



Eat to Lead

become the CEO
of your body and business

sherry strong
FOOD PHILOSOPHER



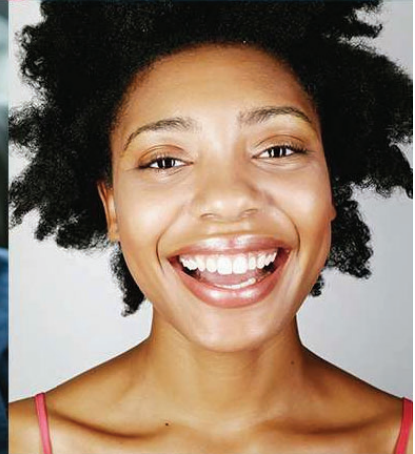
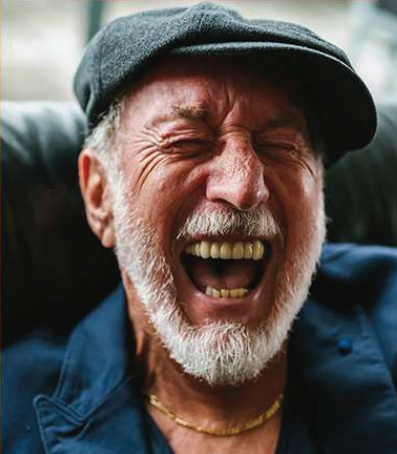
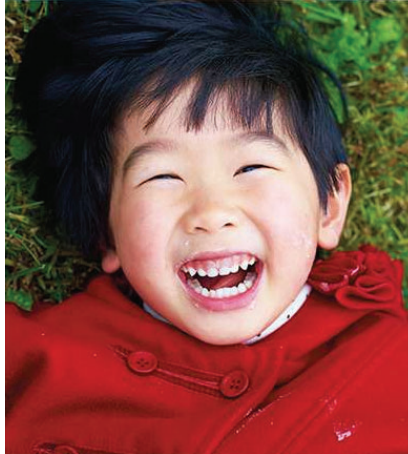
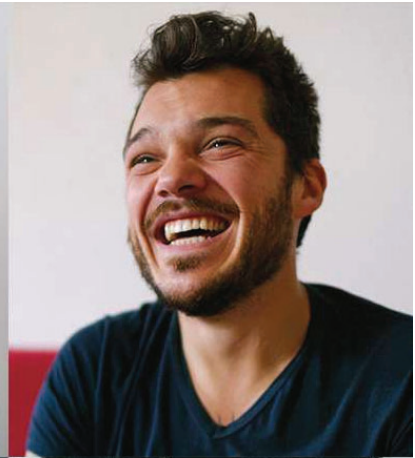
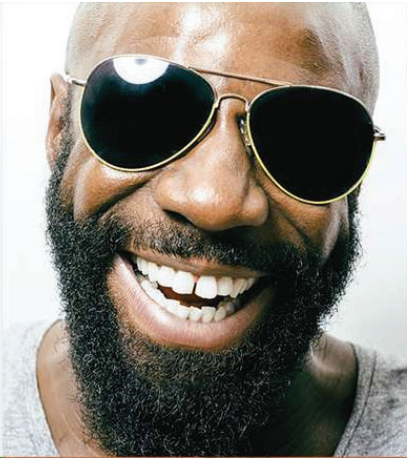
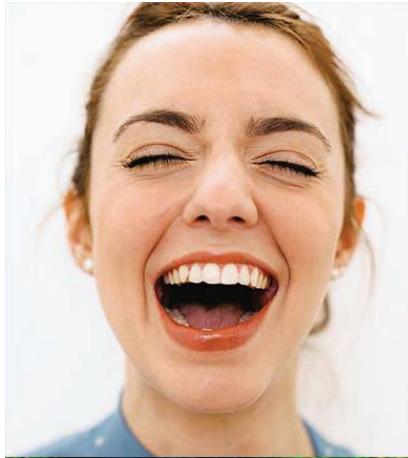


