

The 2024 Daybreak Summer Nutrition Seminar Series

Lesson 9- The Players in the Nutritional Space!

Part 1- The Rules of the Course/Review Last Week's Lesson

- 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!

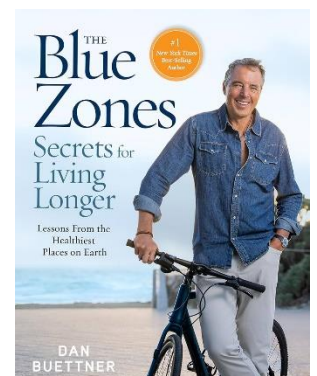
Part 2- American Heart Association, American Diabetes Association, and WHO!



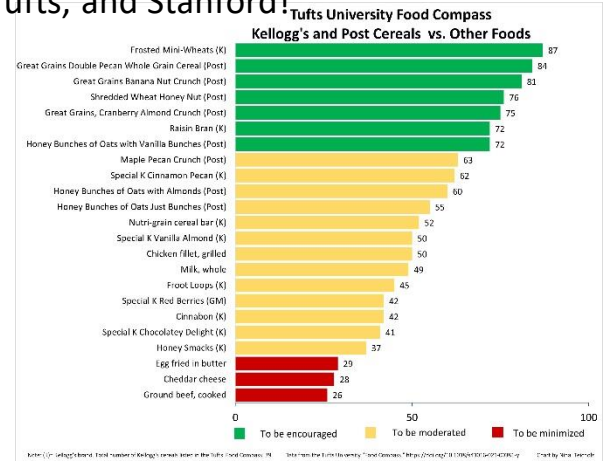
Part 3- The US Government!



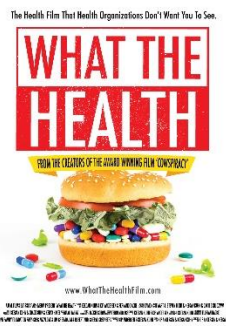
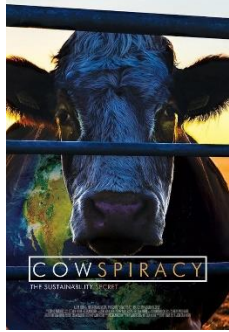
Part 4- The Seventh-Day Adventist Church, Cereal Companies, and Blue Zones!



Part 5- Biased Nutrition Schools Including Harvard, Tufts, and Stanford!



Part 6- Plant-Based Agendas and Propaganda Documentaries



Homework- Follow the money! Who benefits from the nutrition narrative?

Resources-

The Great Plant-Based Con by Jayne Rees Buxton

<https://www.amazon.com/Great-Plant-Based-eating-plants-only-improve/dp/1408717441>

Boundless Body Radio- SPECIAL EPISODE- Living to Age 100: The Truth About the Blue Zones! 530

<https://www.buzzsprout.com/1244183/13642895>

Boundless Body Radio- The Great Plant Based Con with Jayne Buxton! 303

<https://www.buzzsprout.com/1244183/10885983>

Boundless Body Radio- You Are What You Eat on Netflix- Debunking the Twin Study with Nina Teicholz!
592

<https://www.buzzsprout.com/1244183/14459830>