

The 2024 Daybreak Summer Nutrition Seminar Series

Lesson 1- Our Current Nutrition Predicament- How Bad Is It?

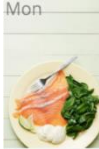






Part 1- A Freaking Quiz?!? LAME.



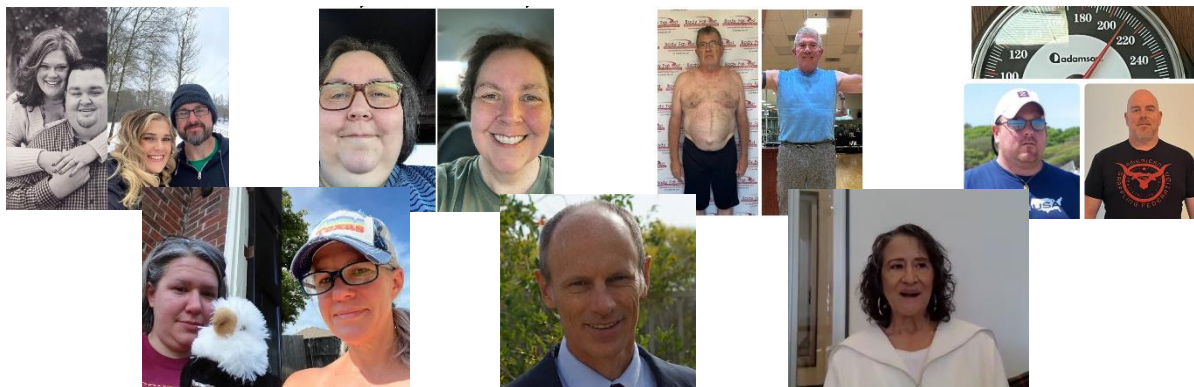
Part 2- Introduction/The Rules of the Course/Our Current Health Model

- 1) I am the all-knowing nutrition wizard-guru-ninja, I'm always right (Eye roll).
- 2) "The goal is to keep the goal the goal" So what's yours?
- 3) YOU are in charge of your health. Do NOT outsource it to someone else.
- 4) Understand the principles, and make them fit into YOUR life.
- 5) Have fun!

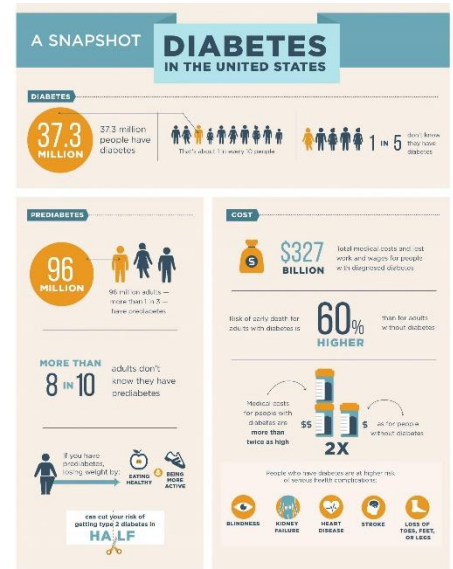
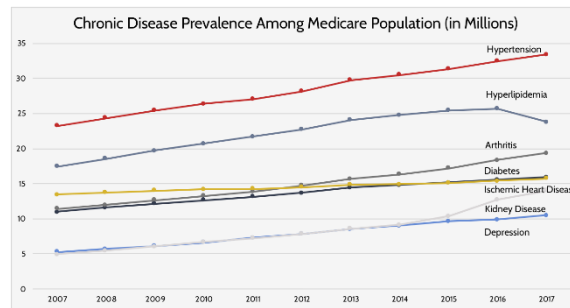
Part 3- What to Expect from This Seminar Series! No, I Won't Sell You Anything.

Mon	Tue	Wed	Thu	Last Six 60 Day Totals	
				Total Change	
				Total Weigh Ins	126
				Total Weight	-735
				Total Fat Mass	-720.9
				% of Weight as Fat	98.1%
				Total Participants	187
				Weigh Outs Reported	126.0
				Compliance %	67.4%

Part 4- A Few Success Stories!



Part 5- Our Current State In Nutrition-



Part 6- Quiz Results! How Did You Do?

Homework- Try the Meal Plans and See How It Goes!

Resources-

Food Junkies Podcast Episode 120- Caley Means

<https://www.foodjunkiespodcast.com/episodes/episode-120-calley-means>

Boundless Body Radio Episode 626- Kicking Ass After 70 with Les Lyons!

<https://www.buzzsprout.com/1244183/14783169>

Boundless Body Radio- Melissa Lujan's INCREDIBLE Story of Healing Dementia!

<https://www.buzzsprout.com/1244183/13993175>