



THE

FRESH LIFE

INTERNAL MAKEOVER

*journey*



UNDERSTANDING THE  
TOXIC FAT EFFECT AND  
THE EIGHT EVILS THAT  
HELP CAUSE IT



MODULE 2 WORKBOOK 1



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## UNDERSTANDING THE TOXIC FAT EFFECT AND THE EIGHT EVILS THAT HELP CAUSE IT

Let me start by saying that much of what I am about to share (and you may already be aware of some of it) are inconvenient and sometimes very uncomfortable truths.

You will feel shocked, frustrated, and helpless.

HOWEVER, I want to remind you that first you will get angry, yes... but then you are going to get proactive.

And I have all the info, tools, tips, recipes and resources to keep you moving on this Journey to becoming more informed, and more empowered, so that you can make the best choices for the health of yourself and your family for the rest of your life.

“THE TRUTH WILL SET YOU FREE...  
BUT FIRST IT WILL PISS YOU OFF.”

- Gloria Steinem

I think it is very important to get emotional.

We have already seen in **Module 1 - Love, and Prepare Your Self**, that being emotionally charged about something (in a positive way), is very good motivation.

So now it's time to get emotional about what's really going on, from a physical point of view.





To start eliminating those information barriers that have been keeping you in the dark and confused about food, how certain secretly-‘evil’ foods affect our bodies and what you can start doing to make proactive changes.

You may become upset.

Especially when you learn what’s really going on with our food system, and how this affects something as fundamental as life, and the quality of life itself.

All this information that I am sharing, is what it took for me to *really* get motivated to make the changes I need to make.

To put in the work. And to get results.

To understand is to be liberated... and understanding will also serve as a very hot flame beneath the butt causing **Re-Action!**

All the sharing of the information in this Module is designed to help you create, build and fan that flame.

Now that you have your new **Fresh Life Mindset**, and have clarity with regard to your Values, TEMF's (True Emotional Motivating Factor), and what **Your Fresh Life Vision** is for **Your Best Fresh Life** (Module 1), we are going to add some very enlightening understanding of how foods and especially secretly-‘evil’/not-so-clean foods affect our bodies, longevity and quality of life.

This way you have *all* the motivation you need to keep taking **Fresh Life Baby-steps** and change your life and health forever.

I want you to know, my aim is yes, to shock you with real, credibly sourced, insightful info that is going to hit home and make you feel uncomfortable, angry and all sorts of other emotions (to stir you into **Re-Action**), but the one thing I *don't* want you to feel is overwhelmed.





And you won't, because you will have everything you need in order to avoid/stop and overcome overwhelm in both of the below scenarios...

**“WITHOUT KNOWLEDGE ACTION IS USELESS AND  
KNOWLEDGE WITHOUT ACTION IS FUTILE.”**

- Abu Bakr

Overwhelm will come from:

**1st - feeling helpless or like you don't have a solution/alternative/answer...**

Yes, I am giving you a lot of info that might make you feel this way initially, but I need you to remember that you will be provided solutions/alternatives/answers throughout this process, so stay calm and read on....

**2nd - feeling like its all to much to take in/do/achieve...**

This is very normal. I went through this myself.

In fact, anytime I am learning something new, it always amazes me how quickly one can slip into this kind of overwhelm.

But I want you to practice taking baby-steps.

Go slow. If you try to read, learn and implement too much all at once you WILL become overwhelmed, which will sabotage all your efforts.

When you start to feel overwhelmed, just close the computer/put down the pdf and walk away (I practice this 'technique' often, in everything I do).





Come back to it later, or just focus on the one or two things you are doing at a time, and slowly learn a little at a time, and add new changes a little at a time.

This is not a race!

Remember, you have lifetime access, and all the time in the world to go through and apply all these amazing, life enhancing, health transforming lessons, tips, recipes and how to's.

### **PLEASE NOTE:**

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## **Our Toxic World**

We can't continue to deny the negative effects our exposure to toxic chemicals, technology foods (genetically modified & chemically mutated foods), artificial food additives, synthetic cosmetics, medications and other toxic compounds, is having on our lives and health any longer.





