeing with some of the patients and clients? Yeah, I mean, when you think about even just our phone today, having that crazy lifestyle that we have, a phone giving you a text message can put you into fight or flight.

An email, phone call, and we get those constant interruptions throughout our day and that can kind of put your back into that fight, flight, freeze, or fawn.

And those are just your nervous system responding to a threat. And when you think about, you know, if we roll the clock back to 1970, we didn't have too many threats, right?

We didn' have the cell phones. We did'nt have that constant stimulation or interruption. And so our stress levels and our lifestyle has steadily increased.

What we try and do on the emotional wellness side is to really look at what the root cause of dis-ease within the body is. Right? So what's underneath that inflammation?

Is there old stored trauma that's in the body that hasn't been released? Are you carrying a pattern from childhood? You know, and do we need to shift that pattern because it's showing up in your relationships as an adult?

Those are the things that I can work on through the Soul Intelligence Method, and we're able to bring that up from

where it's stored in the body, which is typically the subconscious mind.

I think the Body is technically the barometer to the Subconscious. It always tells you what's going on, right? You've heard books like The Body Keeps Score.

And that's exactly what you need to do. So since it's kind of the beginning of a year, one of things that we always do with our team is not only pick our word of year.

Which is like a feeling word. What do you want to experience and how do want experience it? But also look at one thing that you loved about the previous year that your going to keep doing, right?

That gives you energy and makes you happy. For me, it is tennis and maybe I'm going do a little more tennis. I also incorporated Pilates this year because my buddy told me to try it and I actually like it.

So that's a good strength training for me. And then one thing maybe that you're going to cut out in the new year, like what drains your energy? That could be a person, that could an activity.

Um, so really look at the toxicity in your life and decide, you know, what could you eliminate to help your emotional wellness, right? So, So not allowing those energetic drains to get to you.

Think about if there was anything that you didn't complete in 2025 because sometimes when you don't finish something, that draws your attention and becomes a distraction.

Maybe look at your relationships in general. Is there a toxic relationship like I mentioned that has to go or do you have to have a difficult conversation with someone you did not have?

Is their a boundary that keeps getting crossed? And then on the positive side, maybe schedule quality time with at least one loved one or friend that you haven't seen in a while.

Maybe text five people in your life who've made a difference in life. That also is going to make you feel good, right? Yes. I love the, what are you going to invest in?

For me, it was relationships with myself and with my people. Reaching out to the five, I actually did six. That was really, well, yeah, not as many as you, of course, but you know, that made me feel, them feel good and me.

And the responses I got was super cool. Yeah, I got chills. It made me feel so good. Let the other person know I'm thinking about them. And their responses back made feel fantastic because some of them were, hey, you've done more for me than you can imagine.

You've been a friend for 40 years. you have always been there for those type of things. and it makes you feel good because sometimes we forget and we take each other for granted.

So that was a nice part of it. Yeah. I mean, I think it's also, it reminds you what an impact you've made in other people's lives, right? Sometimes we feel like insignificant or have we really made a difference or an effect?

And so it is nice to get that feedback, you know? Another area to check on, like just in terms of how you're feeling, get your health checkup, is there a dentist appointment or eye appointment, or maybe a date with your functional medicine doc that you haven't scheduled?

Is there crap in the kitchen that you got to clear out? What's in that junk food cabinet from over the holidays? Have you scheduled your workouts?

Essential Nutrients, Fats, and the New Shake Products

Are you making time for good sleep? are you using sleep time if you have trouble sleeping? And then maybe a

financial wellness check. What'd you earn?

Where'd spend? Were you leaking financially? Cause that's an energy leak, right? You want to look at that. I know I actually had, it's kind of funny. I had this car that I loved.

And once I get something, I just kind of stick with it. When I got back from one of my business trips, there was oil leaking all over the floor of the carport.

I'm like, that's not good. It wasn't me. Wasn't my fault. get this a plastic oil pan changed out i'm like i only owe 4200 on the car i think it's time for a new one so that's what it told me i said okay instead of pouring more money into this and letting it leak everywhere i need a car so i did treat myself to a newer car and that was a good decision And then do you have goals financially, right?

