

CHAPTER 15: FORTY DAYS AND FORTY NIGHTS

Inspirational Stories and Good Charity Options

Attention Readers: We want to take every reader who has suffered as we have down the path of hope. Let my sister and I take your hand and adopt you as our “triplet.” We want to share our most embarrassing stories and other people’s inspirational stories. If you feel alone and desperate, we know how you feel. We went from trailer trash to decadent divas and back to recycled trash: very humiliating.

Forty Days and Forty Nights was used as this chapter’s title because it was the most humiliating of all the attempted diets we’ve actually admitted to. *Forty Days and Forty Nights* was the time my boyfriend locked my sister and I in our three-story apartment. We were attempting to fast for *forty days and forty nights*. We wanted to take the *vow of hunger!* It seemed easy as long as we had a little help from God (hence the fast days intended). On our tenth day, we ended up using our bed sheets as ropes to escape through our window and made a beeline to the nearest convenience store. We repented all the way. At least we kept to our word...sort of. We binged for forty days and forty nights thereafter.

Nothing is worse than being famous just long enough to have everyone watch you bottom out for a longer period of time than you were famous. There were uncomfortable situations, like being *recognized* or *busted* in the middle of our binges. That wouldn’t be so embarrassing, except that it happened to be on the same day that we swore we were “totally recovered,” on *national TV!* How could anyone recognize us under all those crumbs?

It’s also pretty embarrassing to have someone ask you if you are pregnant when you’re not. Worse, I would reply yes because explaining my binge belly would be more embarrassing. Most people assumed culinary arts was our major in school. Our favorite pastime game was “guess what the neighbors are eating.” Like narc dogs, we could smell the butter and salt our neighbors sprinkled on their potatoes. Anytime we gave directions to someone, they would always include food landmarks—“two blocks down from the donut shop; make a right at the pancake house; cross the street at the yogurt shop.” Yes, we’ve used every diet trick and remedy for weight loss, which always backfired. Let us share some of our “bottoms” (We’ve got enough for everyone.) so you don’t have to feel alone or ashamed.

TWO BIG BOTTOMS: BOTTOMING OUT

Bottomed Out #1: What is it about other people’s refrigerators? It’s taboo. It appears “free,” not necessarily in cost but in calories. I thought my binge weight wouldn’t show up on the scale, *if no one knew*. I felt like a CIA agent: undercover, pretending to do dishes or clean the kitchen. My mission: retrieve food without evidence. I’d always come prepared with my backyard detective kit. It included rubber gloves to clear myself of any DNA residue. First I would carefully dismantle the victim’s treat in the refrigerator. My tongue was like an artist’s spatula. I gloated like a cat burglar. Then I bloated like a pig. After devouring the free calories, I would then remold the treat before I was a fugitive on the run. Usually I’d pray for an earthquake, flood, fire—*anything* to camouflage my “wipe-out” raid. Needless to say, my sis and I are no longer trusted in kitchen areas. Friends actually seal their refrigerators off, like a crime scene.

Bottomed Out #2: Shane cannot sing, dance, or act. Nevertheless, I was *so* jealous because she could puke like a pro. She could actually vomit on command with just one delicate and nimble finger. Shane tried to coach me in her style of fine vomiting techniques. If I could “Rotor Rooter” a plunger down my throat or “blast” dynamite out my butt. I would, but nothing worked! While listening to my sister “abort” billions of calories in the restroom, I seemed to be finding the weight she was losing. Although she resembled the skull on the poison sign,

THIN = BEAUTY! Heart attacks, rotten teeth, etc. were trivial side effects for her.

Bottomed Out #3: The car was our favorite food retreat because it was our quick and private fast-food restaurant on wheels. I could have fed the starving kids in India with all the food crumbs left on my car floor. One time, the police pulled us over, thinking we were drunk when we simply OD’d on sugar. We thought that, by wearing dark sunglasses (at night) and layers of clothes, we were in disguise. Wrong! We looked like drug lords! Another time, an overzealous fan followed our fast-food restaurant on wheels for miles until we threatened to call the police. The good Samaritan was just trying to innocently point out that we had left some of our groceries, on top of the car. We embarrassedly snapped back, “we know” and drove off as if we were in complete control!

Bottom Out #4: My sister and I would rotate playing food cop so one of us would stick to a diet. This way, at least one twin could lose weight. The twin who was allowed to binge had enough *fuel* to hold the other twin hostage on some severe diet. If the starving twin wanted to binge, she had to be clever enough to outsmart her own mind, since we thought alike. There was a God.

One night my sister forgot to lock her binge cupboard. I “creepy crawled” so slowly, knowing every creak and crack would awaken her from her sugar coma. There it was, teasing me in the moonlight glare: her unfinished ninth course, CHOCOLATE CAKE with her folk still attached. I could feel myself melt as my fingers gently squeezed the fork, gracefully dangling like a Christmas ornament. BANG! Bright lights immediately spotlighted me. “Put your hands in the air; *slowly* step away from the cake.” I should have known my sis took delight in setting me up!

Bottom Out #5: I wanted extreme methods to make me diet. One time, my friend offered her electrical zapper, which helped her quit smoking. She agreed it would be great for my next diet invention. This little electrical box had simulators that would deliver painful shocks. It worked Pavlovian style. She suggested that I bring my forbidden binge foods over to her place so she could “zap” my cravings away for each food. I suggested bringing the “zapper” to the supermarket. It turned out to be too exhausting. I guess it slipped my mind that I craved EVERYTHING! I almost electrocuted myself. Next, I decided to get my wisdom teeth removed, not because it was necessary but because it was a guaranteed diet plan. All my friends lost weight because their mouths were packed and sore. Unfortunately, this surgery made me discover new ways of eating food without teeth—via powder form. I crushed every goodie I craved and smeared it on my gums, like a cocaine addict.

Bottom Out #6: When I lived in Hawaii, I had to endure the hurricane season. On one occasion a hurricane wiped out most of the island. While most people attended to the disaster’s damage, I went looking for my favorite dessert shack. It had been completely wiped out! Suddenly the island felt like a pebble. It was too small to supply any of my cravings. It was also too many miles of ocean to travel, to find anything that resembled my cravings. I placed flowers on the grave site of the beloved little dessert hut that once fed me.

Bottom Out #7: I tried to incorporate spiritual means into my diets. In other words, I would negotiate with God to try to lose weight. I thought that if I fasted for forty days and forty nights, like the Bible mentioned, I would be blessed and weight would drop off. Many times, I wanted to take the “vow of hunger.” If certain saints could live solely on a communion wafer, then it wouldn’t be farfetched for me to use my own fanatic methods. But I needed the help of God. Then I had the idea that if I worked in my church’s kitchen the “devil” (food) couldn’t tempt me. This was the place to cast the demons of hunger right out of me. It was like having a video camera on me 24/7. I was unable to sneak any food; God was omnipresent and omniscient. Unfortunately, the food appeared blessed and therefore inviting. My weight gain felt blessed as well.

INSPIRATIONAL STORIES FROM OTHERS

Anonymous Story 1

This woman wrote us on the internet, following a TV special. The TV special had a post-chat one-to-one on the Internet so we could talk with individuals.

“Annie” said she was on the brink of suicide because she was depressed over her extreme weight gain. She never heard anyone in the media talk about compulsive overeating as a disease. And she never heard of someone talking about recovery with a disease. People always told her she just needed “willpower and a good diet to stick with.” She heard us claim diets make you fatter and compulsive overeating has nothing to do with willpower. She asked us if there was any hope for her. We told her she was half well by just admitting she was a compulsive overeater. Then we suggested that she worked on her shame, not her dieting. We told her she was struggling against chemicals and hormones in her body that created an insatiable “thirst” for food and that it was not in her control. We stressed that her life had become unmanageable and out of control because her focus was on the food and the weight and not what she was eating over. No one becomes “large” from loving food. She took our recommendation to follow up and join twelve-step meetings with other compulsive overeaters. This way she could share and not feel alone. She was so happy there was a nonprofit organization with others who suffered just like her. She was actually excited that there was an alternative path and didn’t need to resort to suicide. She wrote us later to tell us she bought our book and shared it with her support group. By the time she wrote us back, she was already sponsoring another newcomer in her support group. She remembered us saying that the best compliment was hearing how we have helped others. She agreed, stating it was nice to be on the other end, helping someone else like we did with her.

