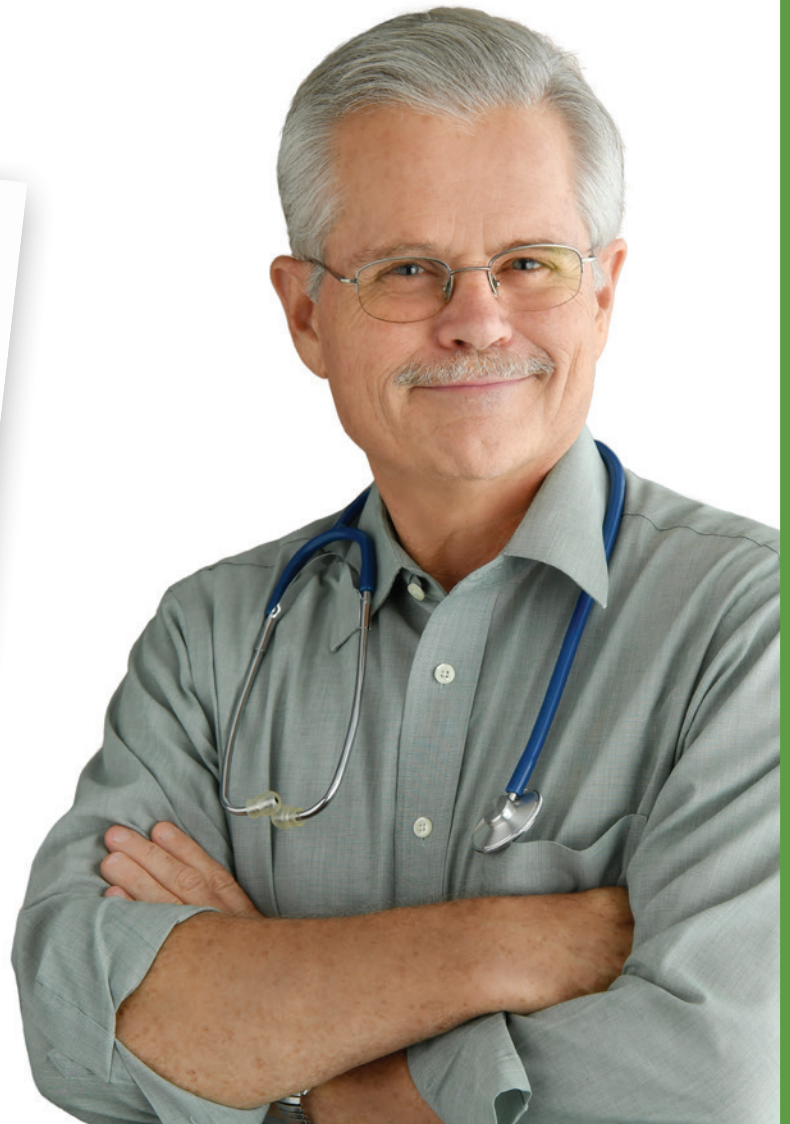
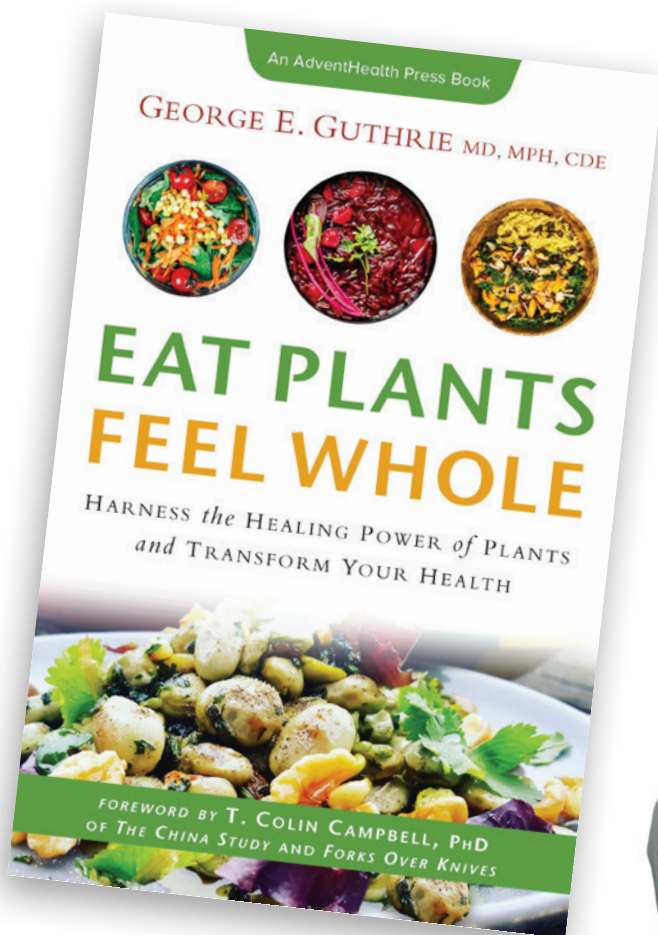