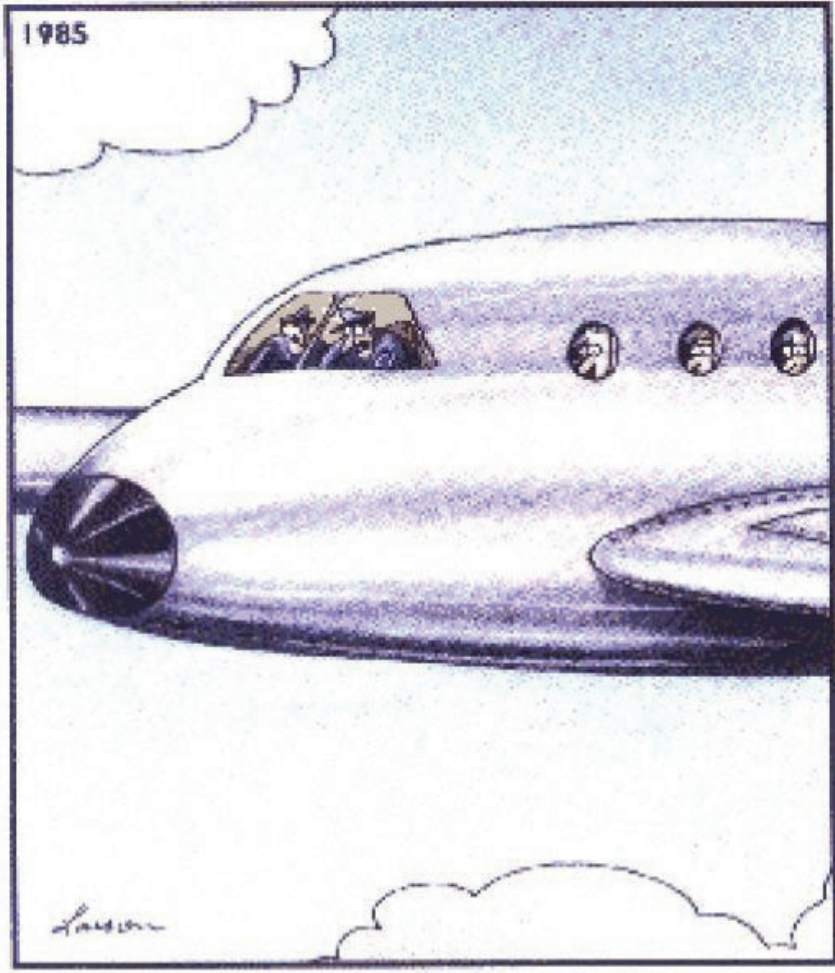












"The fuel light's on, Frank! We're all going to die!
... We're all going to die! ... Wait, wait ... Oh,
my mistake—that's the intercom light."

**How can you tell if you
have
an iron deficiency?**

















What Makes Good Leader?



**What Makes You a Good Leader
of Your Body?**

WHAT IT MEANS TO LEAD

“Management is doing things right; leadership is doing the right things.”

PETER DRUCKER

”

**Chief
Eating
Officer**
of Your Body Inc.

sweet freedom
REAL FOOD • REAL LIFE • REAL JOY







TODAY

WellBeing

GOURMET
TRAVELLER

VOGUE
ALSTRALIA
ENTERTAINING + TRAVEL

seen on



TEDx

Tokyo

Selector
LIFE.FOOD.WINE



THE AUSTRALIAN



goodfood
epicure



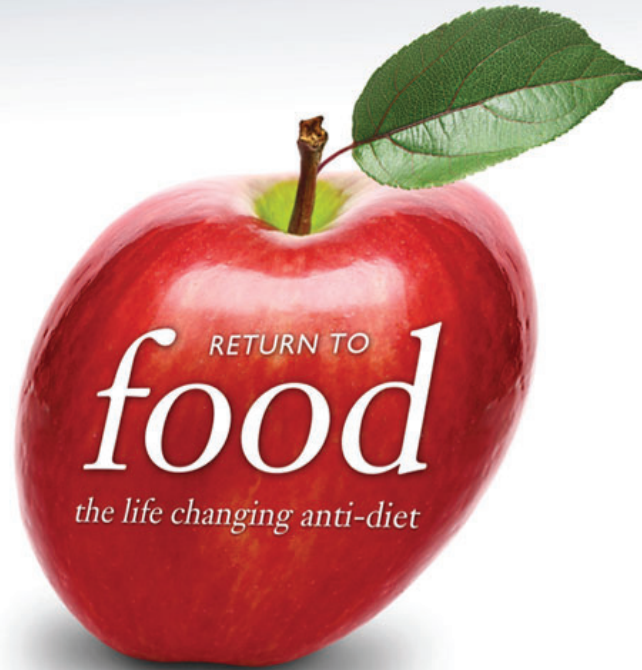
QBI

Queensland Brain Institute



THE UNIVERSITY OF MELBOURNE

Foreword by Mariel Hemingway



RETURN TO
food
the life changing anti-diet

written & illustrated by

Sherry Strong







*My before picture shows
an unhappy gal at size 16,
my after pics were taken
at size 4, maintained for
over 15 years now... all
without dieting!*









Subtle Sugar:

Sports drinks

Vitamin water

Protein powders

Peanut butter and nut butters

Yoghurts

Cereals

Instant oats

Even added to dried fruit, what?!



