

Produce Your Podcast
SHOW NOTES - Salad With A Side Of Fries

KEYWORDS: Earth Diet, Cancer Free, Nutrition, Plant Based, Indigenous Culture, Gluten Free, Eating Disorders, Wellness.

TITLE: Earth's Remedies (feat. Liana Werner-Gray)

Description:

The Salad With A Side Of Fries podcast is hosted by Jenn Trepeck, discussing wellness and weight loss for real life, clearing up the myths, misinformation, bad science & marketing surrounding our nutrition knowledge and the food industry.

The world is shifting from always eating processed foods, to natural healing and plant-based food becoming normalized and mainstream in 2022.

In today's Salad With a Side of Fries episode, we are joined by Liana Werner-Gray. Liana is a certified nutritionist, natural food chef, and four time best selling author of Earth Diet: Cancer Free With Food, which is in the top 100 cancer books of all time.

Join us as Jenn and Liana discuss the benefits of eating naturally and from the earth to prevent cancer, assist with eating disorders and anxiety as well as simply providing us with the nutrients we need to feel great and proud of ourselves.

IN THIS EPISODE:

- [06:00] Liana's experience growing up in outback Australia.
- [08:00] Liana learned from Indigenous culture that eating straight from the bush or ground will provide us with the most nutrition.
- [13:00] Liana's mum used juicing and a natural lifestyle to become cancer free.
- [20:00] Burnout compared to the indigenous practice of including rest.
- [28:00] Healing foods that we'd all be served by adding more of into our everyday nutrition.
- [33:00] Benefits from real cacao

- [38:00] Gluten has changed a lot in the last 50 years.
- [45:00] If we nourish our body with foods that nature provides, we can't help but feel proud of ourselves.
- [50:00] All of this natural healing and plant based food is becoming normalized and more mainstream today.

KEY TAKEAWAYS:

- Eating from the earth provides us with the best nutrition.
- A natural lifestyle assists with healing cancer, anxiety, and eating disorders.
- All of us as humans will benefit from adding nutrition straight from the earth into our diets.

Nutrition Nugget! Bite-size, bonus episodes offering tips, tricks, and approachable science. This week, Jenn's nutrition nugget is celery. March is celery month. Celery is in the same family as carrots and parsley, and like these other plants, celery offers a variety of plant compounds that have powerful antioxidant properties, and includes essential vitamins like vitamin K, A, etc. So what does this mean for you? How can we make the most of celery's nutrient benefits? Is it really a negative calorie food? In just a few minutes, Jenn answers all these questions and more. Like what you're hearing? Be sure to check out the full-length episodes; new releases every Wednesday. Have an idea for a nutrition nugget? Submit it here:

<https://asaladwithasideoffries.com/index.php/contact/>

RESOURCES:

[Become A Member of Salad with a Side of Fries](#)

[Jenn's Free Menu Plan](#)

[A Salad With a Side of Fries](#)

[A Salad With a Side of Fries Instagram](#)

Guest Links:

[The Earth Diet Instagram @Theearthdiet](#)

[Liana Werner Gray Instagram @lianawernergray](#)

[Facebook Page: Facebook.com/theearthdiet](#)

[Facebook Page: Facebook.com/lianawernergray](#)

[Website: TheEarthDiet.org](#)

Guest Bio:

Liana Werner-Gray is a certified nutritionist, natural food chef and four-time Best-selling author of The Earth Diet, Cancer-Free with Food which is in the top 100 cancer books of all time (foreword by Mark Hyman, MD.), and 10-Minute Recipes, and most recently Anxiety-Free with Food which ranked as the #1 best seller on amazon for Neuropsychology. Liana is the founder of Liana's Organics, and launched her Anxiety Free supplement in 2021.

Liana overcame many health issues which promoted her passion in the health food industry. Liana regularly appears on television, providing health tips and recipes on shows such as Doctors TV, the Nick Cannon Show, Dr. Oz, and more. She has also been interviewed for Forbes, Yahoo Beauty, Bustle, US Weekly Woman's Own, iHeartRadio, and more. She is an international speaker. Liana was born and raised in Outback Australia, and has lived in the USA since 2010.

QUOTES:

"Regardless if someone's going to do chemo, people need proper nutrition to nourish the body and to boost the immune system. Certain foods do kill cancer cells and that's been proven." - Liana Werner-Gray

"Most people are eating a lot of foods that do not have any nutritional value." - Liana Werner-Gray

"Western medicine tells us it's 'normal' if enough people have the symptom." - Jenn Trepeck

Social Media Posts for Day of Release:

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Twitter (260 characters including hashtags)

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