GEORGE E. GUTHRIE MD, MPH, CDE

EAT PLANTS FEEL WHOLE

DISCUSSION GUIDE



EAT PLANTS FEEL WHOLE DISCUSSION GUIDE

PART 1: THE FOOD

CHAPTER 1 | HOW DID WE GET SAD?

1. In the story about Frank, Dr. Guthrie explains that it is better to eat food in its whole form (apples) rather than in a concentrated form (apple juice). Why is this?
2. What did you think when you read about how the Standard American Diet was developed? What surprised you most about this process?
3. Dr. Guthrie says, “It is now becoming clear that the more a farmer’s produce is modified and the more removed the final product is from the original whole plant, the more problems develop and the less healthy our food is.” What have you heard or read recently that supports this statement?

CHAPTER 2 | HOW BAD IS SAD?

1. How have today’s eating patterns changed from what God outlined in the Bible? Do you think this change is positive or negative? Explain your answer.
2. Dr. Guthrie identifies and explains the four culprits of the Standard American Diet: trans fats, refined carbohydrates, refined and artificial sweeteners, and animal proteins. Which culprit was most surprising to you and why?
3. Have you ever tried an eating plan like the Atkins plan or the Paleo diet? If so, what was your experience? How do these plans differ from the *Eat Plants Feel Whole* plan?

CHAPTER 3 | LESSONS FROM THE COUCH

1. According to *Eat Plants Feel Whole*, how do your genetics affect your health? If you have “bad genes,” are you doomed to struggle with health problems? What impact does your lifestyle have on your genetic expression?
2. What happens when a person’s cells become “insulin-resistant”?
3. Dr. Guthrie considers diabetes to be “the flagship of metabolic diseases” and says that “diabetes is not something you catch. It’s something you earn.” Do you agree or disagree with these statements? Why?

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CHAPTER 4 | THE BEST WAY

1. Is a vegetarian or vegan diet always healthy? Why or why not?
2. One of the most common New Year's resolutions is to "lose weight." Usually a person is very focused for the first few days or weeks of the year and then slips back into old habits. Dr. Guthrie calls this type of dieting "the rhythm method of girth control." Why is this an unhealthy weight-loss pattern? What does *Eat Plants Feel Whole* recommend as a healthy alternative?
3. After following a whole-food, plant-based diet for several months, many people veer off track when faced with an unhealthy food they used to love. What usually happens when they eat that food? Why?

CHAPTER 5 | WHAT ARE MACRONUTRIENTS?

1. How do you respond to food trends and nutritional recommendations (fad diets, the latest superfood, etc.)? Based on what you learned from *Eat Plants Feel Whole*, how will you respond to this type of information in the future?
2. Many people believe that you can only get protein from meat, but *Eat Plants Feel Whole* explains that you can get all the protein your body needs from plants. What did you think when you read this? How might you adjust your eating habits based on this information?
3. Chapter 5 contained a lot of information! What did you find most useful or most interesting?

CHAPTER 6 | WHAT ARE MICRONUTRIENTS?

1. Have you ever thought about micronutrients before? What did you learn about them in this chapter and how will you use this information?
2. Describe the concept of reductionism and explain whether or not it is generally effective.
3. Many micronutrients can be obtained from whole foods, but Dr. Guthrie recommends supplements for a few. Which ones?

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EAT PLANTS FEEL WHOLE DISCUSSION GUIDE

CHAPTER 7 | EAT AS IF YOUR LIFE DEPENDS ON IT

1. What is a “therapeutic diet” and why is it beneficial?
2. Dr. Guthrie asks, “Do you want your intensive care now or later?” Have you ever experienced a health crisis that required you to be hospitalized? After the crisis passed, what changes, if any, did you make?
3. *Eat Plants Feel Whole* describes two methods of implementing lifestyle change: the fast way and the slow way. Which works best for you and why?

