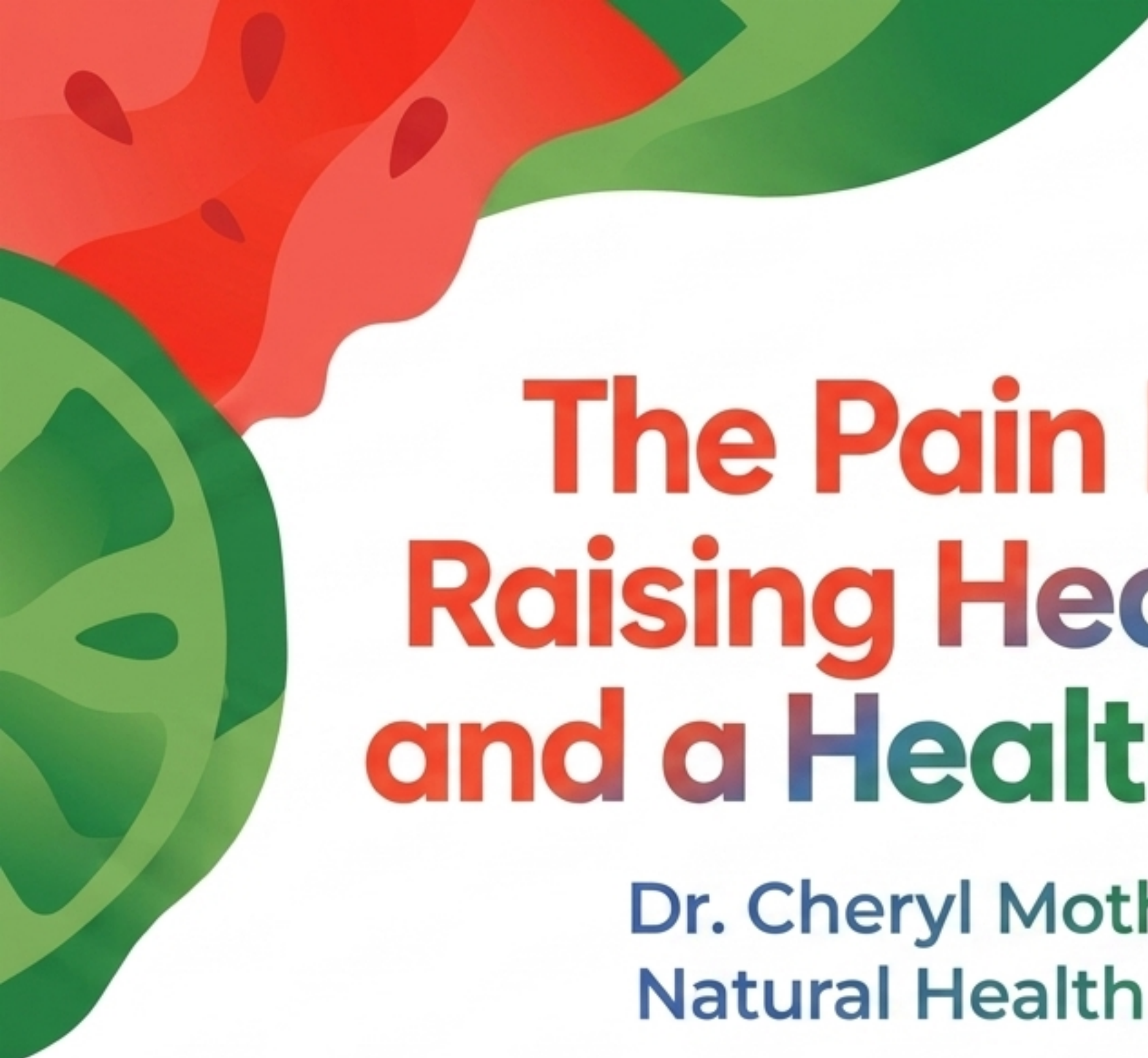




The Pain Fix Protocol, Raising Healthy Children, and a Healthier 4th of July

Dr. Cheryl Mothes,
Natural Health Nutrition Counselor