Subtle Sugar:

Barbeque sauces

Ketchup

Low fat and non dairy milks

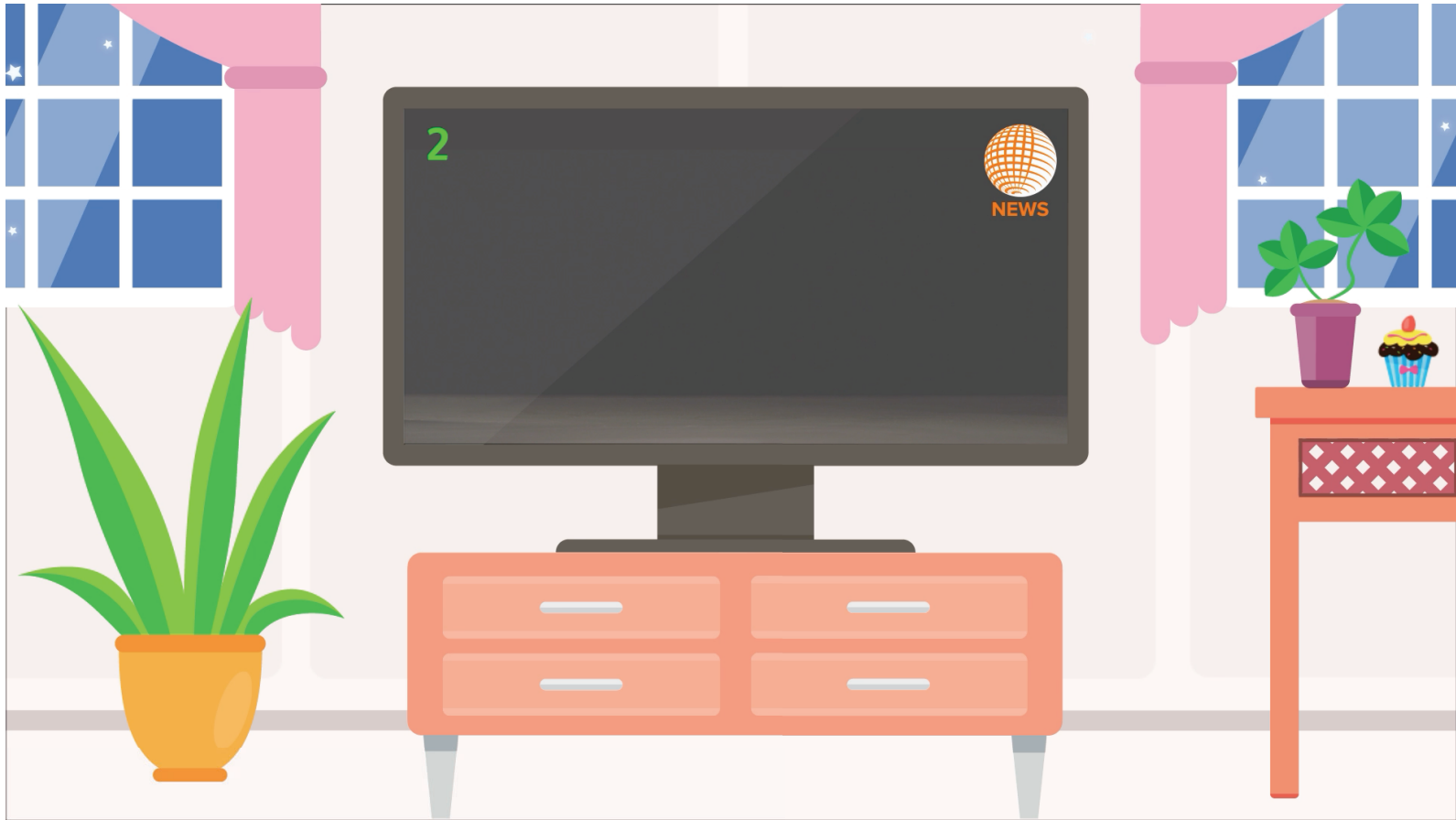
Bread

Bottled flavoured water

Power bars

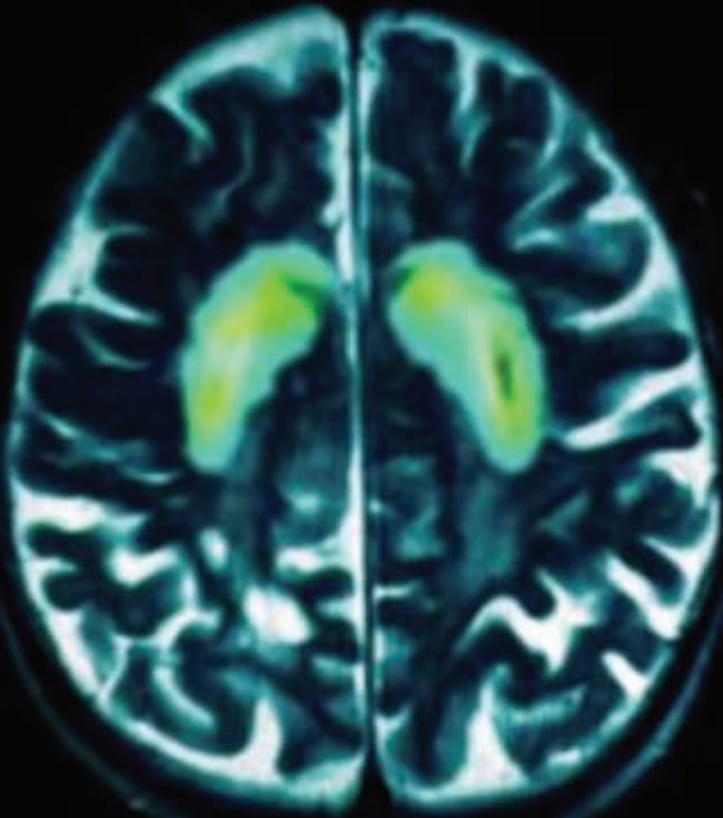
Granola bars

Coffee drinks

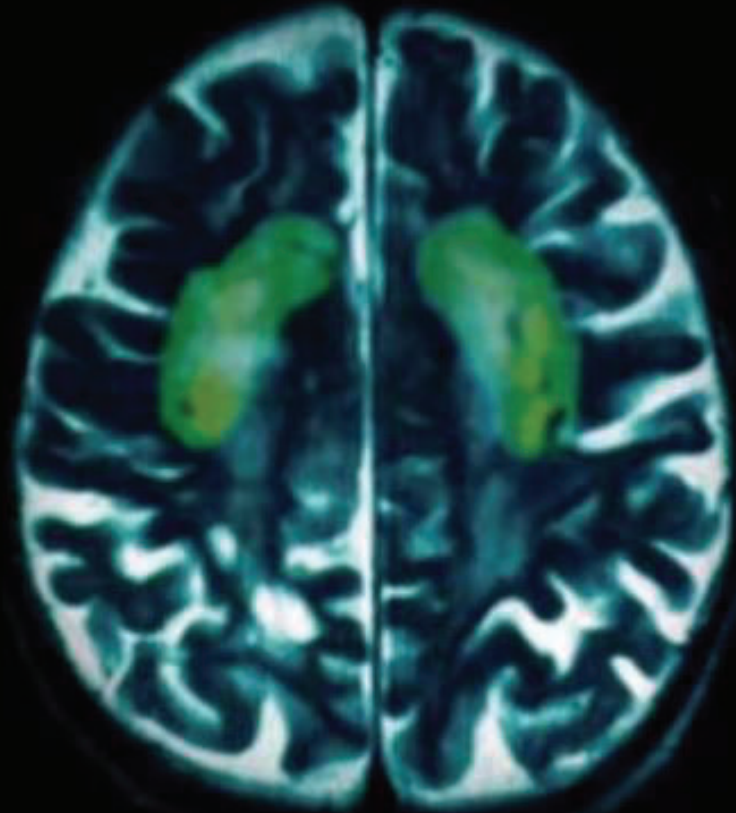




The **brain** uses more energy than any other organ in the human body and **glucose** is its source of fuel. ... In the brain, **excess sugar** impairs both our cognitive skills and our self-control (having a little **sugar** stimulates a craving for more). **Sugar** has drug-like **effects** in the reward center of the **brain**.



