



LEADERCAMP 2024

FIT TO LEAD

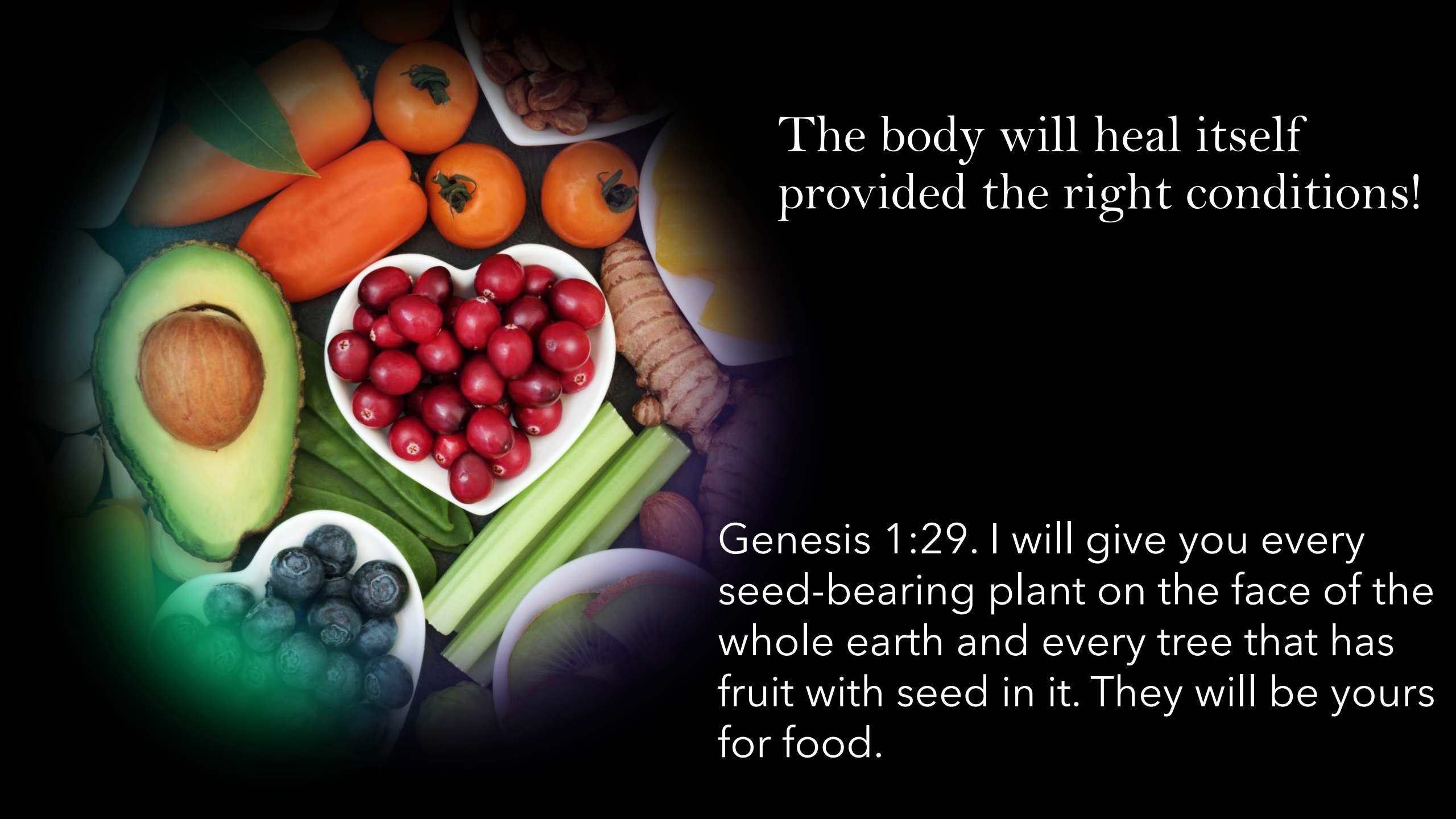
EATING THE RAINBOW

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A vibrant collage of various healthy foods. In the top left, there's a bowl of lemon slices. Next to it are several orange bell peppers and tomatoes. To the right, a bowl of almonds is visible. In the center, a halved avocado shows its green flesh and brown pit. Below the avocado, there's a bowl of red grapes. To the left of the avocado, a bowl of red lentils is shown. In the bottom left, a bowl of yellow lentils is visible. Other items include garlic, ginger, and various other vegetables like celery and kiwi slices. The background is a dark, textured surface.

FOOD & NUTRITION AT A LEADERSHIP CONFERENCE?

WHY??