Anonymous Story 2

A young girl came up to us following a lecture we had given at a high school. She waited until everyone had left, terrified that people would know what she did behind closed doors.

“Sharon” said that she would go on the Internet to secretly congregate with other wannabe anorexics so they could all share their tricks. Her family and friends were concerned but trusted that she was just “going through a phase.” It was hard to keep up the lies, her friendships, school, and the front she was putting on. She was exhausted. The more shame she felt, the more she wanted to disappear into extreme anorexia. When people told her “anorexics die,” all she could hear was that she was noticed for being thin. This created a “thirst” to continue, because she wanted to be a “better” anorexic. Her health problems were starting to manifest. She thought there

was no turning back. She was in tears when she admitted to my sister and me that she felt alone until she heard our stories about laxative abuse and extreme dieting. The anorexic Internet group omitted the down side to anorexia. She was so inspired that there was life after anorexia she read our book cover to cover. The jargon hit home with her because everyone else told her she would be “well” if she just gained weight. I don’t talk about weight with anorexics. Weight is only the symptom. Usually people only focus on weight. Later she wrote us that she joined an outpatient clinic for eating disorders. She made friends with other recovering anorexics and shared recovery stories instead of tricks with them. She thanked us for not only saving her life, but giving her one.

Anonymous Story 3

This gentleman approached us with his story at a book signing.

“Scott” stood in line awhile, hoping that we would have time to hear his story. He was buying the book for his sister, who had seen one of our TV shows. He had known that his sister, a dancer, was bulimic for years. It was something no one talked about. However, her whole personality changed and she was acting like a drug addict. She lost her desire to dance because her bulimia progressed into body dysmorphia. Her obsession with her body image left no time for anything but bingeing and purging. Scott said his sister “Ashley” saw our TV show and decided to come clean about her bulimia. She thought she was the only person to steal food or lie about her addiction. Ashley told Scott that she related to my sister and my story about our extreme ways to get rid of food, which escalated daily. When I was up to 100 laxatives and 10 hours of exercise a day, where could I go from there? That was exactly what she was asking herself. Ashley bargained with Scott and her family. She said she would go to an Overeaters Anonymous meeting, if they went to Al-Anon meeting. She told Scott that she heard us say “it’s a family disease; everyone is affected and should work their own programs.” This gave her relief because she wanted to choose recovery on her own, without having to *answer to* an overly concerned family. Scott wanted to respect her request but still support her. He thought our book was a sweet, silent support for her.

Anonymous Story 4

We met a young woman at a convention where we spoke about eating disorders.

“Janet” introduced herself as the organizer for all the convention’s events. She had a lot of pressure on her and an impeccable record of efficiency. Many of the events at the convention had to do with addiction. She never identified with any of the stories that the addicts told. She always saw herself in total control, as a “perfectionist.” Those were the exact terms I used as symptoms of some addictions or eating disorders. She

thought control and the desire to have everything “perfect” was a sign of discipline and professionalism. Part of her discipline was to look the part she was playing as the perfect executive. Janet said that eating made her anxious and it was the easiest thing to control. She just didn’t eat. Everyone complimented her and thought she was perfect for the job because she had everything, including her weight, under control. When she heard me say that people mistake ritualistic control for discipline she said she went to the restroom in order to “break down in tears.” It especially hit home with her when I was saying that people who carry too much responsibility on the outside disregard their insides. She didn’t want anyone at the convention to notice how human she was, because she had put too much energy into her image. Nonetheless, she said, if we could publicly display our disease and all the embarrassing behaviors we’ve used to feed our addiction, she now felt “safe” enough to be honest about herself. Janet said that she thought her personality was just helping people. Control was just needed for perfection. She told us that our speech taught her that you can’t help someone else until you humbly admit your own faults. Janet got more out of that short speech than a lot of people do during years of therapy. You can see the glass as half full or half empty, and she choose to see it three-quarters full.

Anonymous Story 5

This young lady came up to us in a hotel.

“Connie” came up to us with her friend and said she had been waiting for the day to meet us. She said at one school event where we spoke, they would not let her and her friend in because they were “gay.” Following the event, she went out and bought our book. She admitted to having an eating disorder but never connected her eating disorder with the pressure of outside judgment. She dealt with the *shame* by turning to food. She later learned that my sister and I were raised by a gay mother and were discriminated against because of it. That compelled Connie even more to meet us. I do not put up with any type of discrimination or bigotry whatsoever. However, I learned that we have no control over others and their cruel or unfair reactions. This doesn’t mean that we need to be burdened with shame because of their misguided judgments. My sister and I told Connie that we were flattered that she went out of her way to seek us out. We advised her to go to GAY therapy groups or twelve-step meetings. We stressed that, as long as she thought *she* was the problem instead of having a problem (eating disorder), she was *never* going to win her battle with food. In these gay therapy groups, she could discuss eating disorders and be open about being gay. The relief of letting go of her secret would help lift her obsession with food. We also suggested reporting this intolerance and discrimination to certain organizations. Learning to not react doesn’t mean that we need to walk on eggshells or be people pleasers. Connie felt as good as we did that we all connected on several mutual levels. When you open up, it’s amazing how many people will be able to relate.

Anonymous Story 6

This young lady was a successful woman in Hollywood. She was beautiful, intelligent, and always looked as if she had it all together.

“Gina” had grown up in the “biz,” surrounded by famous celebrities. She married another high-profile person and had a baby while trying to juggle her career. Everyone around her advised drugs, steroids, and plastic surgery to get back to her perfect figure. The new rage for male and female celebrities is to use synthetic HGH to cheat their way beyond normal standards into perfection. HGH causes you to be in the fat-burning/muscle-building process at an accelerated rate. Sure these people look unnaturally good, particularly when they brag they don’t work out or eat right. We told Gina there is a price to every shortcut: diets, plastic surgery, drugs, or hormones. I know people who swore by those means. It did the job for them at the time. However, they paid for it eventually. Our laxative abuse, as well, could be considered drug abuse. We also paid dearly for it. Everything, including drugs and hormones, is filtered through the liver. All drugs and hormones deplete your own natural chemicals and hormones and enhance tumor and fibroid growth. Gina took our advice and went the natural way to bounce back by juicing and eating raw. Furthermore, she hand-blended all her baby’s “raw” baby food. Plastic surgery, drugs, or synthetic hormones could have NEVER put the sparkle in their eyes or create the glow they manifested, like the raw diet we suggested did. Some people can cheat some of the time, but anyone can change their eating habits all of the time, without any of the adverse effects that drugs and surgery have. Incidentally, Gina’s baby never gets ear infections, digestion problems, sleep problems, or any other illnesses like all her friend’s toddlers continually have.

Anonymous Story 7

This forty-something woman tried for years to get pregnant and eventually gave up. She really didn’t have an eating disorder, except when she had female problems. Her bleeding fibroids left her feeling weak. She developed other related problems because her doctors continued to symptom-chase. Her doctors suggest to eat meat for the iron and to eat sugary carbs for to get more energy. She lived on coffee, ice cream, and hamburgers. Although she was far from fat, her eating habits were obsessive and made her feel ashamed. “Pam” was on the birth control pill for her acne and bleeding problems. Ironically, we told her that her acne was from her poor diet and hormone imbalance. She was scheduling a hysterectomy because she had developed severe endometriosis. This was devastating because it meant that she was never going to be able to have children. Her doctors told her she was sterile and didn’t need her female organs, because she was about to go through menopause. We suggested our diet and giving supplements a try before she turned to radical surgery. She had nothing

to lose while waiting for her insurance to go through. Most importantly, I had her get off of all *coffee*, meat, and sugar. Then, for her anemia, I had her juice greens for the chlorophyll. We suggested sea greens for energy and salmon instead of meat. She loaded up on all the EFA's in food and supplement form. Then I suggested bioidentical progesterone cream from the health food store. That relieved her painful bleeding and helped her regularity. When she went back to see her doctor, both Pam and her doctor were shocked. She had NO trace of endometriosis. Her fibroids shrank. But the biggest shock was that she was PREGNANT! No one will really know if it was just one thing or all the radical changes I had her make that turned a crisis into a dream for her. Her bonus was she finally had clear skin for the first time in years.