SUGAR



COCAINE

The more we process a food (plant) the less nourishing as a

whole, it becomes, the more addictive, potentially toxic as well, become... Don't think it's addictive? Try to give it all up...



poppy seed
the purest form
of opium
mildly addictive

"flower of joy"



opium crystals
addictive
toxic

boiled with lime
boiled again with ammonia
to a brown paste
morphine removed
residue reduced



fresh
cane
juice

mildly addictive

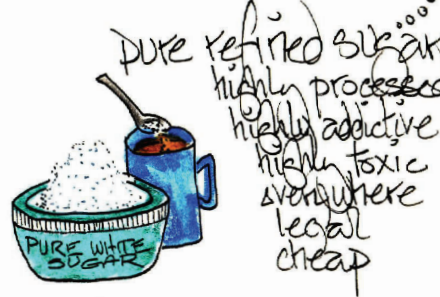


whole cane sugar
boiled + dehydrated

addictive



pure heroin
highly processed
highly addictive
highly toxic
hard to obtain
illegal
expensive
compared to sugar



pure refined sugar
highly processed
highly addictive
highly toxic
everywhere
legal
cheap

the more we eat, more vulnerable to sickness disease we

become, the more addictive, potentially toxic as well,

Sugar, Alcohol, and Nicotine

15. Sugar can cause hypoglycemia.
16. Sugar can produce an acidic digestive tract.
17. Sugar can cause a rapid rise of adrenal levels in children.
18. Sugar mal-absorption is frequent in patients with functional bowel disease.
19. Sugar can cause premature aging.

20. Sugar can lead to alcoholism.
21. Sugar can cause tooth decay.
22. Sugar contributes to obesity
23. High intake of sugar increases the risk of Crohn's disease, and ulcerative colitis.
24. Sugar can cause changes frequently found in person with gastric or duodenal ulcers.
25. Sugar can cause arthritis.
26. Sugar can cause asthma.
27. Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections).
28. Sugar can cause gallstones.
29. Sugar can cause heart disease.
30. Sugar can cause appendicitis.
31. Sugar can cause multiple sclerosis.
32. Sugar can cause hemorrhoids.
33. Sugar can cause varicose veins.
34. Sugar can elevate glucose and insulin responses in oral contraceptive users.
35. Sugar can lead to periodontal disease.
36. Sugar can contribute to osteoporosis.
37. Sugar contributes to saliva acidity.
38. Sugar can cause a decrease in insulin sensitivity.
39. Sugar can lower the amount of Vitamin E (alpha-Tocopherol) in the blood.
40. Sugar can decrease growth hormone.
41. Sugar can increase cholesterol.
42. Sugar can increase the systolic blood pressure.
43. Sugar can cause drowsiness and decreased activity in children.
44. High sugar intake increases advanced glycation end products (AGEs). (Sugar bound non-enzymatically to protein)
45. Sugar can interfere with the absorption of protein.
46. Sugar causes food allergies.
47. Sugar can contribute to diabetes.
48. Sugar can cause toxemia during pregnancy.
49. Sugar can contribute to eczema in children.
50. Sugar can cause cardiovascular disease.

51. Sugar can impair the structure of DNA
52. Sugar can change the structure of protein.
53. Sugar can make our skin age by changing the structure of collagen.
54. Sugar can cause cataracts.
55. Sugar can cause emphysema.
56. Sugar can cause atherosclerosis.
57. Sugar can promote an elevation of low density

Sugar Causes More Damage

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 55. Sugar can cause emphysema.
 56. Sugar can cause atherosclerosis.
 57. Sugar can promote an elevation of low density lipoproteins (LDL).
 58. High sugar intake can impair the physiological homeostasis of many systems in the body.
 59. Sugar lowers the enzymes ability to function.
 60. Sugar intake is higher in people with Parkinson's disease.
 61. Sugar can cause a permanent altering the way the proteins act in the body.
 62. Sugar can increase the size of the liver by making the liver cells divide.
 63. Sugar can increase the amount of liver fat.
 64. Sugar can increase kidney size and produce pathological changes in the kidney.
 65. Sugar can damage the pancreas.
 66. Sugar can increase the body's fluid retention.
 67. Sugar is enemy #1 of the bowel movement.
 68. Sugar can cause myopia (nearsightedness).
 69. Sugar can compromise the lining of the capillaries.
 70. Sugar can make the tendons more brittle.
 71. Sugar can cause headaches, including migraine.
 72. Sugar plays a role in pancreatic cancer in women.
 73. Sugar can adversely affect school children's grades and cause learning disorders.
 74. Sugar can cause an increase in delta, alpha, and theta brain waves.
 75. Sugar can cause depression.
 76. Sugar increases the risk of gastric cancer.
 77. Sugar and cause dyspepsia (indigestion).
 78. Sugar can increase your risk of getting gout.
 79. Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.
 80. Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low sugar diets.
 81. High refined sugar diet reduces learning capacity.
 82. Sugar can cause less effective functioning of two blood proteins, albumin, and lipoproteins, which may reduce the body's ability to handle fat and cholesterol.
 83. Sugar can contribute to Alzheimer's disease.
 84. Sugar can cause platelet adhesiveness.
 85. Sugar can cause hormonal imbalance; some hormones become underactive and others become overactive.
 86. Sugar can lead to the formation of kidney stones.

