

FOOD AS MEDICINE:

The Antidote to Living Well, At Any Age!



living the good life for baby boomers and beyond

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ML: Tell us about your approach to nutrition and wellness.

JL: Food is truly medicine. I teach my clients how to use the beautiful organic produce and abundant choices of wild-caught fish, whole grains and organic chicken and beef that we have available to us in Santa Barbara to cleanse and renew their bodies and minds. To me, life is about being happy and enjoying our days to the fullest. But it's hard to be happy when you're not feeling well and can't get out of bed or are suffering from pain and inflammation. All the tools and techniques that I used to heal myself, I pass on to others in the most compassionate, entertaining and accessible way possible. If we aren't making healing and eating fun, what's the point?!



sugar-coat this: It's poison. The best antidote for sugar and carb cravings is protein, and most of my clients, of all ages, are not getting enough of it. Digestible protein is key to energy and mood. That's why I created my sugar and gluten-free protein powder, which, I'm told, tastes like melted ice cream! Protein shakes

deliver absorbable nutrition instantly. (But not the kind in a can — please, no!) Three, some form of gentle movement every day is key to mood and energy! Walking, swimming, stretching, yoga...Anything you love, and do it 30 minutes a day, six days a week.

ML: If someone hasn't had much experience with eating well and is interested in taking a "food as medicine" approach to their healing, where would you recommend they start?

JL: One great place for people to start is reading (or listening to) my book, *It Takes Guts To Be Happy! A 21-Day Plan For Healing Your Belly & Recharging Your Life*. It offers practical solutions to digestive issues like heartburn, gas and bloating, constipation, swelling and inflammation, as well as recipes and first-person success stories. I always suggest clients read it before coming to see me. If your readers would like to see me, I'm available for private consultations, which are the best way to problem-solve specific issues and create a personal results-oriented plan. I urge my clients never to accept a response from a medical practitioner such as, "You just have to live with this" or "There are no more options." There are always options!

Julia Loggins has been a digestive health expert and colon therapist for 35 years. She is the author of two books, creator of products for sensitive people and teaches a course called "The Happy Gut Makeover," which is now available online and includes live weekly group calls. To learn more, please visit julialoggins.com. She can be reached at (805) 453-0364.

ML: How important is one's diet as we age?

JL: Diet is critical to aging backward! That's what I call it when my clients feel better at 60 and 70 than they did at 40 or 50. And they do! They do because they are taking so much better care of themselves now, learning stress reduction techniques and focusing on their health and vitality rather than putting fast foods down the hatch and ignoring their bodies' signals that something is wrong. One of the best parts of my job is hearing my elder clients' stories of the pains and aches that have gone away, replaced by energy they thought they would never have again. That happened because they learned to make the kitchen their friend — and it's easy to do. I teach my clients to make delicious meals in under 20 minutes. Simple, and tasty, is best!

ML: What are the three most important things seniors can do right now to start noticing a difference in how they feel?

JL: Number one, drink 10 glasses of water every day; almost everyone I see is dehydrated. Two, get rid of sugar! I won't



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I have been working with Julia Loggins for the last few years and have been enormously impressed by her expertise and deeply touched by her commitment to healing and wellness. She is a pioneer in the areas of detoxing and cleansing, and she has embraced the world of regenerative medicine and the understanding of stress and toxicity as the source of illness and disease. On a personal level, Julia has helped me pioneer a healthy, balanced, delicious new way of eating that is easy to follow. Even more important to me is how quickly I can now make a healthy, satisfying meal that doesn't require culinary training!

ML: What inspired you to make nutrition and wellness your life's mission?

JL: Saving my own life! I'm 64, and I was born in 1955, "allergic to the 21st century." My environmental sensitivities, something rarely understood in the '60s and '70s, caused life-threatening asthma, rheumatoid arthritis, bleeding ulcers and allergies. In and out of hospitals constantly, doctors told my parents I wouldn't live past 17. A pioneering MD named Robert Pottenger told my parents we had to trade the pharmaceutical drugs I had been prescribed for a sugar-free, dairy-free and gluten-free diet of organic vegetables and hormone-free chicken and fish. That was the beginning of my healing process and my passion to learn how to regenerate my body, a mission that would take over a decade and allow me to heal completely...and a mission that inspired me to help others do the same.

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