Anonymous Story 8

This gay friend of ours has a profitable job in Hollywood. He has always been in good shape and has never had any symptoms of any eating disorder. "Tom" would find himself really bored when he was home alone at night. He was used to being invited to all the Hollywood parties and premiers, which was a part of his job perks. He never had any addiction to speak of, but he started the habit of eating to put himself to sleep at night. He was in perfect shape, so he didn't worry about putting on weight. He found that he was starting to prefer time alone with his bedtime treats. He asked my sister and me if this ritual was something to worry about. There's nothing wrong with eating treats before bedtime, if it is a once in a while thing and you don't have any weight or eating disorders. Tom's physical activity would prove that weight was never going to be an issue. However, he was starting to cancel important evening events he was invited to. These events were important for his career and usually very exciting. We told Tom that possibly the bedtime treats were hiding another problem he hadn't faced. Perhaps he felt uncomfortable constantly having to be "on" for his work and events and wanted some time off from all the excitement. Perhaps he didn't feel like himself around people who had to project a perfect image continually. Whatever it was wasn't the important thing, it just wasn't fulfilling enough, although everyone envied him. We suggested that he do something that was the opposite of being around packaged people—to surround himself with people who were interested in developing their inner selves. A perfect way to connect and contribute is working with charities. He enjoyed animals and couldn't own one where he lived. We suggested getting involved with an animal adoption center. This way he could get his down time without totally becoming isolated. He could be around animals he could help. Tom ended up being able to bring home little foster animals once in a while. Instead of his bedtime treat ritual, he has a little critter who fills that void. We were glad to make both Tom and his little foster critters happy.

Anonymous Story 9

This little girl was a stepdaughter of a relative. She, too, had grown up in a dysfunctional family. She had alcoholism and eating disorders as her only role models.

“Debbie” was a darling little girl who was very overweight and fighting the constant cruel remarks made to her daily. Her family would tell her that her weight didn’t matter and that she was beautiful, regardless of what anyone else said. I personally wanted to spend one weekend with her. Although she was only eight years old, she was an extremely bright little girl. She wanted me to teach her how to diet so she wouldn’t be teased. I wanted to teach her how to eat and how to respond with a positive goal as opposed to fear and shame. I knew she was bright enough to understand the simple biology of the body. I told her that certain foods cause an allergic type reaction that makes the body produce fat. I told her it was a healthy reaction for the body to gain weight when certain foods are introduced into it. I never used the word “bad” or “good” but said “healthy” and “unhealthy.” Nor did I use denial. The world is a cruel place and avoiding the purple elephant in the middle of the living room doesn’t make hurt feelings go away. Debbie was a beautiful little girl, but that was not important. Instead of leaving the obsession on her “outsides”, I wanted her to focus on her health. Like a science class, I made simple analogies that created simple solutions so she could connect the dots. So Debbie wouldn’t continue to eat over her shame, I gave her simple exercises that made her feel good about herself and taught her to think about her health, not her appearance. It was as if it was a game. I asked her questions like, “If I ate carrots, what could I expect? If I ate chocolate, what could I expect? If my feelings are hurt, what can I do to feel better?” I reminded her that she had a choice in everything she ate and how she responded to others. Just because we don’t have control over other people doesn’t mean we need to respond to them the way they expect. I also told her to empathize with people who purposefully make hurtful statements, because they are reacting from pain, ignorance, or fear. If Debbie reacted defensively or from pain, that was the response that was expected. However, not responding can completely disarm the culprit, taking away that person’s power. Debbie learned that simple biology makes health a sure thing, and the byproduct will be proper fitness for an eight-year-old girl. Most of all, Debbie learned that changing her eating habits was a *process* that didn’t need to be perfect. The process had choices. The choices are simple biology that will eventually achieve her goal. She found her own power in being able to not react out of shame but rather empathetically to others who weren’t able to be empathetic. Debbie now teaches her other little friends about lifestyle choices, which has really built up her confidence.

Anonymous Story 10

This gentleman was a trainer to the stars. My sister and I used to work out with him because he was so inspiring. He had an impressive clientele.

“Chris” had a fifteen-hour-a-day workout schedule seven days a week. It seemed to grow constantly. Chris had to turn down clients because he was in such high demand. His girlfriend, an athlete as well, could hardly keep up with him. With what little time he had off, he would plan some athletic event like a race. He constantly had to outdo himself and raise the bar. “Jenny,” his girlfriend, was bothered by his obsession to be perfect. When they went to the gym, Jenny would notice Chris observing himself in the mirror only to be distraught over what he saw—or what he thought he saw. Jenny said Chris would think he was starting a tire rim around his perfect physic. None of us could see it, let alone tell him he was wrong. He saw what he saw. This created an unending obsession to punish himself for not appearing as a trainer should appear. Chris was so exhausted that at one point he actually considered liposuction. He realized that the time off required for healing was going to throw his whole routine off. Then there would be more to worry about than just a tire rim. Chris would refuse to take his shirt off, fearing that people would see his tire rim rather than the eight-pack he worked so diligently for. At this point, Chris was actually destroying himself trying to achieve something that wasn’t necessary. This is body dysmorphia. My sister and I suggested Jenny attend an Al-Anon meeting. Jenny brought Chris’s family, who were also concerned about Chris’s strange self-perception. It was becoming alarming. I also gave Jenny our book, which detailed several options, like interventions and the best way to construct an intervention. Subsequently, they found a professional and put together an intervention. The potency of the intervention made it clear to Chris that it wasn’t about how he looked or his career. He could see that he was drowning in an obsession over something he perceives in his mind that wasn’t accurate. As soon as he saw it as an addiction, which he had always thought was a sign of not having discipline, he wanted to address it immediately. Chris eventually agreed to attend therapy with his girlfriend. He didn’t realize that trying to fix his problem was the problem. Chris never lost the perception of his tire rim. However, it was such a relief for him to let it go as an obsession that wasn’t important. It wasn’t worth killing himself over it or making his family worry about it. Though Chris’s perception may never be normal, his obsession went from his body to his priorities. Most of all, Jenny and Chris’s family realized everyone is involved with any type of addiction and they couldn’t work Chris’s program. Therefore, they continued group therapy to work their own program and tried not to control Chris. It is always easier to surrender something when you surround yourself with a support group. Incidentally, Chris and Jenny were also able to work out their other problems in therapy, mostly because Chris now has a lot more available time, compared to the *exhausting* schedule he had previously.

"Compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces all living creatures and not limit itself to mankind." Albert Schweitzer

FAVORITE CHARITY: ANIMALS!!!

Charity itself is therapy for the soul and recovery from any disease. It teaches you to connect and contribute, reach out, practice gratitude, and live in the NOW. Most of all, it releases you from any self-obsession. When you are focusing on something other than yourself without a motive to profit, you learn true humility. When we are wrapped up in ourselves, our perception is misguided because everything is attached to the ego. A common character defect of addicts is thinking that they are different, that their problems are the worst and no one will understand. When you help others in need or contribute to the world in some way, you suddenly see the big picture and somehow your little problems don't seem so bad or different. Our parents believed in contribution, so they taught my sister and me to involve ourselves in various charities, which helped combat depression. We were involved in every charity from pediatric AIDS to eating disorders. However, I must admit our favorite charity is one that has anything to do with animals. Both my sister and I were always a bit uncomfortable with people because we always thought that we were constantly being judged and weren't good enough (self-absorbed). Animals didn't care if I was fat, skinny, successful, or not. It was my first spiritual epiphany connecting with animals. It was one living creature connecting with another. I saw God's innocent creations and experienced unconditional love when I was with animals. Just because we can use animals doesn't mean we should. I think we have a responsibility to take care of our little pets because they depend on us.