Doctors and researchers are sounding alarm bells, studies are revealing, and science is proving, the theories.

We must listen. We must learn. We must act.

The industrial revolution, combined with our love of cheaper, 'better tasting' convenience foods, has lead us down a dangerous path, exposing us to a startling number of damaging toxic chemicals, Frankenfoods and other unnatural synthetic compound exposures.

Much of which is not really brought to our attention through main stream media.

Not only in the agricultural, and food industries, but in all other areas of our lives such as home care products, baby and personal care products, to the air we breathe, the water we drink, and the many textiles used to make our clothes, including the many other things we come into contact with on a daily basis.

We are exposed to biotech foods - genetically modified and chemically mutated varieties of foods that we consume on a daily basis.

Animals and plants are bathed in chemical concoctions that have never been properly tested for health safety, especially over the long run.

Our food is doused and filled with many unnecessary chemicals, artificial additives, flavorants, colourants and preservatives.

Synthetic chemicals are added to personal care products and cosmetics.

Medications are often highly toxic, and supplements are laced with questionable buffers and fillers.

And everything else around us from the clothes we wear, to the textiles and treatments we're exposed to, from the interiors of our cars, offices and homes, giving us more and more added exposures each and every day.





We are living in a toxic, chemical, artificial, man-made and genetically altered world.

And it's full on, and unrelenting.

I don't bring all this to light, lightly!

I know just how overwhelming it can feel. I know how worrying it is when we start to hear about all the details of just how much exposure we are dealing with in our modern day lives.

But you can only be inspired to act when you know the truth.

This is the purpose of this **Module 2 - Your Empowerment Library**, and in fact, the whole Program.

Where you can learn what you and your family are exposed to, how to avoid or reduce it, how to remove accumulated exposures and of course how to bolster your and your family's health to be able to deal with these chemical and unnatural onslaughts for the long term.

So you can take your power back and not be at the mercy of our Toxic World.

I have spent thousands of hours finding many positive tips and how-to's to ensure that you will not be left feeling helpless or overwhelmed by the info I share. But for now, back to a little 'shock and horror'...

**"IF YOU WANT TO LEARN ABOUT THE HEALTH OF A POPULATION, LOOK AT THE AIR THEY BREATHE, THE WATER THEY DRINK, AND THE PLACES WHERE THEY LIVE".**

- Hippocrates, the Father of Medicine 5th Century BC







## Toxic Exposure

We are exposed to some 70,000+ known toxic chemicals in our world on a daily basis.

Many of these have not been properly tested for safety, and many are only tested in small amounts, based on limited exposure, and never in combination with one another.

And it's the accumulative effect of this exposure that is most worrying.

This has put an incredible physical strain on our human bodies.

Our bodies were not designed to handle the kind of workload we are currently presented with.

Our bodies don't even recognise half of what we put into it, and it is wrecking havoc with our biochemistry - biochemistry being the intricate chemical and physicochemical processes that occur within our bodies and cells which is essential to life.

These factors, combined with our stressed out, time-poor, modern lifestyles, creates what I like to call, 'The Toxic Fat Effect'.

## The Toxic Fat Effect

Why have I used the word 'fat' in this description?

There is so much more to explain before I reveal why I specifically use this word but I want to clear up a few things first because I understand that this term might be a little confronting.

Especially when I start explaining that we *all* suffer from **The Toxic Fat Effect** (no matter what size we are!).





The word 'fat' is usually used for its negative connotation, and I don't deny that it did cross my mind that using this kind of term would make people pay attention, but once you hear the full story as we go through this Module (perhaps you are already familiar with all this if you have already attended one of my talks/seminars/webinars on the subject), you'll come to understand *why* I have used this term.

So many program focuses on our fat being a completely evil thing.

First of all lets have a bit more of a chat about fat.

### **Fat is not the enemy here**

Not all fat is bad.

We all have fat. And we all need to have it.

