

KUHLEFIT
RENEW YOUR VITALITY



Trucker Service Association

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

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"THE 4 WHITE DEVILS" - PAUL CHEK

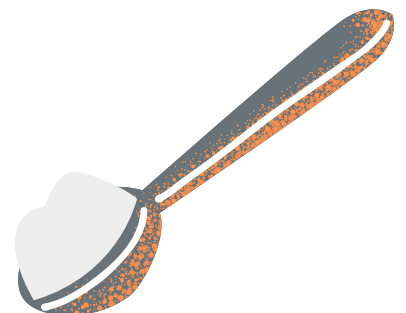
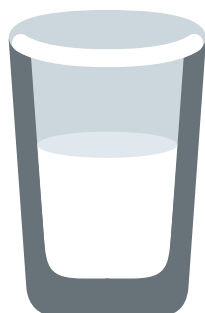
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"THE 4 WHITE DEVILS" - PAUL CHEK

The dream is created; the reasons are now woven into the DNA of our bodies, and we understand the importance of eating real foods. Foods that were picked, pulled, caught or slaughtered will provide the body with the nutrition necessary to help heal, energize, repair, and produce mental clarity. However, eating “real” foods isn’t always that easy, especially when traveling and having to eat frequently at truck stops. Considering this, it is wise to understand which foods should be avoided at all costs.

When looking to improve one's overall health it's imperative to significantly limit the intake of the “4 White Devils” also known as sugar, salt, flour, and milk. This descriptive name was given by Paul Chek as these four food types provide little to no benefit to the body. First, there is minimal, if any, nutritional value to these foods. In fact, consuming these foods stresses the body out and some require more energy from the body to digest than the food actually provides; causing an even steeper cost to eating them.

Eating healthy will only take you so far if your diet is filled with these “4 White Devils.”



SUGAR - DEVIL #1

Sugar:

Processed white sugar is a poison. It is void of any nutrition and is detrimental to the health of anyone who consumes it. Sugar has been shown to be extremely addictive, it suppresses the immune system and ultimately stresses the body out making one more susceptible to colds, flus, and illness. Sugar also impairs sleep quality and quantity leaving one more willing to consume processed foods the following day, resulting in a vicious cycle of little sleep and lots of sugar. Sugar is also highly acidic to the body and overconsuming soda and other sugar products can lead the body to pull calcium from the bones in order to neutralize the acidity of the body, thus leading to osteoporosis. If satisfying a sweet tooth is in order, look for fruits as their sweetness comes with the bonus of other beneficial nutrients to the body.

Take Away:

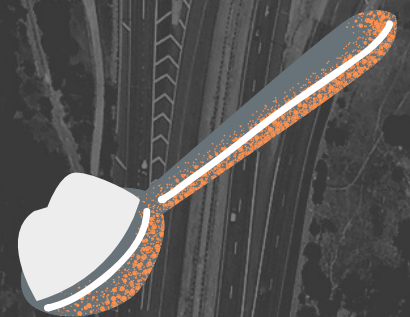
Stay away from sugar at all costs. Don't use Sweet 'N' Low or artificial sugars (aspartame or sucralose) and watch your vitality get restored.

Healthy Alternative:

Use honey, 100% pure maple syrup, stevia, or monk fruit.

"THE FIRST WEALTH IS
HEALTH"

- RALPH WALDO EMERSON



SALT - DEVIL #2

Salt:

Salt is absolutely VITAL to the human body in its true form. Organic sea salt is loaded with numerous vitamins and minerals that satiate the body, fuel it with trace minerals, and regulate water content of the body. However, the typical white table salt found at restaurants and in many households does none of that. Table salt is stripped of all the mineral components, leaving only sodium chloride. When consuming salt the body has evolved to expect those vital trace minerals. Since table salt is void of all those minerals the body is left wanting more in an attempt to get those absent nutrients. The body never gets those nutrients so it continues to send signals to the brain to keep consuming salty foods until the nutrient needs are met. It's for this reason, it can be so easy to consume an entire bag of potato chips in one sitting.

Take Away:

Ditch the table salt.

Healthy Alternative:

Organic sea salt (Celtic sea salt or Himalayan sea salt are good choices) If the color of the salt being used is WHITE, it's safe to say it's not sea salt. Celtic sea salt has a hazy grayish color that's typically in a cubed form. Whereas, Himalayan sea salt will be of a pinkish hue.