The Shocking Reality

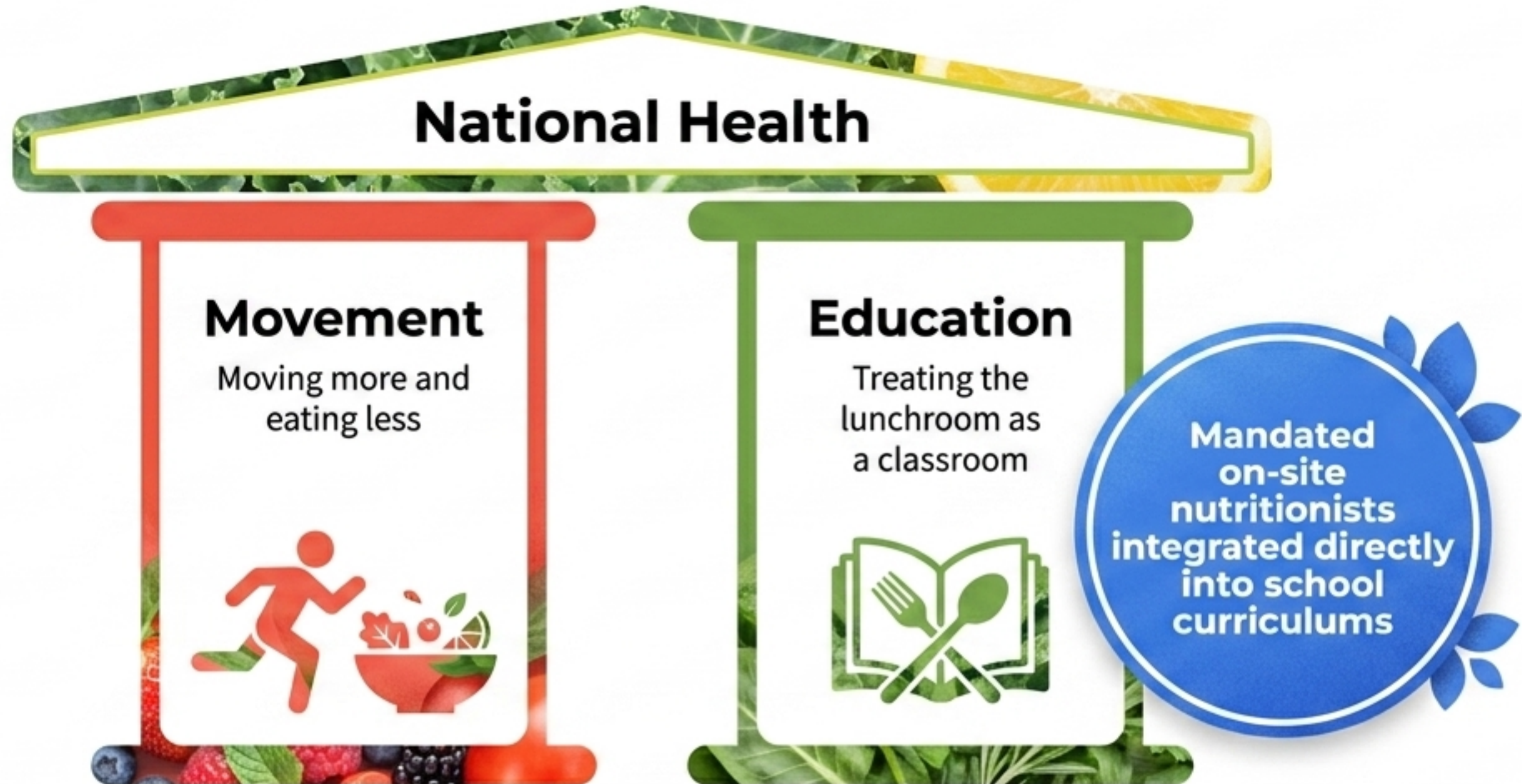
The outcomes of the foods we choose to eat are now the number one leading cause of death in America.