If you don't look at something, you just kind of let it off to the side, wherever your attention goes, that's where your energy goes. So you got to think about, are there financial goals that you?

Are you going to put away for a vacation this year? And, then check your environment. Look at your living space. Clean out drawers or closets, because that creates space for new energy.

I know I did that over the holidays, and it felt great. Organize your workspace so you've got clear, clear focus. Maybe go through that phone of yours and delete old photos or…

unsubscribe from some of these email lists that are just distractions and pull your attention away. So there's a lot of things we can do to improve our mental and emotional wellness.

And so I love that that's on not only the bottom of the pyramid as foundation, but at the top of our pyramid is focusing on mind, body, and soul intelligence.

Yeah, it starts with emotional wellness and when you get to that top, like that full consciousness is the mind, body and soul intelligence, right? That's where the wisdom comes from.

And in between it's really important, because again, you cannot supplement or medicate a bad lifestyle. However, You do need the right nutrients every day.

You need about 90 essential nutrients. And that's what the pyramid does. So the next step above the foundations are your prebiotic, probiotic, and enzyme.

People know about probiotics. That's a good bacteria. It means pro-life, right? The pre-biotics is actual food for the probiotict. We have to update this because now we have post-biotic.

I knew you were going to say that. the trifecta of goodness, probiotic. That is the compost, as you described it. Yeah. It's actually dead bugs that are food for the live bugs.

So we have the pre, pro, and post. I know it sounds disgusting. Who wants to put dead in their gut, James? That just sounds so bad. So we need enzymes.

Enzymes actually help as catalysts to convert things in the body. What we're trying to do is break down food, undigested food. Maybe some congestion in a body, some inflammation.

So you can do enzymes with food or without food and they act like, you would say, a Pac-Man. They go around and clean up debris. Those are foundations.

You can get those in like the Probezyme and Betazym or Cybezime. And then we even have them in our greens and things like that. The next thing is your macro and micronutrients.

So macro means large. Those are things measured in grams. Think of food, protein, carbs, fat and fiber. Protein is to rebuild your tissue like collagen for your beautiful skin and your hair and you nails and muscle.

And carbs and fat are both energy. Here's where I think people get very confused. High carbs, high fat, you can choose one or the other. You can't do high both in the standard American diet and the old pyramids are both promoting high carbs and processed foods.

So I like to do is a lower starchy carb diet for me. and I'd rather have a little more fat in my diet. So, mine's primarily about moderate to high protein, lower carbs and lower fat.

The carbs I do like are… Oh, I'm sorry, the carbs you do you like? I like more fibrous carbs, so spinach, mushrooms, right, any type of veggies. I do a little bit of fruit, not a lot of fruits.

You got to be careful because it is a sugar. And then, you know, I will eat some pastas if we're out, like a nice restaurant, and I'll have a bit a pasta.

But I don't eat a lotta. The other carbs I'd like, if it's a more starchy carb, would be a sweet potato. because it does not impact my blood sugar as much.

So I'm a little depleted. I'll have those things. You got to choose moderate to high protein. Then you got go either fat or carbs. I was going to say, I try and stay within a Mediterranean diet most of the time.

So very similar, right? Just making sure that I've got protein. And typically, when I'm talking about what veggies I am going have, they tend to be very similarly to yours.

The spinach and the mushrooms are usually a go-to. and, you know, occasional asparagus or things like that. So it just depends. Yeah, a nice beet salad with some goat cheese, things that are great.

And you got to be careful. Like if you're going to get the steak, then don't do the potatoes or pasta, right? You got be, conscientious of that, but the macros are the large molecules and then the micronutrients, they're like your spark plugs in your wiring of your car.

That's all your vitamins and minerals and antioxidants. And those are really important too, but they're important in the right forms, their right dosages, so that they become very bioavailable for the body.

Your body can actually utilize them. So we got the prebiotic, probiotic and enzymes, the macro and micro, then the essential fatty acids. You need fats.