Whether tall, short, overweight or skinny, there are different types and amounts of fatty tissues found throughout our bodies.

Our brains are mostly made up of fat. Around 60% of it in fact.

And our brain's seem to be a pretty amazing and slightly important organ, right? (slight sarcasm I know).

Second of all, fat that is seen as 'bad' - the stuff we are all pulling at, prodding and wishing away, is actually doing a *very* important job.

Sure, we know inherently that having extra 'fat' on our bodies is not healthy for us because it is a sure sign that something is not right in the body.

But once you learn more about the fatty tissues of the body, you'll have a new found respect for what it does for us.

You'll come to understand the vital role it plays in *protecting* us, specifically, protecting the essential and most important organs of our bodies.





This helps create a positive shift in mindset (yay, for our **Fresh Life Mindset!**), in how you perceive your body and those ‘fat bits’.

*Understanding* how fat is positively protecting us is a vital part of understanding and loving your body, rather than fighting it and cursing it for what it does.

We are going to create positive changes through positive understanding, and by loving our bodies for the incredible job it does, rather than cultivating and continuing with any long held negative responses to it.

There are some incredibly interesting, and empowering insights into how your body is always working in a positive way for you that will astound you.

Then once you are armed with this understanding, we will start delving into *why* the body has created these deeply desirable (however superficially undesirable), protective functions.

I will be challenging you to first understand and love the fat that is part of your body.

Because once you have this love and understanding, you are going to treat your body more gently, you are going to know what it needs, and you will be able to proactively give your body everything it needs to bring itself back to balance (which takes care of reducing poor health symptoms, promoting healing and bringing weight back into a healthy balance).

**“HAVING TROUBLE FINDING THE CAUSE OF YOUR  
ILLNESS? – IT IS LIKELY DUE TO THE  
CONTAMINANTS IN THE AIR YOU ARE BREATHING  
AND THE FOOD YOU ARE EATING.”**

- Dr Walter Crinnion





## **What is The Toxic Fat Effect?**

Our modern lives demand:

- fast
- easy
- tasty
- low prices
- convenience

Our needs were met by:

- The industrial revolution
- Chemical and Radiation Mutation (mutated foods)
- Biotech mono crops (genetically modified foods)
- Food processing
- Food packaging
- Long shelf life
- Artificial flavour
- Artificial sugar
- Artificial preservatives
- Pre-chopped, pre-packaged, prepared
- Deep frying, and fast foods/convenience foods
- technology: eg. microwaves





Our modern life conveniences and demands are the very reasons why many toxic chemicals, foods and altered foods were create in the first place.

Our bodies are not evolved to handle the variety of sources and sheer volume that we are currently being exposed to.

Our bodies as a result, are being negatively affected by the crazy weird, unnatural/contaminated foods, and can't naturally process the number of toxic chemicals we are exposed to (which it was designed to do), and our bodies have resorted to having to harbour these toxic chemicals around the body in an attempt to store them away from and protect our essential organs.

All to ensure immediate short term survival!

This storing of toxins, plus the effects that these secretly-'evil' foods have on our biochemistry, contributes to many health concerns and produces symptoms that warn us that all is not right within the body.

And there is now emerging evidence pointing to the fact that this **Toxic Fat Effect** is contributing and accelerating chronic and degenerative diseases, and is shortening our life span.



## THE TOXIC FAT EFFECT

**is the body result of our persistent exposure to the ridiculously high volume, and variety of xeno-toxins in our every day lives, and the bioaccumulative toxic strain that puts on our, and our loved ones' health.**

**Bioaccumulation of toxins** = the accumulation of **xeno-toxins** (external toxins) in our body tissues (aka chemical body burden), which may or may not be able to be removed by our body's own natural detoxification process.

The Toxic Fat Effect:

- steals our comfort and therefore our joy
- robs us of our energy
- diminishes our quality of life
- is shortening our life spans
- is a major contributor to weight gain
- being linked to a plethora of allergies, syndromes and other poor health conditions
- indicated to contribute and even cause chronic and degenerative illness

The Toxic Fat Effect is the result of our way of life in this day and age and is caused by a number of factors, unique to our time in history.