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 87. Sugar can lead to the hypothalamus to become highly sensitive to a large variety of stimuli.
 88. Sugar can lead to dizziness.
 89. Diets high in sugar can cause free radicals and oxidative stress.
 90. High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion.
 91. High sugar diet can lead to biliary tract cancer.
 92. Sugar feeds cancer.
 93. High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.
 94. High sugar consumption can lead to substantial decrease in gestation duration among adolescents.
 95. Sugar slows food's travel time through the gastrointestinal tract.
 96. Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon. This can modify bile to produce cancer-causing compounds and colon cancer.
 97. Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men.
 98. Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult.
 99. Sugar can be a risk factor of gallbladder cancer.
 100. Sugar is an addictive substance.
 101. Sugar can be intoxicating, similar to alcohol.
 102. Sugar can exacerbate PMS.
 103. Sugar given to premature babies can affect the amount of carbon dioxide they produce.
 104. Decrease in sugar intake can increase emotional stability.
 105. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.
 106. The rapid absorption of sugar promotes excessive food intake in obese subjects.
 107. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).
 108. Sugar adversely affects urinary electrolyte composition.
 109. Sugar can slow down the ability of the adrenal glands to function.
 110. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.

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 111. I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain.
 112. High sucrose intake could be an important risk factor in lung cancer.
 113. Sugar increases the risk of polio.
 114. High sugar intake can cause epileptic seizures.
 115. Sugar causes high blood pressure in obese people.
 116. In Intensive Care Units, limiting sugar saves lives.
 117. Sugar may induce cell death.
 118. Sugar can increase the amount of food that you eat.
 119. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior.
 120. Sugar can lead to prostate cancer.
 121. Sugar dehydrates newborns.
 122. Sugar increases the estradiol in young men.
 123. Sugar can cause low birth weight babies.
 124. Greater consumption of refined sugar is associated with a worse outcome of schizophrenia.
 125. Sugar can raise homocysteine levels in the blood stream.
126. Sweet food items increase the risk of breast cancer.
 127. Sugar is a risk factor in cancer of the small intestine.
 128. Sugar may cause laryngeal cancer.
 129. Sugar induces salt and water retention.
 130. Sugar may contribute to mild memory loss.
 131. As sugar increases in the diet of 10 years olds, there is a linear decrease in the intake of many essential nutrients.
 132. Sugar can increase the total amount of food consumed.
 133. Exposing a newborn to sugar results in a heightened preference for sucrose relative to water at 6 months and 2 years of age.
 134. Sugar causes constipation.
 135. Sugar causes varicose veins.
 136. Sugar can cause brain decay in prediabetic and diabetic women.
 137. Sugar can increase the risk of stomach cancer.