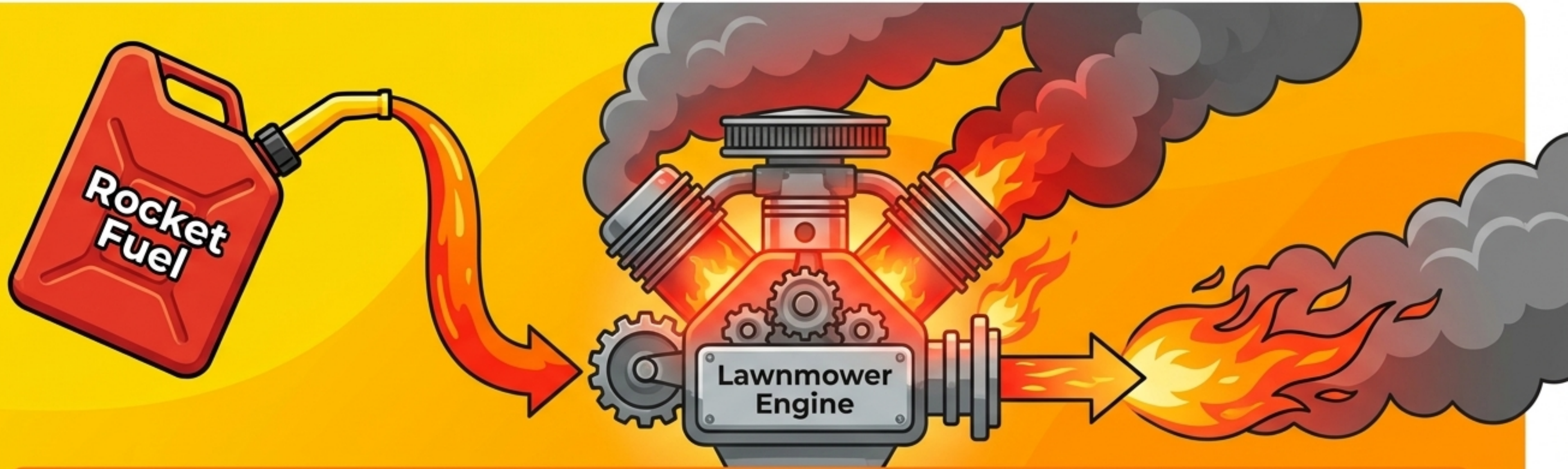
The good news? Behaviors can be changed through **education**, just as we successfully reduced national tobacco use.

The Japanese Blueprint (Shokuiku)

Japan's incredibly low obesity rate isn't an accident of genetics—it is a legal mandate that treats childhood nutrition as foundational education.



Childhood Metabolic Habits



Feeding kids a constant stream of simple carbs acts like rocket fuel in a lawnmower. It revs the engine too hot, setting them up for massive metabolic failures—like diabetes, heart disease, and cancer—down the line. Dietary habits formed in childhood persist directly into adulthood.



