



# THE FAT SUMMIT

*Separating Fat From Fiction*





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## Vani Hari

- Started FoodBabe.com in April 2011 to spread information about what is really in the American food supply. Authored "The Food Babe Way"
- Convinced the biggest fast food chain in the world, Subway, to remove a controversial ingredient after receiving 50,000 signatures in 24 hours on her petition to the chain
- Brought national attention to the Democratic National Convention when she used her status as an elected delegate to protest in front of the U.S. Secretary of Agriculture on the issue of GMO labeling



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They didn't really think in terms of how we think now as cheap food means really cheap nutritionally now. Back then, it's cheap, it could feed my family, it could feed my kids and they'll be full and they'll be happy and won't complain, and grow and all the other stuff.



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# Vani Hari's Symptoms

- Inflamed
- Eczema
- Lack of energy
- Stomach always hurt
- Allergies
- Asthma



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# Things Change Dramatically in the Body When

- You eat whole fruits
- Plants
- Vegetables
- Nuts/seeds
- Lean grass-fed meats



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[www.foodbabe.com](http://www.foodbabe.com)





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**When you pay attention to the ingredients you put in your body, nothing else matters as long as you're getting the nutrition your body deserves.**







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# The Truth About Oils

- These industrial vegetable oils, coming from corn, canola, soy, and cottonseed which isn't even a food; it's regulated like textile crops
- There's many more toxic pesticides sprayed on it



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**When I dropped the GMOs  
and the artificial ingredients,  
my body healed.**





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**Once you find out that a corporation can make their food healthier for people overseas and not their own, people get mad and they rise up.**





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# Chemicals

## Disrupting our hormones

- Unhealthy weight gain
- Type II diabetes
- Obesity
- Cancer
- Heart disease



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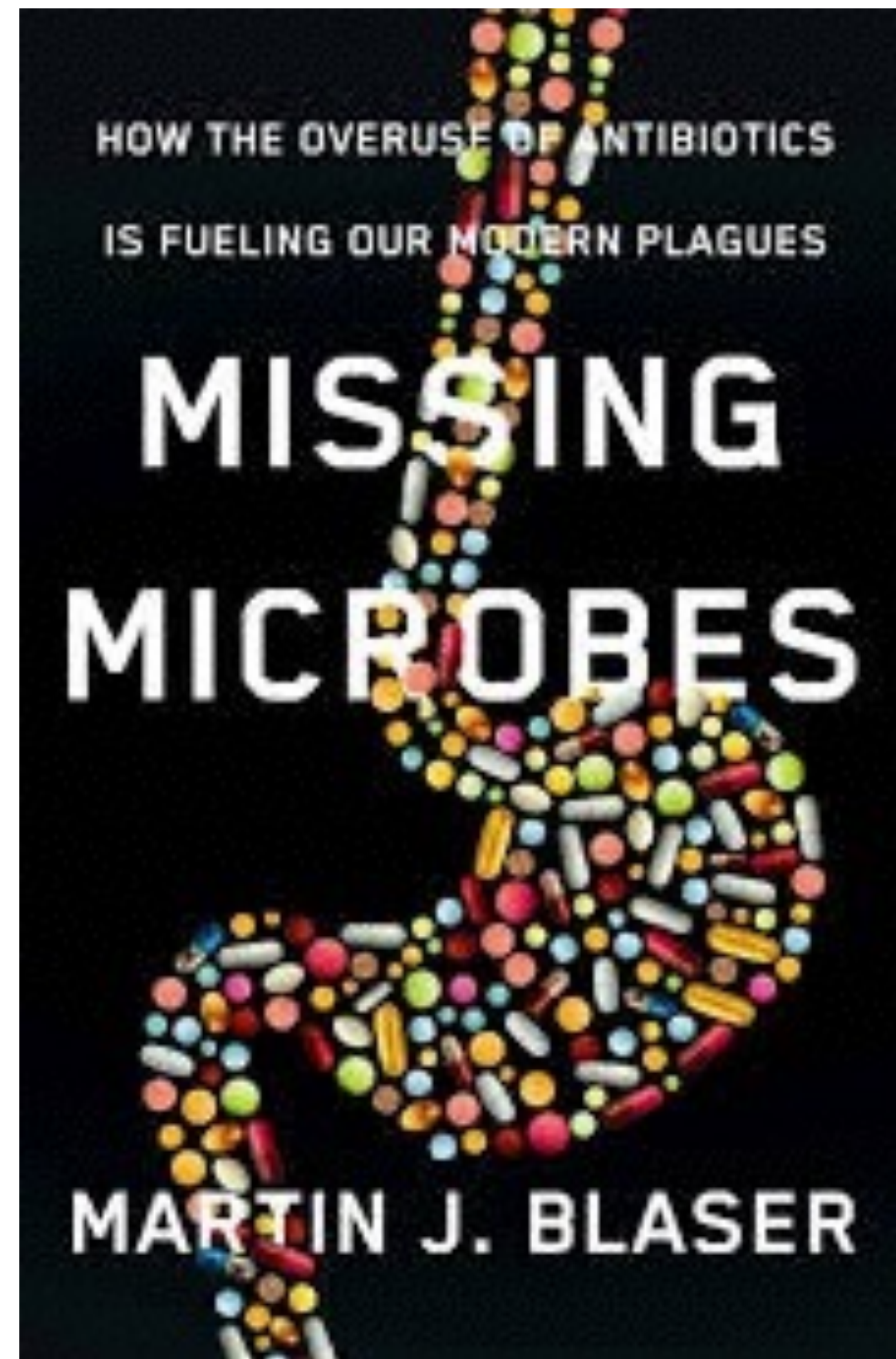
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# The Most Concerning List of Ingredients

Obesity and unhealthy weight gain

- MSG
- Hidden MSG triggers
- Yeast extract, autolyzed yeast, hydrolyzed protein, and obviously monosodium glutamate (MSG)



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The reason why you can't have only one Dorito is because they've figured out and engineered that food with monosodium glutamate, yeast extract and other flavorings combined with salt to make you just keep eating it continuously without thinking about it.





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# The Three Ingredients to Remove From Your Diet to Dramatically Change Your Health

- High fructose corn syrup
- Trans fats
- MSG



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**"If the only thing you're doing is  
getting applause, you're  
probably not doing the right  
thing."**

**- Marianne Williamson**





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**Obesity kills more people than smoking, alcoholism, and being sedentary, combined.**






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**THE  
FOOD  
BABE  
WAY**



Break Free  
from the Hidden  
Toxins in Your Food  
And Lose Weight,  
Look Years Younger,  
and Get Healthy in  
Just 21 Days!

**VANI HARI**  
Foreword by Mark Hyman, MD



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