We live fast paced, stressed out, time-poor lives: things need to be fast, cheap, (artificially) tasty and in abundant supply, all the time.





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**“THE SIMPLE TRUTH IS THAT WE ARE LIVING  
IN A SEA OF TOXINS AND IT IS DESTROYING OUR  
BODIES AND BRAINS.”**

- Dr Mark Hyman





## The Eight Evils and Why The Toxic Fat Effect is not our fault

Big food biz, agri-business, mass media, big corps and the like, don't want us to know the details.

What's in the food, how its made, and how it has come to be on your dinner plate. That would be bad for business.

I am just like you, and I know how hard you work: to try and eat better, go to the gym, reduce calories, take fitness classes and try preparing healthier food.

You are not lazy or unwilling to do something, its just that you haven't had the right information.

You want the best for your family but you are not offered the correct information, so you do the best with what you've got.

Dr Sarah Lantz PhD, speaks of her own experiences with her own family on this point, in the Prologue of her amazing book (highly recommended reading), *Chemical Free Kids*.

"We look for support and advice anywhere we can find it. Magazines, newspapers, and television advertisements offer that seem to be reasonable solutions to cure her ailments - the colic, the reflux, the allergic reactions, the nappy rash and eczema, and, at the same time, provide wholesome nutrition, banish tears, and even turn her into a musical maestro at the same time. It's all so seductive."

Most of the Eight Evils we are going to be talking about, which are really the cause of The Toxic Fat Effect, are hidden, covered up and fed to us in misleading ways.

Many of the very foods we are told to believe are healthy for us are some of the worst, toxic fat creating 'foods' (they aren't really foods at all) we can be putting into our bodies.







Why is it so? Well, without getting too deep into this subject the fact of the matter is that industry, money and power come into play in our mass production food systems.

I truly believe that most individuals have good intentions and don't intend to hurt us, unfortunately ignorance isn't bliss, and in the case of our food (the thing that is supposed to sustain us, and give us life), it's downright harmful... it's fatal.

You can be sincere, but you can be sincerely wrong.

Knowledge will enable you to take your power back so that you can make the right choices on behalf of your Self, and your family, and move away from the model of relying on others, who might not know the right information, or worse, don't have your best interests at heart and prefer to put their profits over your and your family's health, wellness and longevity.

**"IF, AS I AND MANY PROFESSIONALS IN THE SCIENTIFIC COMMUNITY BELIEVE, HAZARDOUS CHEMICALS HAVE PLAYED A SIGNIFICANT ROLE IN THE ESCALATION OF CHRONIC ILLNESSES OVER THE LAST FIFTY YEARS OR SO, THE REDUCTION AND EVENTUAL ELIMINATION OF THESE CHEMICALS FROM OUR FOODS, AIR, WATER AND BODIES CAN ONLY HAVE A POSITIVE EFFECT ON HEALTH".**

- Bill Statham's (author of Chemical Maze) foreword in Dr Sarah Lantz book, 'Chemical Free Kids (2nd edition)'





## More info on the Eight Evils

You will see there are separate sections on each of the Eight Evils for you to read more about in the rest of this Module. Go check them out once you have finished your Activities below.

## TAKE ACTION NOW!

\* Use Your **Get to know your Food Habits** - using Your Fresh Life 'Daily Food Journeys' Journal! If you haven't already....

**DO THIS NOW:** Go now and fill this worksheet out - it'll give you valuable insights that you can benefit from as you learn more about the Eight Evils in detail. This snapshot of what you and your family eat each day will allow you to see just how much exposure you have to these Eight Evils. You'll then be able to use these insights to slowly move out the bad stuff and slowly add all the good stuff that you will be shown in the rest of the Program, especially in the upcoming Live 7 Day Challenges in Week 3, 4 and 5 (and Week 6 too!).

\* And remember to join the discussions going on right now in **Your Fresh Life Community**.

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