My sister and my first pet was a little turtle: Timothy, the turtle. My sister and I were surrounded by so much turmoil and alcoholism; it was nice to have our little pets to turn to. We learned responsibility at a very young age. The next pet we insisted on was a little hamster we rescued from school. We didn't like students using the little rodent as a pleasure toy, ignoring its fear and needs. Our parents later granted our requests to take in strays that we would befriend. It felt good, no matter how bad our surroundings were, that there was a little warm animal waiting for me to come home. We knew how it felt to be neglected and didn't want to pass on our pain to them. Instead we received unconditional love from these little animals. We noticed that our pets had feelings like we did. They didn't just get hungry or tired. They wanted love, affection, and they were curious or felt sad. Each pet, we noticed, took on its own personality. If we were gone,

our pets felt hurt or betrayed. If you did something to irritate them, they would get annoyed. This was amazing to us as kids. Subsequently, when we moved onto a ranch and our father wanted to “raise” our food, it didn’t seem natural to eat little critters that had feelings. It wasn’t *what* were we having for dinner but *who* were we having for dinner. Uncommon or not, we became vegetarians early in our lives. It was our selfish disease that turned us back into carnivores later on. Ironically, recovery has brought our diet full circle. The way we eat and the way we think are very related. Besides loving animals, live food seemed more natural to eat than dead meat. But that is a personal choice that I’d rather educate people about than push on others. Anyone who practices vegetarianism for the sake of animals is contributing toward animals in some way every day. I like to focus on preventing cruelty toward animals and helping the overwhelming pet population at shelters (adoption, spaying, neutering).

Regardless of whether you are a vegetarian or not, a little service dedicated to animals is very rewarding. There are so many ways of expressing your love for animals or some kind of pet charity. If you can’t rescue or adopt a shelter animal, then go volunteer your time. Perhaps you can spare a little love, which goes along way with these animals who feel abandoned, alone, scared, and betrayed.

There are animal lovers who gather and capture strays, neuter or spay them, and then mark them and turn them loose. There are organizations that help without any cost. You don’t always need to give monetary donations. Your time is just as precious and very rewarding. I think it is so selfish when people don’t even want to hear the sad stories of these poor abandoned pets. They think their lives are better when they don’t hear about such sadness. I’ll never understand why people want the perfect prototype purebred when little mixes are more fun to watch grow into a surprise. Most people don’t even realize that you can find your preferred purebreds at the shelters. Most breeders overlook animal humanity when it comes to costs and only think of the pet as a commodity or expense. The profit not the pet’s new home is the usual motive.

Numerous religions revere animals. The Torah doesn’t allow any animal to suffer. The Bible states “dominion over beast,” which means we have a responsibility toward them. Hindus are vegetarians who revere the cow because of the maternal quality of giving milk, which saves a lot of hungry people. Unfortunately, I have met a lot of animal rescuers who have become atheists because they witnessed so much cruelty toward innocent animals who did nothing wrong. The world can be perceived a cruel and unfair, but we can make a difference, even in a small way.

The rewards you receive are beyond what you give. Owning a pet helps reduce stress, improve cardiovascular health, and lower your cholesterol levels. I’ve heard about the claim that the vibrations from a cat purring can improve the symptoms of osteoporosis. I’ve also heard about people who

suffer from compromised immune systems or HIV/AIDS have been shown to get worse if their pets are taken away and show marked improvement when the pets are returned. Everyone has heard about the amazing effect that animals have on the elderly as well—so much so that it is becoming common for animals to be brought into retirement homes and to hospice centers for people suffering from chronic diseases like Alzheimer's. It's been shown that dogs can detect cancer before conventional medicine can. It's true your pet can sense when you are not well. There are programs that match handicapped kids with gentle horses no one wanted because they had a few problems. There's a new animal rescue program that pairs abandoned or abused animals with children who were abandoned and abused with very good results. I have learned that this is healing for both and teaches kids to empathize instead of continuing the pattern of abandonment or abuse. Animals are proven to stimulate the release of good brain chemicals, like serotonin, and hormones that help counter depression and fight addiction. We learn responsibility because these little beings depend on us and don't have a voice or choice like we do. We can practice tolerance and acceptance, instead of taking animals that are perfect. It's been known that animal vivisection (live surgery) is not only unnecessary cruelty, but is dangerous to humans. Its purpose is not to help humans; it is more of a political policy that helps fight lawsuits and support insurance. It's a known fact that animals' reactions are sometimes quite the opposite of humans'. If I'm different from my twin sister in many ways, then an animal may have an opposite reaction of a human to a certain drug, chemical, or experiment. A big part of any disease is isolation. Having a pet is a good conversational piece or an excuse to meet someone if you are too shy. There are parks and animal gatherings where people bring their pets and intermingle with other pet owners. This is a good way of connecting with others without obsessing about your own insecurities.

True crime experts note that criminals start torturing animals before they move to humans. Animals can't speak out or defend themselves. I think you can judge a person by the compassion they show to animals. People pleasers or people stuck on their image are only interested in how they appear to other people. My suggestion for a good choice of anonymous charity work is working with animals! Simple compassion and regard for animals tells me a lot about someone who wants to develop their own self-worth and humility.

GOOD CHARITY OPTIONS:

- ✓ Twelve-step programs: You can volunteer your time at any of the twelve-step programs like Compulsive Overeaters Anonymous.
- ✓ Reputable nationwide or local community organizations (homeless shelters or local religious foundations): Around the holidays, food is such a battle for my sister and I. When you feed the homeless or volunteer your time with underprivileged kids or abandoned pets, it relieves your compulsion to overindulge.
- ✓ Children's hospital's and convalescent homes: When you volunteer time with sick children, the elderly, or even people affected with the AIDS virus, you objectively observe individuals who are fighting to live. Addictions are a self-destructive disease, a slow death that we put on ourselves. Helping ill people can inspire addicts to choose recovery rather than a self-destructive path. It's a good wake-up call for someone who takes their life for granted. My sister and I are working with an organization that is trying to place animals with sick or old people. That's a two-way charity.
- ✓ Local animal shelters and rescue organizations: These organizations can always use any type of volunteer work. Abandoned pets are cage stressed, lonely, and starved for any type of attention. Dogs need to be walked and cats need to stretch out or explore. All baby animals need to be comforted and bottle-fed. All animals need to be groomed so they can find a good home. These animals are so low-maintenance; they are content just to be petted. It is better to donate your time or pet supplies rather than money, so you know your gift goes straight to the animals!

 **Warning: I think it is very important to do extensive research for any charity you want to be involved with, like we did. Ask questions, be "hands on" and work with them. Most of all, have other unbiased administrations and research organizations rate and investigate them. Various organizations, such as governmental agencies are able to check up on the charity's background and any possible misconduct. I am very surprised that many celebrities endorse their name to well known animal organizations that have felony animal abuse charges filed against them. Just because an organization or celebrity is famous doesn't mean that they are a good choice.**

☺ *Best Friends (Animal Sanctuary) is our favorite charity organization. North Shore Animal League, The Paw Project, Feral Cat Alliance, Pooch Heaven, New Leash On Life, and Cat Crossing are also excellent.*

THE BARBIS' GLOSSARY

These simple, straightforward definitions are relevant to the context of this book. The glossary contains only limited information but may be helpful in understanding many of the terms used throughout.

Acid - A substance that release hydrogen ions. Acidosis is an increase in hydrogen ions and a major cause of exercise fatigue. Acids can be either organic or inorganic compounds.

Acidophilus - Beneficial, live bacteria essential for healthy intestinal function.

