

'Ditch The Diet' Roadmap WORKBOOK

DITCH-THE-DIET ROADMAP



VIRTUAL WORKSHOP

© 2022 Carla J Gardiner

'Ditch The Diet' Roadmap WORKBOOK

1 – Outline

A – Introduction

B – Instructor

2 – Pre-work

A – Watch the documentary – What's With Wheat

Amazon - <https://www.amazon.com/Whats-Wheat-David-Perlmutter/dp/B06VVYT9DC>, 1 hr 18 minutes

B – Print out your workbook for class

3 – Your WHY

A – Have tissues, be honest

4 – Food Myths

A – Parents

B – School

C – Research to find the truth

5 – Water Is Not Hydration

A – Water

B – Satiation

C - Electrolytes

'Ditch The Diet' Roadmap WORKBOOK

6 – Your Next Step

'Ditch The Diet' Roadmap WORKBOOK

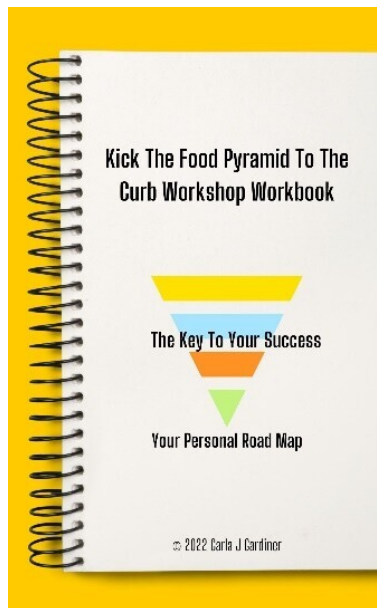
Introduction

This workshop is the direct result of wanting to share my personal experiences with food, hair loss, excruciating pain, and weight gain.

In this one-hour workshop, you'll discover a way of thinking about food that many people have never thought of. Your eyes will be opened wide once you watch your pre-work homework and video.

When you pay attention to how you react to the new ideas and information we discuss be sure to use this workbook to jot down how it makes you feel. Later you can watch the replay, read your notes and begin to understand why you thought and felt the way you did.

Today is the beginning of your health journey using real information instead of being led down the path of pain, sickness, and the diet roller-coaster.



'Ditch The Diet' Roadmap WORKBOOK

Your Instructor

My name is Carla J Gardiner, known as The Fiery Grandma. I'm a tenacious woman working to guide women 40 and over who are struggling with post-menopausal weight gain, pain, and hair loss. I learned how to stop my hot flashes, balance hormones, and eat the right foods to get healthy and lose weight naturally.

I refused to accept the status quo of the health and wellness industries. Your health is not about dollars and cents, it's about living your best life vibrantly without medications and sickness.

I am an ex-banker who knew the corporate world wasn't for me, a self-starter who received my education from the "school of hard knocks".

I started my Plan B, CarlaJGardiner.com in 2010. I've always loved learning. Many of my friends call it a habit, I call it fun. The more I learn the more I want to learn and share.



'Ditch The Diet' Roadmap WORKBOOK

Pre-Work

To benefit the most from this workshop, you are highly encouraged to find the time to gather your family and watch this documentary.

What's With Wheat was introduced to me when I decided to begin my research into the food industry, and the food pyramid and discover WHY we were taught to eat the way we were.

If you have an Amazon Prime account you can rent it for under \$2 USD or purchase it for under \$8 USD as I did. It is a great resource to rewatch when you begin drifting back to old thoughts and behaviors.

For your convenience, here is the link – <https://www.amazon.com/Whats-With-David-Perlmutter/dp/B06VVYT9DC>

You'll want to carve out about 1 hr 18 minutes to enjoy and take notes.

Before class, please take the time to print out this workbook for your note-taking and reference during the workshop. (you'll thank me later)



'Ditch The Diet' Roadmap WORKBOOK

Your WHY

Believe it or not, this is huge and bigger than just “because I want to feel better”.

Have your pen/pencil and workbook handy as we dive deep into WHY you took this workshop. This information will give you a “look in the mirror” glimpse into some of your innermost thoughts, beliefs, and reasons for why you do what you do...

Things you'll want close by:

Tissues

Glass of water

Workbook

Your Undivided Attention and Desire



Food Myths

A – Parental Teaching

B – School Teaching

C – Advertisers

D – Medical Community

Water Is NOT Hydration

A – Water

B – Satiation

Save Fruit, Different Skin

GRAPE

RAISIN



Hydrated
Tight & Plump

Dehydrated
Dry & Wrinkled

C – Electrolytes



'Ditch The Diet' Roadmap WORKBOOK

Ditch The Diet, Eat The Right Foods and Forget Everything You Learned In School About Food.

Discover Why The Foods You Eat Are Making You Sick, Causing Pain, Hair Loss, and Weight Gain.

This Simple 3-Step 'Ditch The Diet' Roadmap When Followed Will Lead You To A Pain-free, Energetic Life While Losing Weight Naturally.