

# What Kind of Glasses are YOU Wearing?

People often ask me how I stay so diligent with my healthy eating and training. I always tell them that thing really shifted for me when I started seeing things differently, kind of like wearing a new set of glasses! Here's what I mean.

Growing up, I was raised on the classic meat-and-potatoes style of eating. Oh yeah, and sandwiches and canned food! But when I decided to compete in fitness, I had to adopt a whole other kind of eating. Whole foods and absolutely no man made products. I didn't know it, but my Trainer was putting me on what we now call the **Clean Eating Diet**. In other words, eating like our forefathers ate. ***Real food.***



It was hard to change at first, because I was used to eating like everyone else – *the wrong way!* And like everyone else, I was overweight, full of toxins and inflammation, and had a fat ass! But after a few months, something interesting started to happen – my perspective started to shift. Soon, I was looking at what *others* were eating and thinking that *they* ate weird – bread, pasta, desserts, late night eating, grabbing snacks.

It was like someone had given me a different pair of glasses. The way I saw it, *I was eating the proper way, and the rest of the world was eating weird.* It was then I knew that I had created lasting change.

**So what kind of glasses are you wearing?**

**Traditional glasses** – do you follow tradition, and don't buck the system? It's safe, but dull.

**Rebel glasses** – you adopt whatever diet is *in* at the time and you have to tell everyone that they too must be on it? Drop it. No one likes to be preached to.

**Dark Glasses** – you just hide behind convention and follow what everyone else is doing. If they're doing it, so are you? Did you sell your brain to science or something?

So now we need you to shift how you view the world. **Change your glasses.**

**Learn to live outside the box**, where you are free to eat tuna for breakfast or just have small snacks for dinner, and bread doesn't fit into your repertoire of healthy foods.

**Question Everything** – When you learn to stand a tradition / habit / thought on its head, many times, you'll find that it really can't hold water. But we're so used to tradition, but this doesn't mean it is best.

**Live on the periphery** – after awhile, when you've grown accustomed to your new way of seeing, you'll find that everyone else is on the periphery, and it's you that's in the middle!

Buy magazines and books devoted to clean eating and natural farming. Try different recipes. Start your own clean-eating pot-luck in your area! Pretty soon you'll be wondering why everyone isn't eating and living the healthy, fit life. After awhile, you'll wonder how you ever lived without it!