

Visiting author provides food for thought

Health guru talks to NADINE FISHER ahead of Coast talk

NORA Gedgaudas is making her maiden voyage down under and is excited to finally make it to Australia.

"It will be my first time in your country, so please be gentle with me," she jokes as she speaks to The Daily News from her home in Portland, Oregon.

Gedgaudas has become widely known around the world since the release of her book on healthy eating, *Primal Body Primal Mind – Beyond the Paleo Diet for Total Health and a Longer Life*. The certified nutritional therapist and clinical neurofeedback specialist was shocked to find herself at the top of the bestseller list for diet and nutrition on Amazon and in the top 10 on Amazon's top 100 best-seller list, following its release.

"I knew it would garner interest but had no grasp of what would happen," she says.

"I think I turned a few shades of green the morning this happened and thought 'oh my god what have I done'."

Despite this initial reaction, Gedgaudas says she has also been incredibly excited after her initial foray with a self-publish version two years prior.

"If I died now I feel I would have done some good," she says.

"It really is an awakening and people feel passionate and empowered about their own health. I think there is a liberation from the profit-driven information."

It is this groundswell of support for her work that has led to the speaking engagements in Australia this month in Sydney, Armidale and the Gold Coast.

Gedgaudas says her book explains the problem with grains, gluten, soy, dairy and starchy vegetables that are prevalent in our diet. It also details which natural fats promote health and those that cause harm, while providing strategies to curb sugar cravings, promote fat burning and weight loss while reducing stress and anxiety.

Sound too good to be true? Gedgaudas assures me it isn't.

"I believe that real restoration of health can come only with the restoration of a healthy foundation and that prevention is key to our long-term survival and longevity," she says.

"I believe in self-empowerment of individuals and I believe that total health is our primal birthright."

The breakthroughs presented in her book came from 25 years of research.

"It took 10 years for me to write this book. I was constantly writing down pieces of information and I finally thought I just have to put it altogether and get it out there," she says.

Primal Body Primal Mind was released mid-year and Gedgaudas says she has been "insanely busy" since.

"It's been a gratifying response on so many levels," she says. "The book covers so many different things that it's hard to encapsulate it in a description. I hear from people with many health problems – type one and type two diabetes, blood pressure, asthma, prostate, allergies and more."

"There's never been a more challenging time to be on the planet than right now with the environmental and food supply problems."

"This dietary approach eliminates sugar, starch and gluten and moderates protein intake and includes as much dietary fat as required."

"With both natural and western medicine we

NOURISHING AUSTRALIA

See health and nutrition expert Nora Gedgaudas at the Nourishing Australia Seminar Series on Avoiding the Diseases of Civilisation: Obesity, Diabetes, Depression, Asthma, Allergies, Arthritis, ADD, Alzheimer's, Digestive Disorders, Hormone Problems and more.

The seminar will be held on the Gold Coast next Saturday at Bond University and will include local guest speakers: Robert Pekin – founder of Food Connect; Tony Lovell – a partner in Soil Carbon Australia, and; Dr Eric Davis – holistic dentist and health practitioner and fellow of the Australian College of Nutritional and Environmental medicine. For more information and bookings go to www.nourishingaustralia.org.au.

simply supplement the individual deficiency as opposed to looking at the complete inter-relationship of different systems.

"This diet pattern is all about restoring a natural balance and the effects have been miraculous."

Gedgaudas explains the diet excludes processed foods, grains and legumes and includes protein (grass-fed rather than grain-fed) and as many fibres and greens as desired plus nuts, seeds and berries for antioxidants.

"Fruit is less essential, as modern-day fruit has little in the way of nutritional vitamins. No one needs to eat starch and sugar, and the diet can be applied to literally everyone."

Gedgaudas herself struggled with years of depression, chronic dysthymia, anxiety and panic attacks and says she tried everything.

"I could manage these conditions for periods of time with exercise and supplements, but the depression always seemed to come back and drag me under," she says.

"I read innumerable books on self-help, spent a fortune on programs and tried all manner of things – from meditation to hypnosis and walking on fire. I even spent a summer living with a family of wild wolves less than 500 miles from the North Pole and had a lot of time for contemplation. It's been a wild, convoluted path to end up where I am now."

Gedgaudas says the problems associated with our food were also related to soil depletion.

"The mineral depletion from soil in Australia is down 55% from 100 years ago and this presents a very real problem, as vitamins don't work without minerals," she says.

"So eating food from the highest quality of sources and avoiding processed garbage is the start to restoring quality to health."

Gedgaudas says her book is not dumb-downed, but presented in bite-sized pieces that make it easy to follow with good analogies.

"You can maintain this type of lifestyle long-term if you understand why you're doing it and feel empowered about how to do it," she says.

"The book is dense with information but it is life-saving information."

Gedgaudas says she has taken information from a wide variety of sources and made it understandable and comprehensive.



Nutritional therapist and author Nora Gedgaudas will speak on the Gold Coast next Saturday.

"Health is a frustrating subject for a lot of people," she says. "People are bombarded with so many conflicting pieces of information that they don't know what to believe any more. So I've tried to sift through the frustrations and couch it in considerable science."

"It is off the beaten path and it's challenging mainstream thinking, but I get letters every day from doctors, PhDs, cardiologists, neurologists etc saying it is absolutely right on. It makes me quite proud and stunned but tells me the information is understood."

Gedgaudas is quick to point out she is not peddling a line of supplements or any other products.

"Just following the diet covers a lot of bases, more than 70%, but there are people who may be severely deficient and taking into account the quality of food supply there could be a benefit from a trace mineral supplement and omega 3," she says.

"But the emphasis is on dietary requirements. Every biochemical reaction in the brain depends on the nutrients we provide. You have to supply the raw materials that are needed for function."

Gedgaudas says the book has changed her life.

"I'm now working seven days a week. I still have my private practice where I see clients and then I have hundreds of emails and speaking engagements at seminars," she says.

"I eat according to this diet. I walk my talk and believe me I don't come from good genes. I am actually the only member of my family to not have spent a night in hospital. And I know I wouldn't be coping now if I was not following these dietary principles."

"However it is not a book to replace medical care. It is simply to give yourself the best possible odds on health."

Gedgaudas was a key speaker at 2010 Weston A Price Foundation Conference, USA and a featured presenter at the 2011 Ancestral Health Symposium at UCLA which was billed as

"the Woodstock of evolutionary medicine".

Gedgaudas says she receives many inspiring letters from people with all kinds of health problems.

"I had one recently from a woman with stage-four lung cancer who had the earlier self-published version of my book. She was given two months to live a couple of years ago but applied the principles in my book and she credits it with helping her live," Gedgaudas says.

"Part of my mission has been that health should not be out of reach if you don't have money. If you can't afford to be sick you cannot afford to not eat optimally well. And when tabulated it is actually cheaper to eat like this which is ultimately priceless. The value you place on your quality of life is everything."

Gedgaudas says neurofeedback is a form of biofeedback. It's a brain process of learning to exercise your brain and the effects by and large are long-lasting.

"It has a broad range of applicability. It's not a therapy but a highly specific brain-training."

Gedgaudas says the biggest difference to her own life this diet has made is she has her health and brain function in a world where it's extremely difficult to maintain these things.

When asked about plans beyond her trip down under she said it was a case of returning home to more work.

"In fact when I return home I have to move my office across town and then there are more seminars to attend and keep my private practice going. There's no time for a week in the Bahamas."

For more details about the book *Primal Body Primal Mind* or Nora Gedgaudas go to www.primalbody-primalmind.com