
Food Does Not Make You Fat

Part 2 of the *'You Are The Magic Pill'*[™] Series

MISS AMY'S IBMS® MINI-BOOK SERIES

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You Are The Magic Pill™

PART 2



Food Does Not Make You Fat

If food made you fat, I would not be able to fit through a door. At the age of 27, some people may say “Oh, you just have age on your side.” Ok, if this person doesn’t know my past, maybe they have the right to think that. However, the truth is that at the age of 19, I was 25-30 pounds heavier than I am now. How in

the world can this be?! After being on many different prescription medications (chemicals), being vaccinated as a child, being stressed about literally everything in my life, being physically and emotionally traumatized from a car wreck, I was so highly toxic from my lifestyle and medications, I had the liver of a 60-year-

old at the age of 19! Because of this, of course I was overweight- my organs were only surviving and keeping me alive instead of functioning properly. So how did I fix this? The simplest answer: I met my other half, Dr. Coldwell. Upon meeting Dr. Coldwell, I learned how to heal myself. I learned the Instinct Based Medicine System, which help me overcome all bad experiences of my life and recondition myself for success, and think for myself. I learned the importance of detoxification and how to properly do it, I learned how to heal my spine from the damage in the car wreck. After 2-3 years of detoxifying, I naturally and gradually lost weight to get to my natural weight to this day of 118-120 pounds. During these years of detoxifying, I used the BePure Cleanse twice a year, Candida cleanses, juice fasts, "The Soup Diet", raw food diet, and most importantly, only choosing organic and Non-GMO foods, and learning to cook just about everything I wanted to eat. Based on my IBMS Training, I know better now than to listen to people saying that I shouldn't eat coconuts or avocado's because of their fat content. As long as the food is in its natural state with the enzymes, the fat can be digested, and I cannot get fat (from food). Also from my IBMS Training, I know better than to choose to be extreme in a

diet. What I mean by that is I never chose to be 100% of anything- raw foodist, vegan, vegetarian, etc. I knew that when my body craved certain foods, it was for a reason, so I listen to my body. This is critical for healing! Of course, craving a candy bar does not count. The craving I am referring to is to certain herbs, spices, or certain vegetables and fruits or seeds/nuts. I also made my own sauces and dressings from scratch because I do not consider "Xanthan Gum" food. I even learned to make healthier versions of candy bars when I would crave chocolate, which is a healthy food. I created a healthy alternative to what I normally ate growing up. Instead of processed sugar, I used raw cane sugar...instead of milk, I made hemp or coconut milk...instead of candy bars, I make my own raw chocolate candies or eat Medjool Dates. I totally stopped counting anything- carbs, calories, grams of sugar, etc. It simply is irrelevant. For example, raw honey has about 17g of sugar per tablespoon, which seems high, but since it is bio-available, the body can digest the sugars. Honey is actually very healthy for you with all of the antibacterial properties and healing elements. I actually do not know of anyone that ever said honey made them fat, or they felt "bloated" or "gross" after having too

much honey, besides Winnie the Pooh. In fact, the opposite is true- most people feel better after eating honey and have more energy. The key is to buy quality honey from a local beekeeper, not the golden “honey-like” sticky liquid they sell in a bear shaped bottle in the grocery store that is actually high fructose corn syrup and honey “flavor” and maybe some food colorings. That is NOT what I mean by honey. That is not food, and that will make you fat...and diabetic maybe. My entire philosophy is really getting back to the basics- back to what food used to be and should be...without additives, chemicals, preservatives, unhealthy alternatives (aspartame, sucralose, margarine, etc) and just eating “the real thing”, just organic and non-gmo and non-processed. When I make bread, it is made with just basic ingredients the way my ancestors would make it- not with 100 chemical additives so it can keep on the shelf for 2 years. My favorite bread to make is called “Brötchen”, German rolls typically eaten for breakfast. The ingredients are very simple: Flour, water, yeast, sugar (to activate yeast), salt, oil, and egg wash to coat the top to get a crispy crust. Some people would call my way of eating “Eating Clean”, which to me is just a modern term for an old, original, and correct way of eating.

If you ask your great grandparents what kind of diet they had, they probably wouldn't say “I was vegan” or a “non-gmo Diet”, or “Eating Clean”. They would probably say, I made fresh bread a few times a week or every day for the family, with butter (from cows that ate grass and had no antibiotics) and we ate what we grew in the garden. If you asked what color the sugar was, they would probably say an off-white color. These days, “sugar” doesn't even come from cane sugar, most refined white sugar comes from sugar beets, which are often genetically modified. My prerogative with food is simple. Real food cannot make you fat and real food cannot make you sick and cannot necessarily heal you either. Food is a fundamental element of our daily lives that has been overcomplicated to an exponential degree. Food cannot make you fat because if it is real food then your body can digest it, and absorb the nutrients. Preservatives, fillers, and other chemicals are not food. Of course, if you overeat, you can get fat, but this is not due to the food. That is due to negative behavioral patterns, stress, or other emotional issues, easily fixed with the IBMS® System. Real food cannot make you sick either because anyone familiar with IBMS® knows most causes of illness are not physical. The physical

illness-makers regarding diet are not classified as food as far as I am concerned. GMO's are not food, chemical contaminants like pesticides are not food, etc., therefore are not applicable in this case. Lastly, food cannot cure you either. Diet definitely has its place for detoxification and weight loss, but is not the final solution for illness. Speaking of weight loss, when I finally realized that food cannot make you fat, as long as you eat real food, the worries and stress of eating too many carbs, or sugars, or fats completely disappeared. At this very liberating moment I was no longer afraid of gaining weight, and the weight came off! So, even in this case the weight loss result was mental as opposed to diet. From this point forward, I ate whatever I wanted, but had certain guidelines. Everything I cooked with was organic, non-gmo, and local when possible, I made my own sauces (where preservatives and fillers are most prominent). I also switched to non-dairy milk for tea and coffee. I would make my own coconut milk, but I currently use Goat Milk. I personally do not eat a lot of meat, only sometimes. I eat a lot of eggs, but I never eat red meat or pork, and occasionally eat meat like fish or chicken. If I crave meat, I eat meat, but that is just my personal feelings on the matter. I am not here to say

anyone should be vegan or not, you have to make this decision for yourself, because only YOU know what is best for you. I am excited to share my way of life, almost a belief system, if you will. So, let go of the stress and brainwashing that we have all been told (like not to eat sugar and carbs over 40 just to name one) and have quality of life with quality ingredients for quality food!

Much love,

Amy

P.S.-

*Remember to stay in touch!
Send me questions or topics you
would like to see me cover to
ibms@startmail.com OR di-
rectly via the IBMS® Members
Only Website*