Energy levels drop

Mood swings increase

Sleep is negatively impacted

Depression incidence increases

Immune function decreases - sickness increases =
absenteeism

Ability to focus and be present diminished =
presenteeism



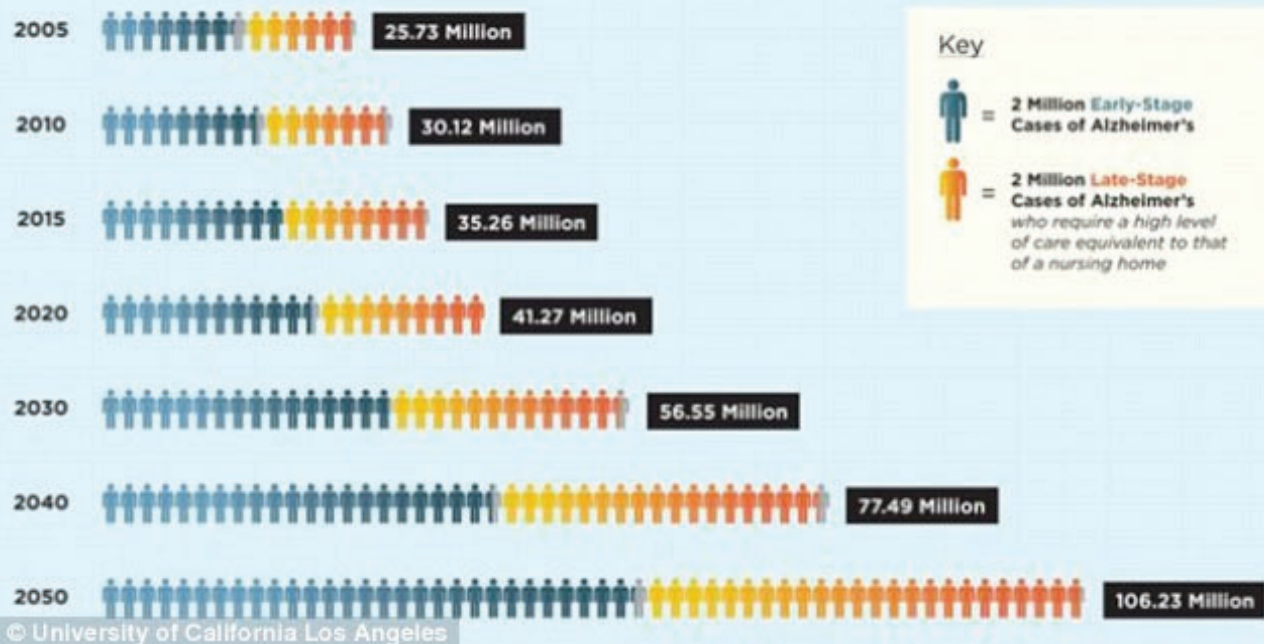
**makes you feel tired
lowers testosterone
creates leptin resistance
triggers stress and anxiety
reduces growth hormone production**

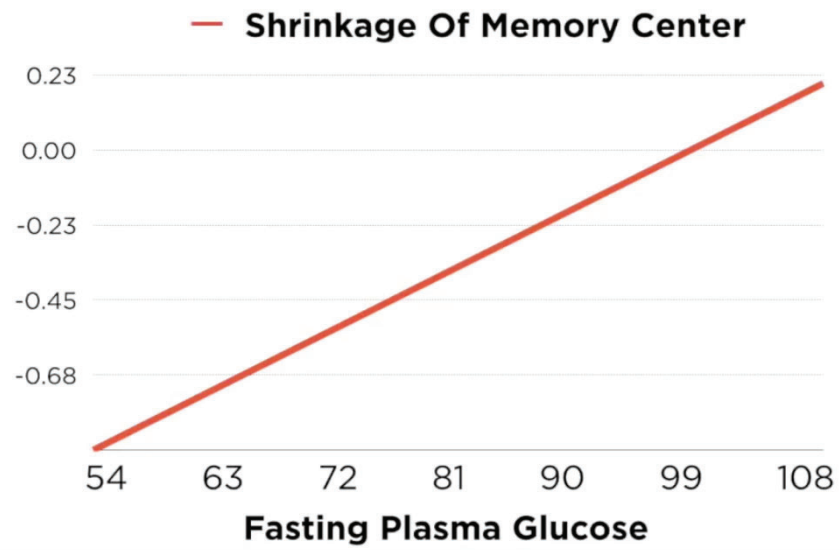




WORLDWIDE PROJECTIONS OF ALZHEIMER'S PREVALENCE

FOR THE YEARS 2005-2050, BY STAGE OF DISEASE (IN MILLIONS)