"A HEALTHY OUTSIDE
STARTS WITH A HEALTHY
INSIDE"

-ROBERT RICH



MILK - DEVIL #3

Milk:

In general, the more a food or product is commercialized the worse the food is for the human body. Such is true for this other white devil, milk. Milk in its natural state is loaded with plenty of nutrients for the human body, however, during the process of pasteurization and homogenization milk begins to lose many of its beneficial properties. Pasteurization heats milk at high temperatures in an attempt to kill off all harmful bacteria. As a result, enzymes that are necessary to help break down and assimilate the proteins, fats, and carbs into the body are killed off resulting in additional stress on the body. Pasteurization also damages or destroys important vitamins and amino acids the milk once had.

Take Away:

Limit milk. Every client of mine that has done this has seen noticeable if not significant results from eliminating this food choice.

Healthy Alternative:

Raw, unpasteurized milk - this is only legal in certain states which makes it much more difficult to come across. Try the brand Malk or unsweetened almond, coconut, cashew, or oat milk.

DONT COUNT CALORIES
COUNT THE QUALITY.



FLOUR - DEVIL #4

Flour:

White flour has been virtually stripped of all its nutrient value. Flour is processed within the body in a manner similar to sugar resulting in large blood sugar spikes and drops that can leave one feeling ravenous and likely to over consume more sugary foods. These blood sugar spikes and drops are a huge factor when looking to control weight gain, prevent diabetes, and most importantly improving one's health. Organic sprouted or 100% whole grains products are a much safer option. These two have a denser nutrient profile which aids in digestion, provides fiber to the body, and satiates the individual longer. White flour is typically enriched (meaning synthetic vitamins or minerals are added) a term that can be deceptive and made to appear positive. In my opinion, anytime a food is stripped of its vitamins and minerals and then enriched with synthetic vitamins and minerals you're asking for problems. Mother nature is extremely complex and smart and trying to outsmart her is a bad decision.

Take Away:

Avoid any products that use enriched flour or white flour. These are typically found in processed foods like breads, cakes, cookies, crackers, pretzels, etc.

Healthy Alternative:

Choose organic sprouted and 100% organic whole wheat breads. Substitute white flour with almond or coconut flour. Minimize or even eliminate the consumption of processed grain products such as breads, pastas, and cereals.

ONE SIMPLE RULE:

IF IT CAME FROM A PLANT -
EAT IT.

IF ITS MADE IN A PLANT -
DON'T.



NAVIGATE A TRUCK STOP



Unsurprisingly, this can be tricky as options are limited. The best option is to meal prep rather than relying on finding healthy options at a truck stop. There will always come a time when you need something to eat and a truck stop is the only option. Seek out fresh fruits and vegetables first. Other choices are raw nuts (almonds, cashews or pistachios), plain sunflower seeds, or jerky. Relying on heavily processed snacks that involve any of the “4 White Devils” will almost guarantee little nutrition for the body and overconsumption. As a result sleep, stress, mental clarity and sex drive will be negatively impacted.

Take away: Meal plan ahead of time so you’re not stuck being hungry and searching for healthy options at truck stops. Avoid processed foods (most anything that comes in a plastic wrapper).

Healthy Alternative: Drink water. Many times our bodies are dehydrated and aren’t actually hungry. All too often our thirst signals are misinterpreted for hunger signals. If you need a snack, try drinking 16 ounces of water first and wait 20 minutes. Choose raw nuts, seeds, fruits, vegetables or jerky for healthy snacks when on the road.

NAVIGATE A GROCERY STORE

Navigate a Grocery Store

The majority of healthy food choices are located on the perimeter of the store. This is where raw fruits, vegetables, meats, and eggs are found. Spend the majority of time shopping here and purchasing these foods. Feel free to load up on frozen fruits, vegetables and meats as well. They're much more beneficial to your health than any TV dinners or processed foods found in the aisles.

Truck Stop Healthier Alternatives:

Food:

Microwavable Frozen Vegetables
RXBAR - Protein Bar
BoomChickaPop - Sea Salt Popcorn
Jack's Link Original - Beef Jerky
SkinnyPop - Popcorn
Banana Plantain Chips
Nativa Golden Berries
Health Warrior - Protein Bar
One - Protein Bar
Premade Salads (ditch the croutons and dressing)

Drinks:

Bai Bubble - Carbonated Flavored "Pop"
La Croix - Flavored Water
Bubbly - Carbonated Flavored Water
Organic Valley Milk - Pasture Raised Organic Milk
Water

An aerial, high-angle photograph of a complex highway interchange with multiple overpasses and ramps. A single truck is visible on one of the lower-level roads. The surrounding landscape is a mix of green fields and some trees.

YOU CANT EXPECT TO
FEEL LIKE A MILLION
DOLLARS IF YOU EAT
FROM THE DOLLAR MENU.