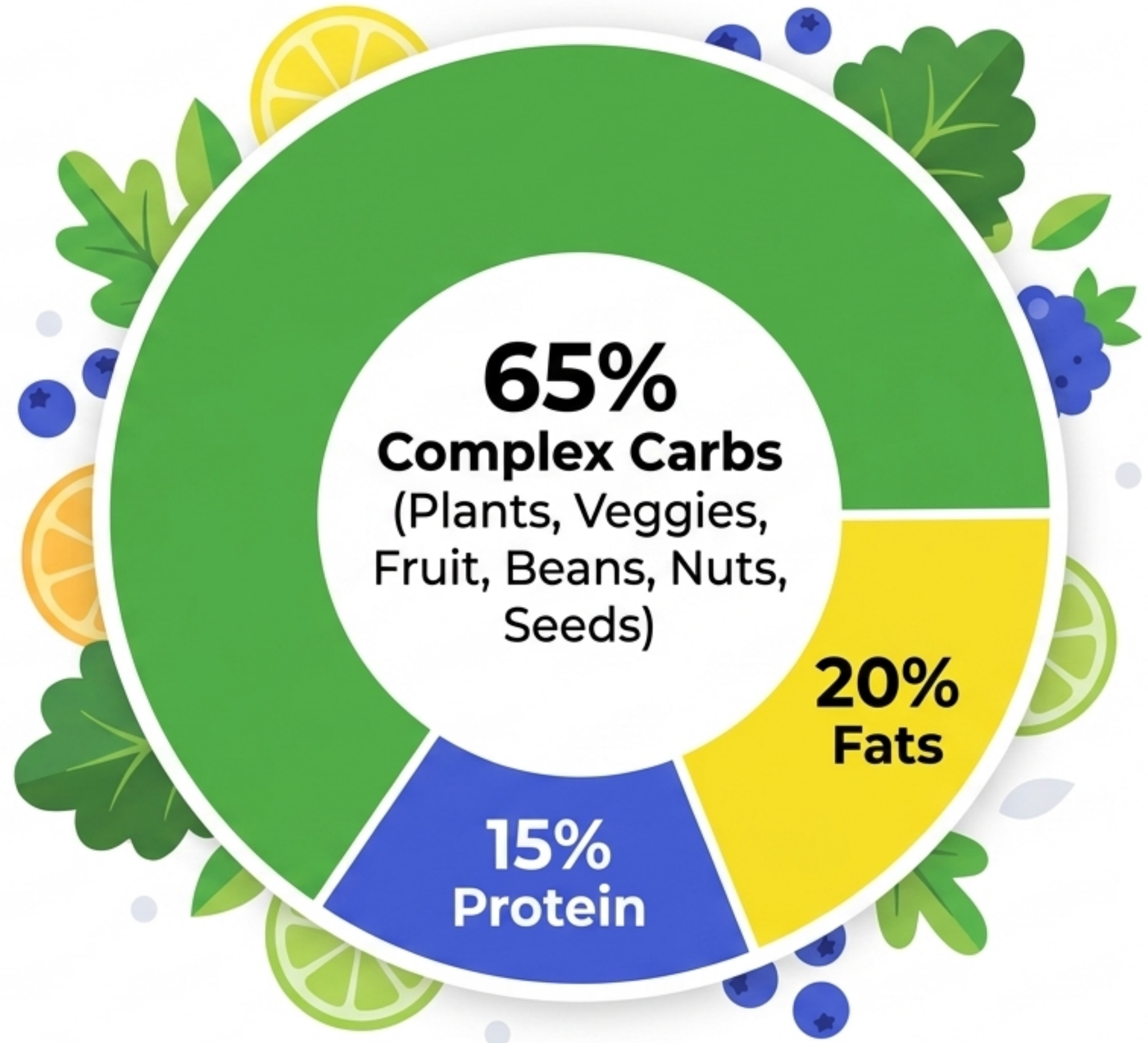
Celebrate National Eat Your Vegetables Day (June 17th)

