



# The McHale

## Economic Meltdown

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### Go Natural – The Earth Diet



Eat What the Earth Provides

Liana Werner-Gray

[www.theearthdiet.com](http://www.theearthdiet.com)

#### This Week's Guest

I was very excited to have Liana Werner-Gray, who is the creator of The Earth Diet on the show with me this week. She explained how she only eats food that the earth provides naturally and it has become a lifestyle for her. The Earth Diet replaces processed foods, the chemical burden on your body as well as cleanses and detoxifies your system. If you are a vegetarian, vegan, gluten free, meat eater, sweet lover, or just want to incorporate raw foods into your diet then you need to listen to the entire interview.

I tried a few of the recipes off Liana's site and they were delicious. I had the honey chicken and salmon as well as the beef with lots of cut up veggies. I tried a few of the desserts but since I am allergic to nuts I put her cheesecake on a gram cracker crust, which worked fine for me. I made the chocolate mousse and I could still taste the avocado, so I just needed to add more chocolate! Problem solved.

I also added drinking a small glass of fresh squeezed juice in the morning and at night into my routine and my body seems to like this change. While I eat very little raw meats, it has to be very well cooked for me to eat it, incorporating items from The Earth Diet into my eating plan did help me to "clean up" and get rid of food I really don't need to eat and replace it with food that my body is much happier with.

Liana Werner-Gray works in the film and television industry in front of as well as behind the camera; she grew up in Australia but now resides in the US. She created the Earth-Diet and set a goal to only eat earth friendly food for 1 year and blogged about her experience. Due to the success of her diet, she now helps others to follow the same program and create a healthy lifestyle. She created I Love Earth which is a non-profit organization that brings awareness to school children about the environment, protecting the earth and living on what the earth provides.

If you missed the interview with Liana can go to [www.voiceamerica.com](http://www.voiceamerica.com), The McHale Report and listen to it at any time. <http://www.voiceamerica.com/voiceamerica/vshow.aspx?sid=1848>.

## Questions

1. How did you get into this natural earth eating program?

*Growing up in the middle of Australia, I saw how the Aborigine tribes lived and ate only what the earth provided. I saw that they did not have a lot of the diseases that people now have like obesity, diabetes, allergies and cancer.*

2. What about natural, organic, whole food labels?

*You need to read the label on everything you buy and see what is in the product. If you can't pronounce an ingredient then you shouldn't be eating it. There are preservatives in almost everything along with things like high fructose corn syrup and sugar. Manufacturers like to use the words natural, organic and whole, so if it has the USDA organic seal on it then it has been verified that it was grown and processed as organic. Otherwise it might or might not be??*

3. How do you figure out what is an earth food and what's not?

*Earth foods are grown and the seeds have not been genetically modified. In Australia and Europe they cannot use modified seeds but the US does. Corn and soy are two items that have modified seeds, so you should not eat either of these products or anything that have soy or corn in them. Corn is in almost everything you eat that is processed, like corn syrup, corn starch and more. I watched a documentary called King Corn (info at Liana's blog) and they talk about corn and how it is in the food system and deposited in our hair and bodies. It is also fed to livestock and ends up in our meat.*

*If you are lactose intolerant then you usually drink soy milk but things like almond, coconut or oat milk are natural and in some cases taste better.*

4. What about sugar substitutes?

*You should not use sugar substitutes like Splenda, Nutrasweet and other sweeteners that come in little packets. Agave nectar, honey and maple syrup (the real stuff) are all great ways to sweeten your food and are all natural and not processed.*

*Regular sugar is processed and it would be great if you could buy raw sugar cane and extract the juice. I have been to a sugar processing facility and it takes several steps to make sugar from the cane and they have to bleach it to make it white. You don't need all those chemicals in your body when you can use natural sugars that don't elevate your blood sugar levels like processed sugars do.*

5. Can you explain what the benonite clay is and how does it help you?

*I use benonite clay to help remove the toxins in my system. It can be used as a mask on your face and other parts of your body to draw out toxins in your pores and skin or you can take it to clean out your internal system. I take a spoonful every other day to remove any toxins in my bowels and digestive system. We have benonite clay at my website that is from Australia and we can ship it anywhere in the world.*

6. How do you start implementing this eating program?

*I have had some people who started cold turkey and jumped into the program and gave up all their bad eating habits at once and others take a step at a time and work their way into eating differently. The easiest way to start is just a step at a time. Decide to give up fried foods or French fries for example. Make your own French fries by cutting up a potato, sprinkle with olive oil, salt and pepper and bake in the oven. Stop using sugar substitutes and start using Agave nectar. Small steps start turning into major changes that you can keep up for the rest of your life.*

7. Where is all the information on The Earth Diet?

*My website and blog have lots of information on the diet and how you can eat, get support and recipes that you can use. I am working on a book that will be out later this year that has all the diet information in it as well as natural medicines and other items to help you with changing your eating habits and making them an eating lifestyle.*

## Preparedness Tool Kit

For those of you that struggle to overcome your sugar addiction, like me, you need to start substituting sugar with the Agave nectar. It is a natural sugar, Liana uses it and unlike other natural sweeteners like honey and maple syrup (the real stuff, don't forget to read the label) it just tastes sweet. I now use it in my hot tea, cold tea, coffee, fresh squeezed juice and I am working on substituting Agave for sugar in my dessert recipes.

On the other hand, sugar is a main food source for my husband so last weekend when I made vanilla cupcakes with Boston cream filling and a chocolate ganache icing, I used the Agave nectar and no sugar. They tasted great, my husband inhaled several of them and didn't even know I changed anything. My next experiment is going to be mini fruit pies and sweet breads like cinnamon rolls with icing.

I love to bake and while some of the items I make will never fit under The Earth Diet, I have taken several steps in that direction and my few changes have made a big difference in how I feel. Will I go all the way and eat a raw diet like Liana, probably not. But I am now paying more attention to what I put into my body and cutting out the preservatives while adding more fresh raw items into my lifestyle.

Take the first step like me and try to cut down on your sugar intake and use the Agave nectar instead. You might be surprised at how easy it is and how wonderful everything still tastes!

## Next Week

Next week I will be talking with Seldon Graham about Ethanol, the food supply and oil. Seldon is a petroleum engineer, attorney and retired Army Colonel and he will bring his 54 years of experience in the industry and we will be discussion biofuels like Ethanol (Ponzi scheme), corn production and information behind the oil & gas prices. You will be surprised when I tell you about the data I uncovered, that the Gov't doesn't want you to know about, concerning how the world oil & gas market really operates.

You can email me with questions or comments to [Karen@themchalereport.com](mailto:Karen@themchalereport.com).