CHAPTER 8 | DOING THE RIGHT THING BETTER

1. Many people who are dieting complain about being hungry. With the *Eat Plants Feel Whole* plan, most people can eat more food than before (provided it’s at the low end of the Calorie Density scale, page 141) and still lose weight. Why? Have you ever tried eating like this? If so, describe your experience. If not, how can you incorporate this principle into your daily life?
2. Pages 142-147 outline ten changes a person can make to “decrease a meal’s caloric density and keep the stomach feeling full and satisfied.” Which one is most appealing to you and why?
3. Excessive sodium intake can negatively impact a person’s health, but insufficient sodium intake can also be problematic. What happens in this scenario?

CHAPTER 9 | TIMING IS EVERYTHING

1. Why is meal timing important?
2. Are you a two-meals-a-day person or a three-meals-a-day person? If you eat only two meals per day, why did you adopt this eating practice? If you currently eat three meals per day, what might encourage you to try eating two meals per day instead?
3. Have you ever tried intermittent fasting? If so, what was your experience like? If intermittent fasting isn’t part of your life now, how would you feel about trying it after reading this chapter?

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DISCUSSION GUIDE

PART 2: THE LIFESTYLE

CHAPTER 10 | YOU WANT THESE BENEFITS!

1. Dr. Guthrie’s experience with Harold, the exercise physiologist, was comical but enlightening. Have you ever done intermittent training? What are the benefits of this form of exercise?
2. If you exercise regularly, good for you! What types of exercise do you enjoy and why?
3. What information in this chapter did you find most beneficial? If you don’t exercise on a regular basis, what did you learn in this chapter that might inspire you to start? How can you ease into a daily exercise routine?

CHAPTER 11 | EMOTIONAL EATING

1. Many people struggle with emotional eating. What are some common triggers and what steps can we take to avoid this trap?
2. Have you ever thought about food as “addictive”? What makes it so?
3. What role does oxytocin play in overcoming food addiction?

CHAPTER 12 | STRIVING AND THRIVING

1. Dr. Guthrie says, “We tend to think that we eat what we like, but science tells us that we like what we eat.” What does this statement mean?
2. Change is difficult even when it’s positive. What can you do to ensure that healthy new lifestyle habits will stick?
3. As you implement positive lifestyle changes, why is it important to communicate regularly with your physician about what your body is experiencing?

CHAPTER 13 | THE EAT PLANTS FEEL WHOLE PLAN

1. Have you ever tried a short-term lifestyle change program? If so, what was the result? If you experienced benefits from the program, what were they? Were you able to maintain them after the program was over? Why or why not?
2. *The Eat Plants Feel Whole Plan* is divided into three phases. What are they? What happens during each phase? Why is each phase important?
3. What might encourage you to try the *Eat Plants Feel Whole* 18-day plan?

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EAT PLANTS FEEL WHOLE

DISCUSSION GUIDE

PART 3: THE PLAN

CHAPTER 14 | BE HEALTHY, BE HAPPY, BE WHOLE

1. Can you tell if a person is healthy just by looking at his or her outward appearance? Why or why not?
2. “If you keep doing what you’re doing, you’ll keep getting what you got.” What does this mean?
3. What are the benefits of sharing your health story with others?

CHAPTER 15 | THE EAT PLANTS FEEL WHOLE RECIPES

1. Does *The Eat Plants Feel Whole Plan* excite or intimidate you? Why?
2. This chapter includes a shopping list for *The Eat Plants Feel Whole Plan*. If you intend to try this plan, what changes, if any, do you need to make at home?
3. Have you had the opportunity to try any recipes on pages 291-356? If so, which one(s)? Which is your favorite so far and why? If you haven’t tried a recipe yet, which one do you think you might try first?

WRAP-UP | REFLECTION

1. After reading *Eat Plants Feel Whole*, what changes, if any, will you make to your eating habits?
2. If you’ve already started making changes, what have you tried so far? How have these changes impacted your health?
3. As you think about your personal health journey, what are your key takeaways from *Eat Plants Feel Whole*?

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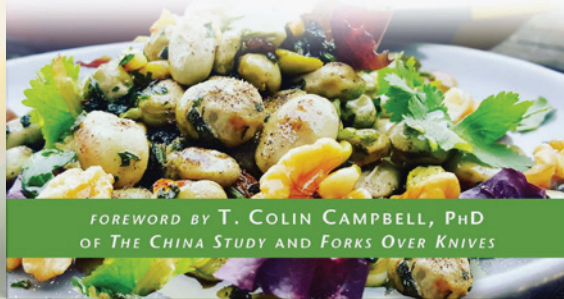
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OF THE CHINA STUDY AND FORKS OVER KNIVES



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