Est. 1991: National Fresh Fruit and Vegetable Month

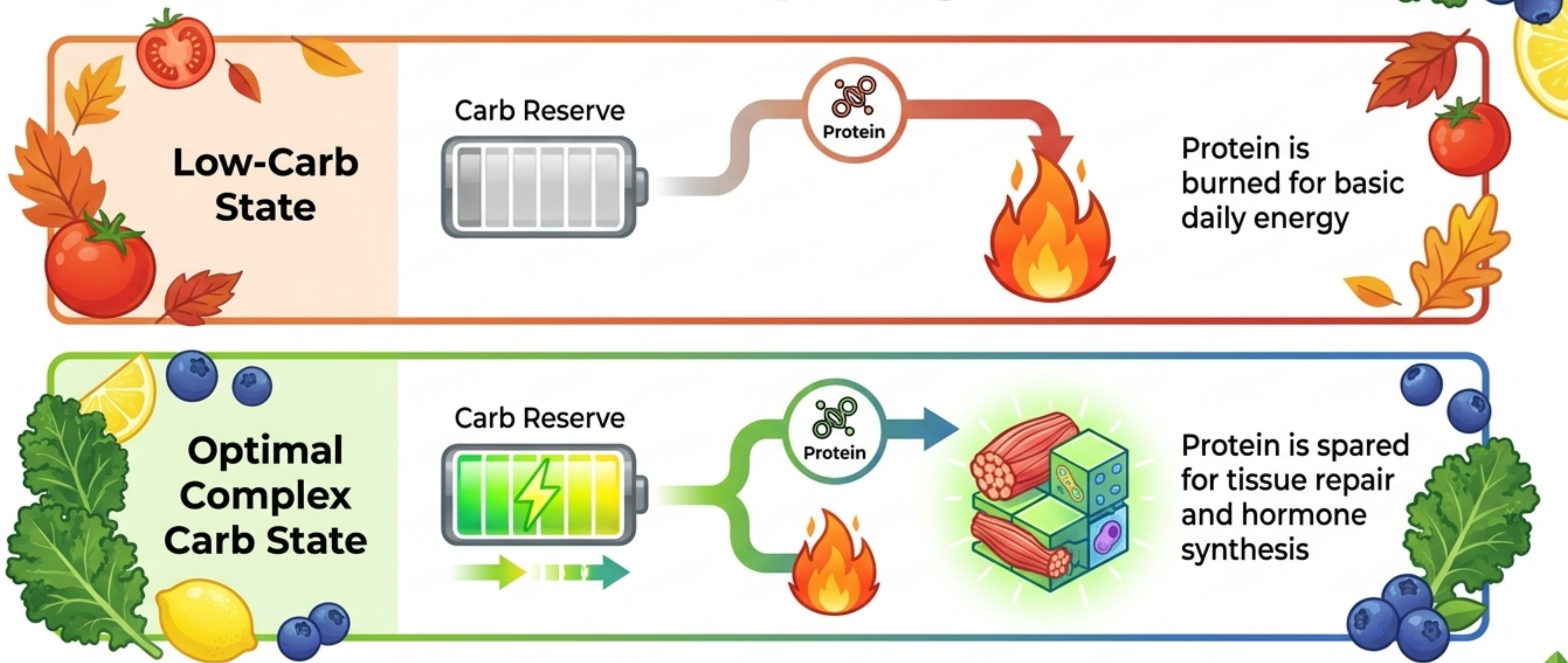
Focus on addition, not restriction.
By adding health-promoting foods (vegetables, fruits, beans, seeds) with only one ingredient on the label, you naturally crowd out health-damaging foods.

Debunking the Low-Carb Myth

The world's longest-living populations rely heavily on complex carbohydrates. They are not the enemy; they are the absolute preferred **fuel source** for the brain, nervous system, and red blood cells.



The Protein Sparing Effect



When you eat enough good carbs for energy, your body spares protein so it can do its actual vital jobs: repairing muscle tissue and synthesizing critical hormones.

The Hidden Sugar Tsunami



Sugary Sodas



Sweetened Coffees & Teas



Mixed Alcoholic Drinks



Fruit Juices



The ultimate modern trap is what we drink. This stealthy sugar consumption is a direct highway to increased weight, diabetes, and heart disease.

Juice vs. Whole Fruit

Swap the juice for the whole fruit.