Acidosis - A blood condition in which the bicarbonate concentration is below normal. It is often produced by the fermentation of proteins and carbohydrates because mineral salts are not present in food.

Acute illness - A sickness that comes on quickly and may cause severe symptoms but is of a short duration.

Adrenal glands - Glands situated on top of the kidneys that secrete different types of hormones.

Aerobic - With oxygen. Aerobic exercise utilizes oxygen in the fuel burning process; it encompasses any type of sustained and rhythmic movement. The main fuels for aerobic energy are carbohydrates and fats.

AIDS - Acquired immune deficiency syndrome.

Aloe vera - A juice or gel-like substance derived from the Aloe plant; it prevents scarring from wounds, burns, and abrasions. Aloe juice is sometimes used for digestion and as a natural laxative.

Allergen - A substance that provokes an allergic response.

Allergy - An inappropriate defensive response by the immune system to a normally harmless substance.

Amino acid - The building blocks of proteins; any of twenty-two nitrogen-containing organic acids essential for synthesizing proteins in your body. Fourteen are non-essential, while eight are essential (obtained through diet).

Anaerobic - With little or no oxygen. Anaerobic exercise utilizes a limited amount of oxygen in the fuel burning process, as in stop-and-go activities like weight lifting and wind sprints. In these activities, glycogen is immediately available to the muscles and the liver for short bursts of exercise.

Anemia - A hemoglobin deficiency in blood that affects its ability to carry oxygen to the bodily tissues.

Antacid - A substance that neutralizes acid in the stomach.

Antibody – A protein molecule that neutralizes a specific invading organism in the body.

Antioxidant – A protective substance that inhibits destructive oxidation reactions at the cellular level. Examples include vitamins C and E, the minerals selenium and germanium, some amino acids, etc.

Ascorbic acid – Vitamin C compound found in citrus fruits and green vegetables that helps heal and fight infections. The symptoms of a deficiency are anemia and being prone to bleed and bruise easily.

Astragalus root – *Astragalus membranaceus*. An herb that helps fight extreme fatigue and aids the immune system.

Autoimmune disorder – A condition in which the body's immune system rejects and attacks the body's own tissues. Examples include multiple sclerosis, rheumatoid arthritis, systemic lupus erythematosus, etc.

Autolysis – A process whereby the bodily tissue is broken down by the action of enzymes contained in the tissue affected; self-digestion. The body literally feeds on itself, breaking down less important tissue to feed vital tissue. Like a potato in water growing roots, this is the same process that occurs when fasting and during ketosis.

Bacteria – Single-celled microorganisms. Harmful bacteria can cause disease; friendly bacteria aid digestion, protect the body, and engage in other vital functions.

Bee pollen – A natural substance collected by bees from male seed flowers, mixed with secretions from the bee and molded into granules. Bee pollen is high in vital nutrients and amino acids; it can be used to combat allergies.

Bee propolis – A product collected by bees from the resin under the bark of certain trees. It is an antibiotic substance that boosts immunity and fights infection.

Benign – Considered harmless or not cancerous.

Bentonite – A natural clay substance used for elimination of the body's toxins and bacteria.

Beta-carotene – The chemical precursor to vitamin A; an antioxidant.

Bile – A compound made in the liver, stored in the gall bladder, and secreted in the small intestine when needed. It readies fats and oils for digestion. Bile is alkaline; it acts to counteract acidity in the stomach.

Bioflavonoids – Plant compounds found in citrus fruit and green leafy vegetables. Known collectively as vitamin P, they exhibit antioxidant properties and are sometimes prescribed for allergies and inflammations, as they act to strengthen cellular membranes by maintaining the resistance of capillary walls to permeation and change of pressure. They are essential for the absorption of vitamin C.

Boron – A trace mineral found in legumes and some fruit; it may help prevent bone loss and arthritis. It is beneficial for bone and muscle building.

Bran – The outside shell of the grain with the highest form of fiber content; it helps digestion, elimination, and other health functions.

Brewer's yeast – A rich source of protein, B vitamins, and amino acids and minerals such as chromium. It helps steady blood sugar and metabolism, reduces serum cholesterol, and raises levels of HDL. It also aids healing by producing large amounts of collagen; it improves skin texture and blemishes. Intake of Brewer's yeast should be avoided during yeast infections.

Bromelain – A natural enzyme found in pineapple that aids metabolism and energy, relieves muscle pain and swelling, and promotes wound healing. Found in wine and cheese.

Broom foods – High-fiber, wholesome foods including bran, grains, fruits, and vegetables.

Canola oil – The oil from the rapeseed plant; high in monounsaturated fat.

Capillaries – Tiny blood vessels that allow the exchange of nutrients and wastes between the bloodstream and cells.

Capsium – A catalyst that synergistically enhances other herbs. Promotes thermogenesis, aiding weight loss and increasing circulation.

Carbohydrate – An organic substance or large group of compounds, including sugar, starch, and cellulose. It is found in living tissue and food, almost always of plant origin, and is broken down for the major source of energy in the diet.

Carcinogen – A substance that may cause cancer.

Carob powder – Natural, sweet, powdered sugar similar to chocolate, but it contains less fat and no caffeine.

Carotene – A yellow to orange pigment that is converted into vitamin A in the body.

Cell – A small, complex organic unit consisting of a nucleus, cytoplasm, and a cell membrane. All living tissues are composed of cells.

Cerebral – Pertaining to the brain.

Charcoal – A safe, nontoxic agent that relieves gas and diarrhea and many digestive disturbances.

Chelated – Bound to an amino acid for better absorption. When attached to minerals, it enables better assimilation. Remember, if your minerals are not ionic, they are merely crushed rocks. Every extra help improves assimilation.

Chiropractic – A system of healing based on the belief that disorders and imbalances generally result from misalignments of the vertebrae.

Chitosan – A marine fiber concentrate that adheres to and binds lipids in the stomach, causing fat and weight reduction.

Chlorella – A single-cell algae plant rich with protein, fiber, beta-carotene, and other high-quality nutrients. Boosts energy and the immune system.

Chlorophyll – The green color of plant tissues; essential to the production of carbohydrates by photosynthesis. Chlorophyll-rich products can be taken raw as diet supplements.

Cholesterol – A sterol that naturally occurs in bodily tissues. A necessary constituent of cell membranes for the transport and absorption of fatty acids. Excess cholesterol is a threat to health. Yet insufficient cholesterol is dangerous as well. Healthy, normal cholesterol levels range between 180 to 200 mg/dl.

Chromium – An essential trace mineral found in brewer's yeast, organ meats, whole grains, and cheese. In the body, chromium helps stabilize insulin production, thus causing weight reduction. Chromium also helps even out blood sugar and reduce blood fat content and cholesterol.

Chromium picolinate – The combination of chromium and picolinic acid, a natural substance secreted by the liver and kidneys. Chromium helps level the body's insulin. Controversial studies show that it may build muscle, promote growth, and help heal.

Chronic illness – A disorder that persists for a long duration, such as hay fever or diabetes.

Citric acid – An organic acid found in citrus fruit. Helps pH balance.

Co-enzyme – A molecule that works with an enzyme to enable it to perform its specific function. Co-enzymes are necessary in the utilization of vitamins and minerals.

Co-enzyme Q10 – A vitamin-like antioxidant compound that helps fight heart disease and high blood pressure, improves athletic performance, and boosts immunity.

Colic – A malfunction of the digestive system involving abdominal pain, distension, and a painful intestinal spasm.

Colloids – A suspension composed of a continuous medium throughout which small particles are dispersed small particles, 1 to 1000 nm in size, as opposed to crystalloids, particles smaller than colloids that are capable of forming a true solution. Colloids can pass through semi-permeable membranes; crystalloids cannot. The body is able to digest and recognize colloids as opposed to crystalloids which, due to their ability to rush throughout the digestive tract, are not absorbed (unless chelated, etc.). Unless in food, certain supplements such as freeform amino acids, minerals, etc., will usually not be absorbed.

