

THE WORLD PEACE DIET Facilitator Training Program



“Imagine the world we can create...”

with DR. WILL TUTTLE,
author, The World Peace Diet

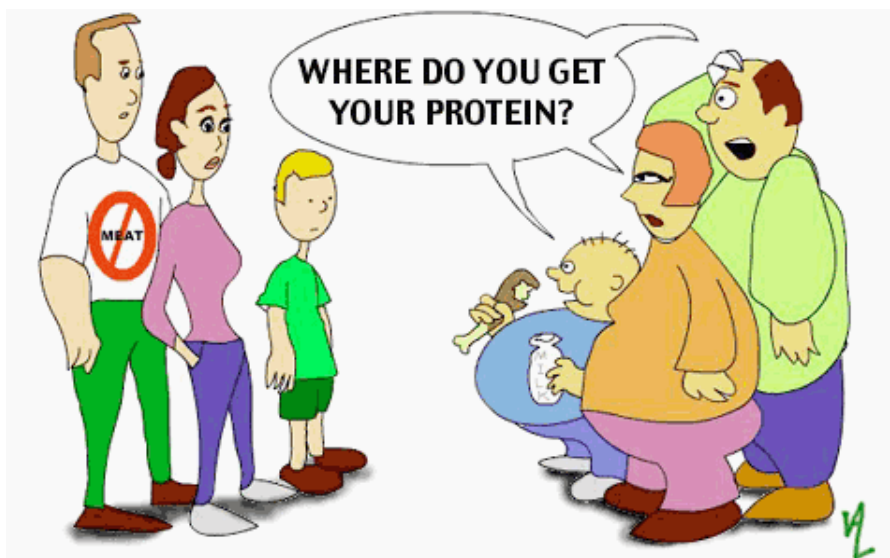


Module Three & Week Three

Theory and Practice of Plant-based Nutrition

Chapter Five: The Intelligence of Human Physiology

- Deep questioning of the cultural assumptions about our basic physiology
 - Discovering the foundations of optimal nutrition of body and mind
 - How should we “listen to our bodies”?
 - Is it relatively easy to be healthy and fit on a plant-based way of eating
1. Comparative anatomy of humans with other animals
Teeth, jaw, saliva, stomach pH, length, etc.
 2. The gift of our physiology and psychology – how are we designed?
 3. Toxins, disease, and industry profitability and control
 4. Fat, protein, carbohydrates. Vitamins, minerals, and phytonutrients
 5. The placebo effect and its positive significance
 6. Our body, our friend
 - 7.



Latest studies: A third of Americans are overweight, and an additional quarter are obese.

"And God said, Behold, I have given you every herb-bearing seed which is upon the face of the earth, and every tree in which is the fruit of a tree yielding seed: *to you it shall be as meat....*" **Genesis 1:29** (*Bible*)

"Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way." -Martin Luther King, Jr.

“We will not accept that adequate nutrition need violate conscience.” – Donald Watson, 1944