**Whole
Fruit**



**Optimal
Outcome**

Fiber Net



Slow, safe fructose release

**Fruit
Juice**



Fiber Stripped

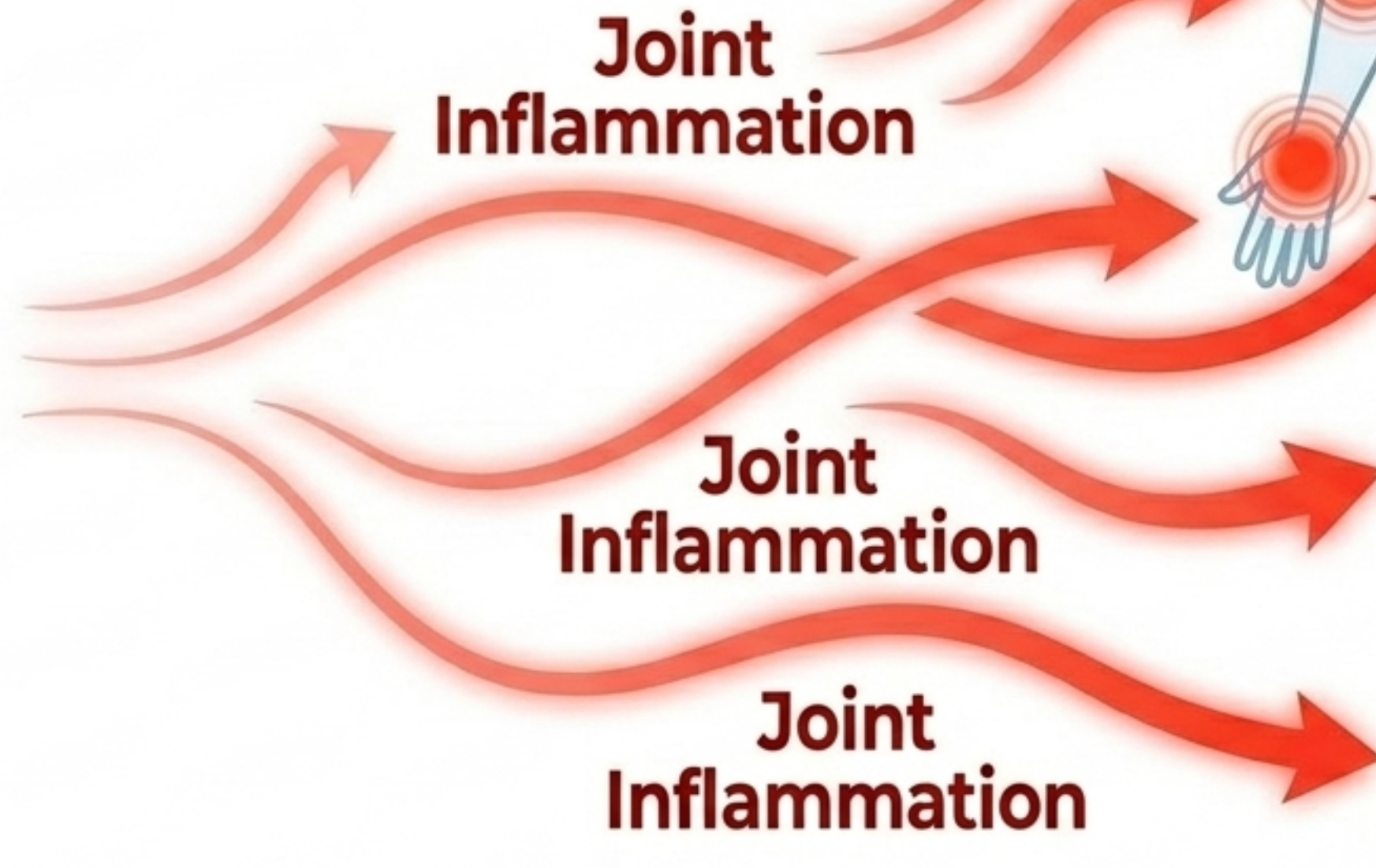


Sugar Tsunami hitting the liver

Manufacturing juice strips away the protective fiber net. Without it, sugar hits the liver like a tsunami, causing massive, immediate blood sugar spikes.

The Inflammatory Domino Effect

Massive blood sugar spikes from bad carbs trigger a systemic inflammatory response. That inflammation loves to settle deep in our joints. The foods we eat actively modulate our pain receptors, making diet the first domino in chronic physical pain.



The Pain Fix Protocol

Featuring Dr. Yoni Whitten | June 18th

Managing pain must go beyond just treating symptoms. By addressing root-cause strategies—like systemic inflammation fueled by diet—you can discover ways to drastically reduce or entirely eliminate chronic physical pain.