Complex carbohydrate – A type of carbohydrate comprised of long-stringed molecules; it is converted into blood glucose slowly. Sources of complex carbohydrates also contain fiber. Good sources of complex carbohydrates include whole grains and wheat cereals.

Creatine – An amino acid that is a constituent of the muscles of vertebrates. Naturally occurring in meat; when taken as a supplement, it increases muscular cell water retention, allowing increased energy for muscular contraction, thus facilitating muscle gain.

Cross-linkage - Refers to the phenomenon of amino acid linking. Sun damage causes cross-linkage in our skin. Overcooking of food causes cross-linkage, thereby reducing assimilation and usability of the food.

Cruciferous - A term used to refer to a group of vegetables including broccoli, Brussels sprouts, cabbage, cauliflower, and turnips, which have cross-shape blossoms. These vegetables may help prevent colon cancer.

Dementia - A permanent acquired impairment of intellectual function.

Dermis - The layer of skin that lies underneath the epidermis.

Detoxification - The act of reducing the buildup of poisonous substances.

DHEA - Dehydroepiandrosterone; a steroidal hormone produced in the adrenal glands (a precursor to testosterone). Its synthetic form is a nutritional supplement used to cause an increase in lean muscle mass. Best if taken when you are over forty years of age.

Diabetes - A disease that occurs when the pancreas fails to produce adequate insulin. Symptoms are mental confusion, coma, blindness, and poor circulation.

Diet - A food plan that restricts calorie consumption, often to 1,000 calories or below, and does not incorporate balanced nutrition principles.

Dimethylglycine - (B15) a tissue oxygenator; used by athletes for top endurance.

DNA - Deoxyribonucleic acid. A substance in the cell nucleus that contains the cell's genetic blueprint and determines the type of life form into which a cell will develop.

Dopamine - A kind of neurotransmitter formed in the brain that is essential for normal function of the nervous system. Lack of this causes Parkinson's disease.

Dulse - A sea vegetable used as a salt substitute or as a diet tea.

Edema - Water retention. A condition that causes the body to bloat from spilled cellular fluids. A common response of the lymphatic system, it is the body's way of searching for protein. It normally occurs during dieting or fasting. Since protein cannot be stored in the body, during fasting, the lymphatic system searches for available protein, robbing bodily tissues. Sometimes, even when not dieting, one can still bloat. It is due to the fact that the body is then searching for extra protein to build antibodies to combat infection. Eating protein produces a dehydrating effect.

EDTA - Ethylenediaminetetraacetic acid. An amino acid that fights free radicals and enhances minerals.

EEG - Electroencephalogram. A graph used to measure brain activity.

EKG - Electrocardiogram. A graph that monitors and measures heart function.

Eicosanoids - A form of fatty acids found primarily in fish oils. These are mini-hormones within our cells that help dictate every action in the body. Good eicosanoids can reduce inflammation, strengthen the immune system, and lower blood fat and cholesterol. Taken in excess, they can reduce the blood-clotting capability. Bad eicosanoids contribute to pain, bleeding, etc. Aspirin is a blocker of bad eicosanoids. Essential fatty acids are the building blocks of eicosanoids. Linoleic acid is the only truly essential fat.

Electrolytes - Vital mineral compounds that maintain the body's fluid balance; they are capable of conducting electrical impulses.

Emulsion - A mix of two liquids that do not mix with each other, such as oil and water. Emulsification is the first step in the digestion of fat.

Endocrine system - The system of glands that secrete hormones. Endocrine glands include the pituitary, thyroid, thymus, and adrenal glands, pancreas, ovaries, and testes.

Endorphins - They are composed of amino acids made by the pituitary gland and act on the nervous system. These types of peptide hormones bind to opiate receptors found mostly in the brain. These feel-good chemicals are released, causing a morphine-type effect (a runner's high). These natural opiates increase pain tolerance and create feelings of well-being.

Energate - When there is a lack of strength, energy is drawn from nerves.

Enzymes - Protein catalysts that initiate or speed chemical reactions in the body.

Epidermis - The outer layer of skin.

Essential - A necessary nutrient. It is not manufactured by the body and must be supplied in the diet.

Essential fatty acids - Linoleic acid, linolenic acid, and arachidonic acid are major components of all cell membranes. They help energy production and endocrine system function, regulate hormone and metabolic functions, ease PMS and menopause symptoms, and more.

Ester C - A buffered version of vitamin C, from a natural source. This form of vitamin C stays in the body longer since vitamin C is water soluble and Ester C is not.

Estrogen - A female reproductive hormone produced primarily in the ovarian follicles and stored in fat. The more fat you eat, the more estrogen you store. A high-fiber, low-fat diet drops the level of estrogen in the body; a extremely high level is associated with PMS, irregular periods, uterine fibroids, breast and ovarian cancers, and a late (or dangerous) menopause. This hormone is naturally occurring in seeds, vitamin E, wheat germ, dong quai, yams, etc. If you have fibroids, reduce these foods, especially caffeine. Too much vitamin C, citrus, or even carbohydrates can mimic estrogen and destroys your B vitamins, which causes a hormonal imbalance. Tofu and other soybean products contain phytoestrogens (plant estrogen) that help regulate estrogen levels in the body.

Fat - A soft, greasy, solid substance occurring in organic tissue.

Fat-soluble - Capable of dissolving in fat and oils.

Fatty acids – Organic acids from which fat and oils are made.

Fiber – The indigestible portion of plant matter. It is capable of binding to toxins and escorting them out of the body.

Flaxseed oil – High in Omega 3, an excellent source of unsaturated fatty acids.

Fo ti – A flavonoid-rich herb used for energy and circulation.

Free radical – An atom or group of atoms that has at least one unpaired electron. Free radicals can attack cells and cause the body damage.

Fructose – A simple fruit sugar.

Fungus – A class of organisms that includes yeasts, molds, and mushrooms. Some are capable of causing severe disease.

Gamma linoleic acid (GLA) – Naturally occurs in primrose oil, borage oil, or black currant oil. A source of energy that helps regulate hormonal balance and metabolism.

Gamma oryzanol – A substance naturally occurring in rice bran oil that has hormonal and vitamin-like effects on sex organs.

Garcinia cambogia – An Indian fruit used as a curry ingredient. It also contains active ingredients that aid weight reduction.

Garlic – Therapeutic food with antioxidant properties that stimulates the liver to identify toxins and fight disease and infection.

Germanium – A trace mineral excellent for the immune system and energy.

Germinate– (Of a seed or spore) begins to grow and put out shoots after a dormancy period.

Ginger – A spicy herb that aids digestion and alleviates headaches and other conditions.

Ginkgo biloba – A leaf or leaf extract that fights the aging process, improves circulation, increases memory, and has antioxidant properties.

Ginseng – A tonic herb that provides energy, helps stress and fatigue, builds endurance, stimulates brain activity, aids memory, and enhances male reproductive and circulatory systems.

Gland – An organ or tissue that secretes a substance for use elsewhere in the body rather than for its own functioning.

Globulin – Protein found in the blood that contains disease-fighting antibodies.

Gluconeogenesis – Glucose formation in the body from a non-carbohydrate source, like from protein or fats. During fasting, this process starts when the body is finished with ketosis.

Gluconeogenesis usually starts after twenty-one days of fasting. Unlike in ketosis, during gluconeogenesis the body does not directly use fat for energy; it first converts fat or protein into glucose, thus destroying important organic tissue.

Glucose - A simple sugar present in blood as blood sugar. It is the main source of energy for the body's cells.

Gluten - Protein found in many grains.

Glycemic index - The relative potency of carbohydrates and their propensity to raise and stabilize blood sugar. Low glycemic means small rises in blood sugar and insulin release. High glycemic means rising quickly in excess, creating a blood sugar and insulin imbalance. There are advantages to consuming lower glycemic foods like lentils rather than high-glycemic foods like potatoes.

Glycerin - A naturally occurring carbohydrate-like substance found in coconuts. Used in natural cosmetics as a smoothing agent.