They become the building blocks of every cell in your body, And if someone calls you a fathead, which I've been called many times, it's true, because your brain is 70% fat.

So when you look at things like Alzheimer's, type 3 diabetes, dementia, that's when people start to lose the essential fatty acids in the brain. What fats do you like to ingest?

Oh gosh, what ones do I like? Well, I love olive oil. I pretty much cook in that exclusively, actually. Great. Yeah. So, I mean, that's probably my favorite one of all of them.

Olive oil is great, coconut oil, avocado, right? And then you got the supplements. We have those in things like the Ultimate Shake. And, then, you could also take them in with like, the Omega 3D and SPM.

A combination of from the diet, from The Shakes, and from Well, I know you and I are members of the Shake a Day Club for a reason. And you know, the coolest thing I think is that our ultimate shake has all the macro and micronutrients in it.

We have that in chocolate, vanilla, and pineapple coconut flavors so you don't get flavor fatigue. Then you combine

that with our proline greens and you get every single thing that you need in the nutritional pyramid, which to me is amazing.

Yeah, the last parts of phytonutrients, those are all the plant foods and plant nutrients you get. That's why you need to eat a rainbow, right? My friend, Dr.

Deanna Menick, you know, her program is the rainbow diet, she's like colors, from all different types of foods. And you probably, if you did a little journal and write down all of the foods you eat over a week, You probably eat about 20 foods, There's over 400 that we could eat.

And the great thing about the greens, reds, oranges, and purples is they have all types of foods that We don't normally eat, right? Maybe because they're out of season, maybe because we don' like them, Maybe cause you can't find a good source.

The great thing is that you can get all 400 when you look at all the different pro colors. So some of our clients and patients and doctors will actually do reds, greens, oranges, and purples and rotate them through.

Or Candice that used to work with us, she put them all together with her vanilla shake. It makes a lot of fun. And now we have something brand new, Ultimate Shake Plus.

Let's hear about it. Oh, that's the coolest. That means you can take it with you anywhere you want to go with individual packets. So it makes it so much easier to stay on track and to be able to detox while you're traveling.

It's everything in one packet, the ultimate shake and the greens. At the top of the pyramid, we always have the mind, body, and soul intelligence. And I'm really glad that we're focused on holistic healing, mentally, emotionally, physically, spiritually, energetically, and always.

So finally, in 2026, we get to a real food pyramid. And at the top of this pyramid, you'll see they inverted the pyramid which I thought was really interesting.

If you remember back in the 1970s pyramid at bottom, encouraging you to eat a lot was the whole grains. Whereas here, it's been inverted and it flipped, right?

Remember it was pasta and rice and all of that. But here we've got protein, dairy, healthy fats. fruits and vegetables. In the middle, you're going to see the avocado and the olive oil.

They did keep milk in here. Yeah, it's a little questionable. Milk and eggs and yogurt. So I guess for some people, maybe.

A Real Food Pyramid and Word of the Year

I'm more of an almond milk person. some fruits, right, and just managing your sugar. You know, I believe if you're going to have fruit, you should do that earlier in the day so it doesn't affect you terribly.

And then you can see as it moves down, there's a little bit of starch in there and whole grains. So I'm really excited, that RFK and our government has decided to put out a real food pyramid.

There's been a lot of buzz on the internet lately. Well, I love this because, you know, like you said, we're before our time. We knew the 1970s was terrible.

Tufts University was worse. So we came out the great pyramid of health. And, um, it's like any other people that I had at a time, It's now been supported.

I loved this. They basically flipped the pyramid upside down, right? It was like, yeah. You know? I Love the protein and healthy fats. That should be majority of your diet.

vegetables and fruits can be right up to two greens and salads. What type of protein do you like other than Super Shake and Ultimate Shake? What are some of your foods that are protein?

Well, I mean, obviously I do like red meat. I have O-positive blood and I feel like I crave it. So I've got to have a good steak. But I like things like salmon and then I enjoy some fish.