Planning a Plant-Based 4th of July

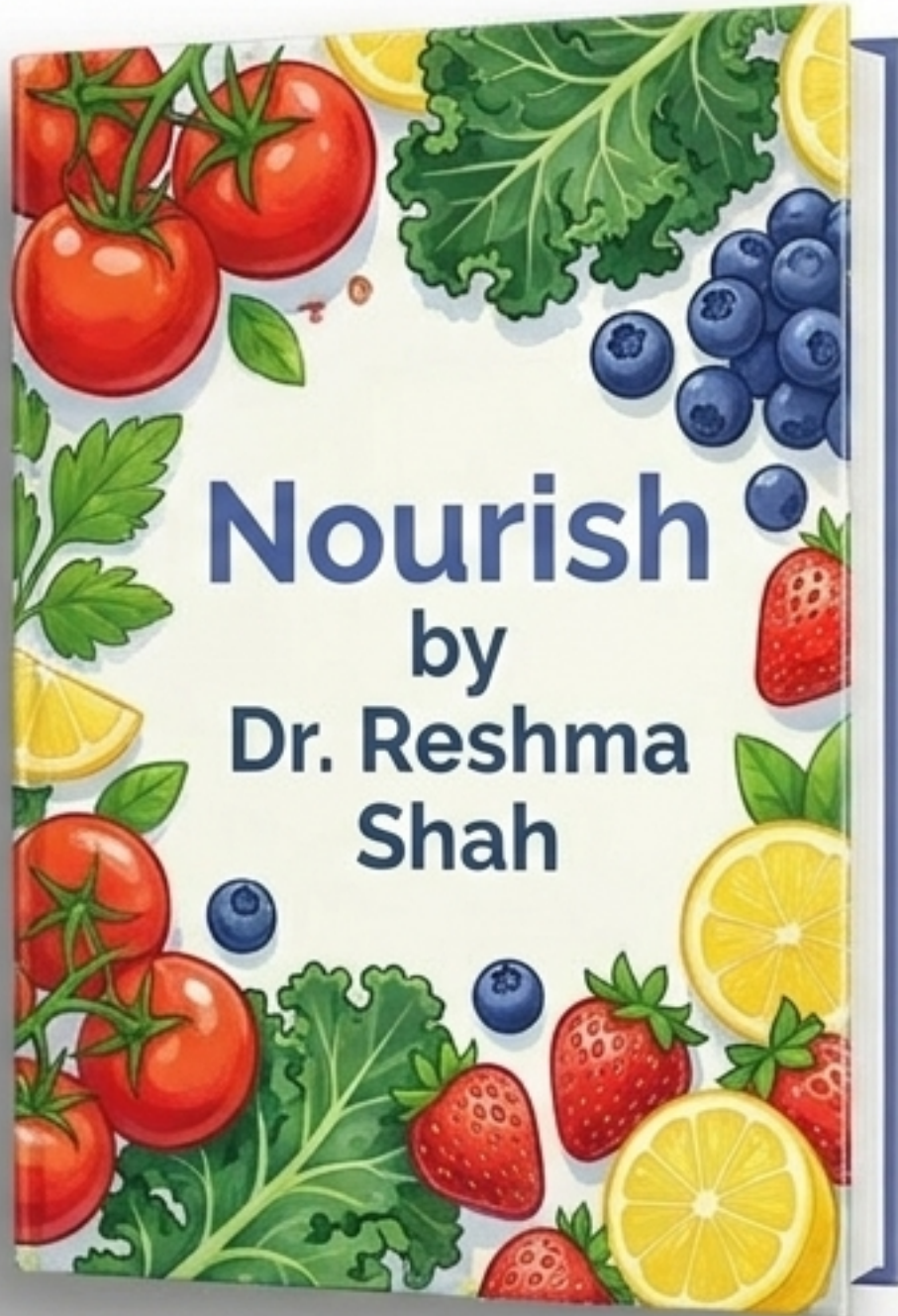
Take the Forks Over Knives challenge:
Commit to swapping exactly half of
your upcoming holiday picnic menu to
healthy, plant-based options.

Menu Inspiration

- ✓ Peach Corn Salsa with Chili Lime Chips
- ✓ Moroccan Bean Salad
- ✓ 5-Ingredient Veggie Burgers



Nourishing the Next Generation



Key Insight

A plant-based diet is not only perfectly safe for children, but kids are statistically more likely to meet their complete nutritional needs this way than by eating the standard American diet.

Takeaway

Use *Nourish* as your practical guide to raising healthy children who will become resilient, healthy adults.

The Summer Swap Matrix

Instead Of	Try This	The Biological Win
 Sugary Soda	 Zevia (Stevia-sweetened)	Halts the systemic inflammation spikes that cause joint pain.
 Fruit Juice	 Whole Fruit	Preserves the crucial fiber net to stabilize blood sugar.
 Standard Meat Burger	 5-Ingredient Veggie Burger	Feeds the brain complex carbs while sparing protein for tissue repair.

If food is the absolute strongest lever you have to control inflammation and improve your health...

What single bad carb are you willing to swap out today to fuel a stronger tomorrow?