Glycogen - A tasteless polysaccharide that serves as the principal carbohydrate used by the body for energy. It is stored in the liver and muscles.

Gotu kola - A caffeine-free stimulant herb. Helps restore energy and aid healing.

Green tea - A tea that has powerful antioxidant and anti-allergenic properties. Used mostly for energy and clear thinking. Rich in flavonoids.

Guarana - A rainforest shrub from South America. Contains natural caffeine and guaranine, which provides long-lasting energy without the highs and lows..

Hemoglobin - A red protein containing iron responsible for transporting oxygen in the blood of vertebrates.

HIV - Human immunodeficiency virus; the virus that causes AIDS.

Homeopathy - A medical methodology based on the belief that a disease can be treated with natural substances in minute amounts that in large quantities would produce symptoms of the disease.

Honey - A sweet viscous fluid produced by bees from the flower nectar and stored in nests or hives. Used as a natural raw sweetener; twice as sweet as sugar. May have antibiotic and antiseptic properties; contains vitamins and minerals.

Hoodia gordonii - A cacti plant native to South Africa that contains a natural appetite suppressant and libido enhancer.

Hormones - Essential substances produced by the endocrine glands that regulate many bodily functions.

Human growth hormone - Somatotropin, a polypeptide hormone secreted by the pituitary gland, that promotes growth before puberty and after puberty and keeps the body in the muscle-

building/fat-burning process. Growth hormone can also increase your bone mass. Inhibitors are insulin and the aging process. Growth hormone release is enhanced by sleep, protein intake, fasting, and anaerobic exercise.

Hydrochloric acid - An inorganic acid produced in the stomach to aid in digestion.

Hydrogenation - The amount of hydrogen atoms involved in chemical processes of fatty acid molecules.

Hypoallergenic - Having low capacity for inducing allergic reactions.

Hypoglycemia - Low blood sugar. Symptoms include fatigue and weakness, headache and irritability, and panic attacks and anger.

Hypotension - Low blood pressure.

Hypothalamus - A portion of the brain that helps regulate metabolic activities, including body temperature and the hunger response.

Immune system - A combination of functions and processes constituted by the interaction of many different organs, cells, hormones, and proteins. Its chief function is to identify and eliminate foreign substances, such as harmful bacteria.

Immunity - The ability to resist disease or infection.

Infection - An invasion of bodily tissues by disease-causing organisms such as viruses, fungi, or bacteria.

Insomnia - The inability to sleep.

Insulin - A hormone secreted by the pancreas that regulates the metabolism of glucose (sugar) in the body. Insulin allows cells to absorb and utilize glucose. It stimulates glucose uptake by the liver and muscles and converts excess glucose into fat storage. Exercise helps lower the amount of insulin needed to function optimally. An over-release of insulin is usually the basis of any weight problem and disease. Therefore, a properly balanced ration of protein/fat/carbs can help insure continuous insulin balance, without causing an over-release.

Intestinal flora - "Friendly" bacteria in the intestines; essential for digestion.

IU - International unit reserved for some vitamins and minerals. A measure of potency based on an accepted international standard.

*Kava - A Polynesian shrub, *Piper methysticum*, of the pepper family. When taken as an herbal supplement, it acts as a relaxant and mood enhancer.*

Ketosis - The act of burning fat without burning glucose, which changes the acid/alkaline pH balance of your blood and can ultimately lead to coma and death. It usually occurs in diabetics who lack insulin to metabolize carbs but can also affect strict dieters who consume insufficient and dangerously low levels of carbohydrates. Telltale signs include foul-smelling breath and urine.

Kola nut – A seed from a tropical tree. A natural and rich source of caffeine and theobromine. Has stimulant effects without the highs and lows of coffee, which contains hydrocarbons.

Kosher – Authentically proper and ritually pure.

L-Carnitine – An amino acid that aids fat metabolism.

L-Tryptophan – An amino acid that stimulates serotonin and may ease depression and insomnia.

Lactase – An enzyme that converts lactose into glucose; necessary for the digestion of milk and milk products.

Lactic acid – Acid that results from anaerobic glucose metabolism. This organic acid is found in certain foods, including certain fruits and sour milk. It is also produced in the muscles during strenuous exercise. The buildup of lactic acid in the body causes muscle fatigue. This form of lactic acid (blood and muscles) is a product of the transformation of the carbohydrate (glucose) and glycogen.

Lactose intolerance – Inability to break down and digest milk. Lactose is a substance found in milk and milk products. Inadequate production of lactase (see our enzyme section) in the small intestine results in the body's inability to digest lactose. Lactose intolerance is rare (but dangerous) in children but common in adults. With age, the body's ability to digest lactose (milk sugar) lessens. Drinking milk after infancy results in an improved lactose tolerance.

Lecithin – Fatty acid found in egg yolks and soybean products that protects against heart disease, lowers cholesterol, and boosts memory. Sometimes considered one of the B vitamins.

Lipid – A chemical family name for fats and related compounds including choline, gamma-linolenic acid, inositol, lecithin, and linoleic acid.

Lipoprotein – A protein molecule that incorporates a lipid. Lipoproteins act as agents of lipid transport in the lymph system and blood.

Lymphatic system (and lymph nodes) – A system of vessels and nodes transporting lymph, a clear fluid that can coagulate, resembling blood plasma. It contains white blood cells. The lymphatic system moves nutrients (oxygen, etc) to cells and transports cell waste and cell poisons away from tissues. This process doubles as the body's vital sewer system. Nodes are organs located in the lymphatic vessels that act as filters, removing toxic and foreign material.

Macrobiotics – A diet based on eastern philosophy focused on balancing the yin and yang energies of foods. The macrobiotic diet incorporates whole grain cereals, millet, rice, and vegetables with beans.

Malabsorption – The body's inability to absorb nutrients from the intestinal tract.

Melatonin – A hormone secreted by the pineal gland whose secretion is affected by the amount of light received by the retina. Taken as a supplement, it naturally enhances sleep and eases falling asleep.

Metabolism – Physical and chemical processes necessary to sustain life, including the production of cellular energy and synthesis of biological substances.

Microgram – A measurement of weight equivalent to 1/1,000,000 of a gram.

Milligram – A measurement of weight equivalent to 1/1,000 of a gram.

Minerals – Naturally occurring inorganic substances present in plants and animals. Essential for human life.

Miso – A fermented soybean paste. A therapeutic food that fights free radicals, helps the immune system, and lowers cholesterol. Miso is a base for soups, sauces, dressings, dips, spreads, and cooking stock and is a healthy substitute for salt.

Mitochondrion – A cellular power source, controlling cell metabolism and generating energy from energy sources such as fat.

Molasses – An un sulphured byproduct of sugar refinement with high mineral content. Good for hair growth and natural hair color.

Neurotransmitters – Brain chemicals or chemical substances (such as dopamine) that transmit nerve impulses.

Norepinephrine – A hormone and a neurotransmitter secreted by the adrenals. It affects blood pressure.

Nucleic acids – A class of chemical compounds found in all viruses and plant and animal cells. Examples are RNA and DNA.

Nutrient – A substance that is needed by the body to maintain life and health. There are four basic nutrients: protein, carbohydrates, fat, and water.

Oats and oat bran – Beneficial grain and fiber sources that lower cholesterol and aid digestion and excretion. Oats are excellent as a long-term metabolic stimulant that, in their purest form, have been known to help combat addictions.

Octacosanol – Wheat germ derivative excellent for energy.

Oils (natural, vegetable) – Natural oils that contain vitamins and essential fatty acids.

Omega 3 oils – Essential fatty acids that prevent blood clotting, high cholesterol, and high triglyceride levels. They improve stamina and hasten metabolism.

Organic – Foods that are grown without synthetic chemicals such as pesticides and hormones.