Neurology 2012;79:1019-1026

**“Alzheimer’s drug
trials have a 99.6%
failure rate.”**

Source: Cummings, et al. Alzheimer’s Res There, 2014

**Every 3 seconds a new
dementia case is diagnosed.
That is 400 people
in the last 20 minutes.**

Source: Alzheimer's Disease International



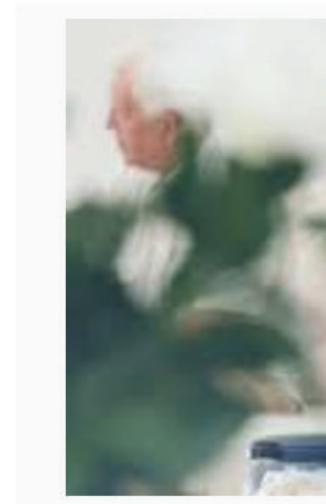
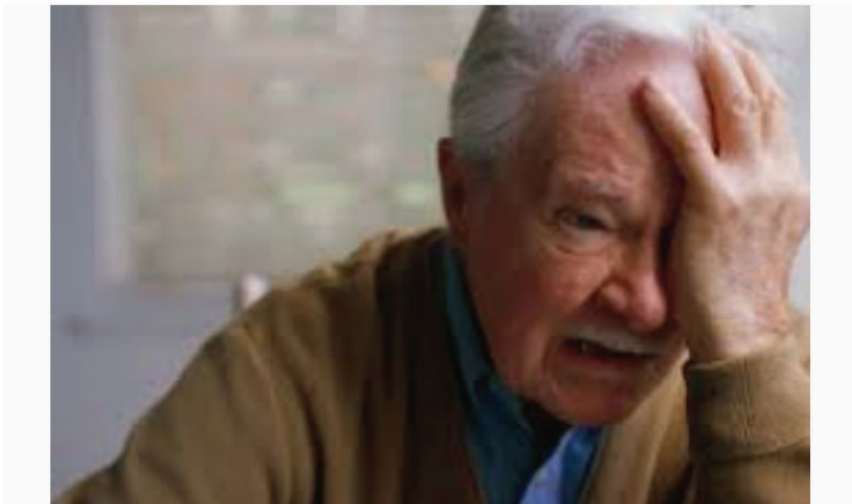
Activities for Alzheimer's Patients ...
byyoursidecare.com



Alzheimer's Diagnosis: Your Fami...
onhealth.com



Suffering from Alzheimer's disease? You ...
zeenews.india.com





Baking's biggest breakthrough since sliced bread!

America's kids have spoken—No More Crust! IronKids Bread has listened. The wasteful and inconvenient days of tearing off the edges of white bread are over. Introducing IronKids Crustless Bread—unique, tasty, nutritious and convenient. No hassles, no waste.

Using our unique baking and crust removal process, we deliver IronKids Crustless bread in full slice size. Anyway you slice it, it's all bread, no crust. With Crustless Bread, there's no waste—at home or at our bakery. All the crusts removed from IronKids Crustless Bread are recycled into other food products, like croutons and breading for baked fish.

IronKids Crustless Bread is wholesome and nutritious. This fresh new favorite is loaded with four times the calcium of most other white breads, and all the fiber of whole wheat. And, double-wrap packaging locks in freshness and ensures consistent quality.

Great for sandwiches, grilled cheese, French toast, and other snacks and meals. IronKids has cut out the work for you. Now you'll have more time to enjoy the satisfying white bread flavor that only IronKids can deliver.

So experience the one-of-a-kind soft and delicious IronKids Crustless Bread. And see for yourself why there's no fuss when there's no crust!





2500
80 g
25 g
300 mg
2400 mg
375 g
30 g

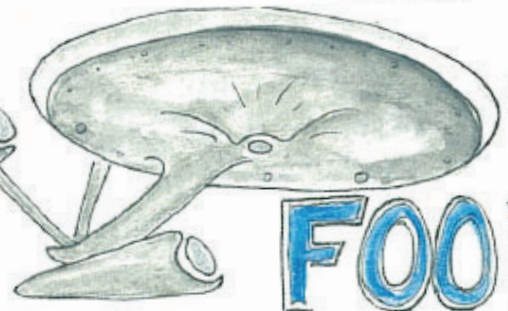
This Product Contains Olestra.
Olestra may cause abdominal
cramping and loose stools. Olestra
inhibits the absorption of some vita-
mins and other nutrients. Vitamins A,
D, E, and K have been added.
Este Producto Contiene Olestra.
advertencias



Burgers that never break down • Bread that never gets moldy •
Bovine that hatches baby dinosaurs with over 120 words listed

IT'S FOOD
JIM

STAR TREK



FOOD

chemically cleaned salts • chemically
sandwich designed to last over 100 years

COMING
FROM A PLANET NEAR YOU

BUT NOT AS
WE KNOW IT

cleaned oils • food grade petroleum • hydrogen nickel
the ingredient list • completely synthetic fats • imitation sugars •
mercury • potassium hydroxide • aluminum in oils creating toxic trans fats • genetically modified