Um, I like chicken, especially if I'm doing a chicken cutlet, that's usually good. And occasionally a little bit of veal, sometimes lamb. I'm a big meat eater.

Yeah. Guess what my blood is? Oh, positive. You're right, yes. Imagine that, twin, huh? Uh-huh. So I'm the same way. Like, I feel majority of your food should be organic eggs, grass-fed beef, wild-caught salmon, organic chicken, right?

Turkey, those type of things. Choose your proteins wisely. And then the other thing I love is our super shake. I use the peanut butter super-shake with our chocolate greens.

Gives me the Reese's Peanut Butter Cup Smoothie. And I love the ultimate shake too, so you can get good quality sources of protein. And usually you pay extra for convenience.

The thing I like about the shakes is that they're a lot less expensive than the food. So you could utilize those on the road now with the package. You can take your shakes to go.

We have the shaker bottles. I loved that for not only the good protein, but the healthy fats too. Make sure you rotate them through. And just a word of caution for people, don't eat processed junk.

It's just highly addictive. But the more of those you eat, the worse you're gonna be, because not only are you going to congest your body and make your more toxic, but you are gonna crave these and become addicted to them.

They've added things to the food that will make you addicted. And the great thing is, is you can continue to follow our podcast. There we are out in Sedona, one of my favorite trips ever.

And how can I find our podcast? Really simply? Right? That's easy. Wherever podcasts you listen to, right? Hopefully, they're listening to us right now.

But we're on Apple Podcasts and Google and Spotify. We are on Dr. Tox Network and also on I Heart Radio, so pretty much anywhere and everywhere. And you can also go directly to the Nutritional Frontiers website, nutritionalfrontiers.com, to find us as well.

Well, I love it. This is really helpful for me and just like so many people. It's a new year, right? New energy and new life. Jamie, think we should share with everybody what our Word of the Year is as a great way to finish today.

All right. Let's hear your Word Of The Year. I'm ready for you. Drum roll. So remember I mentioned in some of the exercises you could do is to pick a word, something that it usually shows up for you, right?

I think our words pick us kind of like pets do. But for me, it was sacred. And that means everything I do, I want it to be sacred, even if I'm angry. I wanted to sacred rage that I can turn into passion this year.

So just finding the sacred in everyday life and really being in alignment and flow. If something's not in an alignment, that's my body telling me it's probably not for.

My word was, sacred what was your word? Well, it's interesting your word sacred. I love that word. You know, I started looking back at last year, which was transformation and transformation is a dramatic change.

And I went through a tremendous amount of changes last. Yeah. and, uh, towards the end of the year I felt like, um, the Phoenix, right. That, ah, crashes and burns in the ashes.

And I had so many thoughts in my head and the big one was limitless, right? And, I was like, that's what I'm going to embody. And there's so much words, consistency, limit-less.

You know, self-care, and self love. I know this year is when the phoenix from the ashes will rise again. So, my word is rising. I love it. That's a great way for us to end this segment.

And, you know, I loved that we get a chance to share with everyone. I'm so excited that have a real nutritional pyramid for people to follow, and anybody looking for answers about the evolution in holistic healthcare should tune into The Holistic Truth.

Thanks so much, Christine. So excited for this year. This is the year that we're going to be sacred, and we are rising once again. And I'm so excited because we have a tremendous amount of education, because our goal is really to make your world and the world healthy.

It starts by empowering you. Whatever we can do to help you folks out, let us know. We're available on the podcast, our webinars, And you can contact us directly at NutritionalFrontiers.com.

So let's have a… And one more thing. If you loved what you heard today, please like, comment, and share this podcast. And maybe even leave us a review.

Oh, there we go. We're going to have an incredible Q1. we're gonna help detox everyone and set the stage for our best year ever. Thanks for all your love and support, everybody.

God bless. If this episode spoke to you, please follow the show and share it with someone ready to take charge of their wellbeing. And if you can, leave us a review.

It helps others find our podcast. For more tools and practitioner support, visit NutritionalFrontiers.com.