Oxalic acid – A white, water-soluble, poisonous acid found in such foods as spinach, sodas, coffee, cocoa, chocolate, etc. It robs the body of nutrients, especially calcium.

pH - Potential of hydrogen. A scale used to measure the acidity or alkalinity of substances. A pH of 7 is considered neutral; numbers below 7 show increasing acidity; numbers above 7 show increasing alkalinity. Too much alkalinity is from too much carbon dioxide (hyperventilating). The alkaline-acid ratio in the blood is normally 7.4 pH. Since the body cannot tolerate excess acids from the diet, it robs alkali in the body to neutralize excess acidity. Bodily pH is maintained in the kidneys (by the process of throwing off hydrogen ions from acids in the urine). The lungs excrete carbon dioxide (carbonate acid). The skin excretes hydrogen ions through sweating.

Pectin - A colloidal carbohydrate of high molecular weight; occurs in ripe fruit, especially in apples. Pectin helps with constipation.

Peptide- Molecule chain of two or more amino acids.

Pituitary - A gland located at the base of the brain that secretes hormones, regulating growth and metabolism.

Prostaglandin - A class of hormone-like chemicals that are made in the body from essential fatty acids and have important effects on organs. They influence the secretion of hormones and enzymes and regulate inflammatory response, blood pressure, and blood clotting.

Protein - A class of complex, nitrogen-based, organic compounds constituted of different amino acids. Protein is the basic element of all animal and vegetable tissue, and lack of sufficient protein can cause edema, muscle atrophy, and even worse conditions. Excess protein has a dehydrating effect on the body, and it leeches nutrients.

Psyllium husks - Fibrous seed husks from plants; they promote intestinal function and elimination, decrease appetite, and blood sugar suppress swings.

Pycnogenol - A strong bioflavonoid extract containing powerful antioxidant and memory enhancing capabilities.

Pyruvate - A naturally occurring substance that is important for energy metabolism. It is a byproduct of carb and fat metabolism.

RDA - Recommended daily allowance. The amount of a vitamin or other nutrient that should be consumed daily in order to prevent nutritional deficiency of that vitamin/nutrient and promote health. The U.S. Food and Drug Administration determines RDA.

Red blood cell - A blood cell that contains hemoglobin and transports oxygen and carbon dioxide in the bloodstream.

Retinoic acid - Vitamin A acid. A form of retinoic acid is the active ingredient in the medication Retin-A.

Rice syrup - Sweetener that is made of a complex carbohydrate; increases energy.

RNA - Ribonucleic acid. A complex protein found in plant and animal cells that carries coded genetic information from DNA in the cell nucleus to protein-producing cell structures called ribosomes, where these instructions are translated into the form of protein molecules, the basic components of all living tissue.

Royal jelly – A secretion from queen bee's nurse workers that is rich in vitamins, minerals, enzymes, and amino acids; it may be a natural antibiotic.

Salad – A Latin word for salt. Vegetables are excellent natural sources of sodium. Sodium supplementation is not generally needed (Do not eat table salt). The body distinguishes sodium from other salts. Potassium is an excellent salt substitute, as it reacts with hydrochloric acid in the stomach to produce sodium.

SAM-e – (S-adenosylmethionine) a naturally occurring compound in all living things which becomes depleted as we get older or sick. It has many functions but mainly helps joints in the body. It is also a mood stabilizer. It cannot be found in your diet.

Saturated fat – Fat that is solid at room temperature. Saturated fat is of animal origin although some forms of it, like coconut oil and palm oil, come from plants.

Sea vegetables – Dulse, hijiki, kelp, and others. Rich sources of protein, minerals, and vitamins.

Serotonin – Both a neurotransmitter and hormone. An organic compound formed from tryptophan that is in animal and human tissue, especially the brain and blood serum. It is responsible for the transmission of impulses between nerve cells. Serotonin is in the intestines and the brain. It is essential for relaxation, sleep, concentration, complacency, and satiety.

Simple carbohydrate – A type of carbohydrate that is rapidly digested and absorbed into the bloodstream. Glucose, lactose, and fructose are examples of simple carbohydrates.

SOD (superoxid dismutase) – An antioxidant enzyme that helps neutralize free radicals.

Sorbic acid – An organic acid used as a food preservative.

Spirulina – High-protein algae rich in B vitamins and beta-carotene. Its high chlorophyll content helps digestion.

Sprouts – Sprouted seeds of alfalfa, red clover, mung bean, radish, sunflower, etc. It is a highly nutritious food and a good source of protein; chlorophyll; vitamins A, C, B, and E; minerals; and trace minerals.

Sublingual – Placed under the tongue.

Suma – An herb used for energy since ancient times. Promotes hormonal balance.

Thermogenesis – The body's ability to produce heat by burning calories. Stimulants such as caffeine increase thermogenesis. Normal body temperature is about 98.4 degrees, or anywhere from 96 degrees to 99 degrees Fahrenheit. Starving reduces body temperature. A temperature below 94 degrees or above 110 degrees may cause death.

Tofu – A cholesterol-free soybean food that contains complete protein (all essential amino acids).

Toxicity – The quality of being poisonous.

Toxin - A poison that impairs the health of the body.

Triglyceride - A compound consisting of three fatty acids plus glycerol. Triglycerides are the form in which fat is stored in the body; the primary type of lipid in the diet.

Triticale - A grain hybrid formed by crossing wheat and rye.

Unsaturated fat - Dietary fat that is liquid at room temperature. Unsaturated fat comes from vegetable sources and is a good source of essential fatty acids. Examples are flaxseed oil, sunflower oil, safflower oil, and primrose oil.

Valerian Root - A powerful sedative herb used to treat stress, gas, and cramps and to provide general pain relief.

Vegan- A diet with only plant products. Some vegans don't use animals products for anything.

Vinegar - A diluted and impure form of acetic acid . Varieties are brown rice, balsamic, apple, cider, herb and other sources. Food preserver that also helps digestion.

Virus - A minute disease-causing organism composed of a protein coat and a core of DNA and/or RNA. Because viruses are incapable of reproducing on their own, they must reproduce inside the cells of an infected host. Unlike bacteria, antibiotics do not affect viruses.

Vitamins - One type of approximately fifteen types of organic substances that are essential in small quantities for life and health. Need to be supplied in the diet.

Water- One of the four basic nutrients (protein, carbohydrates, fat, and water). Our bodies are made up of approximately 70 percent water. The body can live without food for approximately five weeks; the body cannot survive without water for more than 5 days.

Water-soluble - Capable of dissolving in water.

Wheat germ and wheat germ oil - An embryo of the wheat berry rich in B vitamins, protein, vitamin E, and iron.

Wheatgrass - A storehouse of vitamins, minerals, amino acids, and enzymes used in diet supplementation. This powerful super-food cleanses and balances the body.

White blood cells - Blood cells that fight infection and repair wounds.

Yeast - A type of a single-celled fungus. Certain types of yeast cause infection.

Yerba mate - An herb used for energy and cleansing.

Yohimbe - An herb that purportedly aids in bodybuilding; some claim it has testosterone-stimulating capabilities.

ABOUT THE AUTHORS

Shane and Sia, known as the Barbi Twins, shot to fame with their own comic book, record-breaking *Playboy* covers, merchandise, and top-selling calendars, worldwide. The Barbi Twins became international celebrity models and household names with their highly-rated *E! True Hollywood Story*, *48 Hours*, and other cover stories.

These 5'9" blonde twins started modeling at the age of seven. These native Californians initially wanted to be veterinarians. Struggling with the life-and-death epidemic of eating disorders, the Barbi Twins instead used this top-rated subject to help other women. Armed with degrees in nutrition, biochemistry, and kinesiology, the Barbi Twins are currently sought out as eating-disorder spokeswomen for universities nationwide. As health authors, their initial book, *Dying to Be Healthy*, received great reviews and major coverage in the media.

The Barbi Twins have a new health show that will coincide with their new product line. This will include their own health magazine, vitamins, and other health-related products, which will be distributed in retail stores nationwide.

All proceeds will be donated to **ANIMAL CHARITIES** to make a better and healthier world for animals.