A vibrant collage of various fruits and vegetables. In the center, there's a heart-shaped bowl filled with red berries. To the left, a large avocado is cut in half, showing its green flesh and brown pit. Below the berries, another heart-shaped bowl contains blueberries. Surrounding these are several whole tomatoes, a large orange bell pepper, a bunch of green celery stalks, and a piece of ginger root. In the top right, there's a small bowl of almonds. The background is dark, making the colors of the food stand out.

The body will heal itself
provided the right conditions!

Genesis 1:29. I will give you every
seed-bearing plant on the face of the
whole earth and every tree that has
fruit with seed in it. They will be yours
for food.

Health care in the United States.

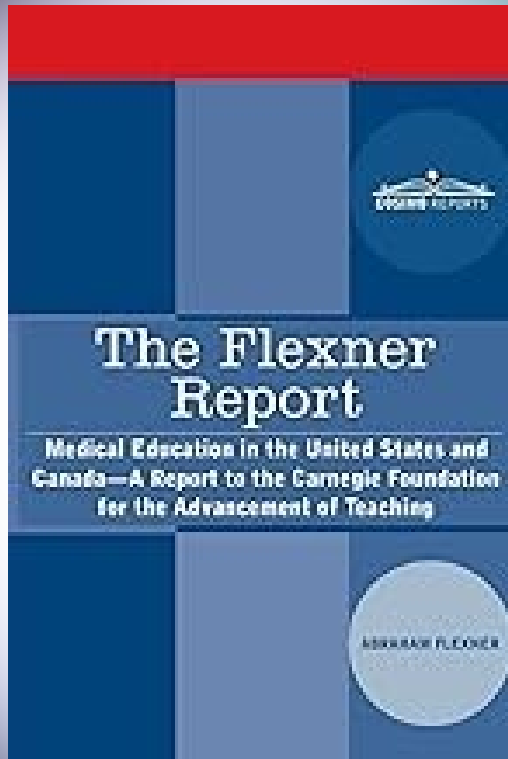


How did our health care system go? From preventive and curing to treating and masking symptoms?



Early 1900's

- John D Rockefeller
- Andrew Carnegie
- Abraham Flexner
- The Flexner Report, 1910
- Surveyed all existing medical schools
- Introduced what we now know to be modern medicine



- **Established admission criteria & curricula**
- **Established the biomedical model.**
- **Eliminated all natural, homeopathic, osteopathic, nutritional & botanical interventions in medicine**
- **Established what could be taught and how it was taught in medical schools.**
- **50% of medical schools closed**
- **Provided grants to schools who would follow this methodology**
- **5 of the 7 Black medical schools closed**
- **Estimated that we would have had between 35,000 and 50,000 more black doctors over the last century.**

A top-down view of a variety of natural ingredients. In the center is a halved avocado. Surrounding it are several heart-shaped white bowls: one with red quinoa, one with yellow lentils, one with red grape clusters, and one with yellow lemon slices. Other items include orange bell peppers, tomatoes, almonds, ginger root, garlic, onions, and various spices. A blue-to-purple gradient overlay covers the bottom half of the image, where the text is located.

Natural medicine is traditional
medicine.

A vibrant collage of various plant-based foods. In the top left, there's a bowl of lemon slices and a piece of ginger. Below that, a heart-shaped bowl filled with red quinoa. To the right, a bowl of almonds and a bunch of fresh thyme. In the center, a bowl of yellow mango cubes. Below the quinoa, a heart-shaped bowl of yellow lentils. To the right of the lentils, a bowl of blueberries. In the bottom right, a bowl of sliced kiwi. Other visible items include garlic, tomatoes, bell peppers, and various types of peppercorns. The background is a dark, textured surface.

Modern science confirms that plant-based foods, fruits, vegetables, seeds, herbs & spices are packed with the nutrients that our body needs to promote health and healing. Those nutrients are carbohydrates, fat, protein, minerals, vitamins antioxidants and water.

EATING FROM THE RAINBOW



RED FOODS

- Eat juice and blend these foods.
- Reduce the risk of stroke and macular degeneration.
- Reduces inflammation
- Promotes heart and blood health.
- Protects against prostate cancer.
- Supports joint function.





GREEN FOODS



Orange Foods

A collage of various yellow and white foods. In the center is a mound of white rice. Surrounding it are yellow corn cobs, yellow bell peppers, white onions, small white potatoes, and a slice of yellow fruit. The text "YELLOW FOODS" is overlaid in the center.

YELLOW FOODS



BLUE/PURPLE FOODS



WHITE FOODS

- *No one diet is right for everyone
- *If you improve digestion, you improve mental health
- *Eat only when relaxed
- *Mood follows food
- *Eliminate all refined carbohydrates
- *Eliminate exposure to additives, preservatives, hormones, toxins pesticides & fertilizers on food
- *Nourish the first brain & the second brain
- *Include live and raw foods
- *You will either pay the **farmer** OR **big pharma**
- *Eat all the colors of the rainbow



IN CLOSING...



Discussion & Questions

