





B: And that's what this course is about. It's about spreading news and knowledge to so many parents, that there are some people who are quite involved and they understand obviously how food is medicine and how much it could affect our children. But there are so many parents out there like you who are struggling, don't get me wrong I think that western medicine and alternative medicine and food as medicine can all work holistically together and no doubt that's been your experience. But that's just a thing, this is information for those people that haven't had success or wanna look for different or natural ways to find more answers.

**Can you tell me, what were the changes you saw in your son once you removed all of that from the pantry and his diet?**

T: Well what we did solely in that pantry, and there wasn't a lot left and I didn't know what I was looking for at this point with any bad additive on top of that. So I was hoping if I give this a month we'll know how it's going. What surprised me is how I felt, how my husband felt and also my youngest son at the time he was 4, Fletcher, doesn't have asthma or skin issues or hay fever like Kade does. But he is/was my only tantrum problem throughout all of my 3 children. So the benefits even though implemented for Kade because of his asthma and screaming issues. The things that I noticed in Fletcher, I suppose I just couldn't put down because he was the feral in the family so to speak. So the things that I saw in him change was regardless of whether it was going to down the track eliminate or in this case all issues or sticking with it because Fletcher was enjoyable. SO moody, he was aggressive he certainly wasn't diagnosed with any behavioral issues but I believe that I wouldn't like him as much if he was on those additives for his entire childhood so I would obviously love him, he is my son. But would I like to be around him as often, probably not.

**B: And so how have your children reacted to these changes. How have you spoken to them about the additives in food because that's really important. A lot of children, a lot of parents doing the course and in our work often battle with the rebellion and trying to explain it in a positive way and empower children to make these positive decisions and choices themselves in order to make sure that they're looking after themselves now and as teenagers, and as adults and into the future. So how did you do it as a family?**

T: When I started, it's almost mainstream so what's with it to me as the standard Australian mom who thought that she was doing the right thing and certainly is not. So I was raised on a farm, and then I rebelled from being raised in a farm and I ate anything that was bad to me because I quote once I was an adult and out of my own. So the changes that I had to implement were all , it wasn't adult who had to do anything when I started. It was all made up as I went along so there was no support for me out there to go "do this, then do this, and then do this". So what I tried was, as I said Kade was 6, Fletcher was about 4, and Kelsea was 13 going on 14, so I had been except from my children's ages to deal with. My daughter was not at all impressed when I was cleaning out the pantry, when my husband came home she said tell mom to stop being silly and put that stuff back in the pantry. When my husband found out we were removing it all because of Kade's asthma he was on board. So Fletcher and Kade everyday foods, so we used to go to Mathis, and this is where people have an at-home moment and believe that it's doable, so my boys used to go Mathis once a week under my busiest afternoon, I would drive through, get that, because it made them happy and it made my life easy. So I understand, I'm not saying that he's breaking that I've been good my entire life was the right way to do it because I certainly haven't. So the connection with other moms to see how easy it is by saying what I've done so I sat my boys down, once I've discovered what they were actually eating in food and I've gotten ingredients to see and look through. So here's the thing, mom used to stand out that Mathis has really bad additives, and let's be honest, I always knew it wasn't good for us but I didn't realize what was in the food. I knew it was fatty, I knew it was sugary, but I didn't have any idea what the additives, the make-up was about. So, I sat them down, said so that weekly drive-through trick, that's not gonna happen anymore. And there was a bit of a sadness, little bit of a tear. Kade had a routine, liked the same things everyday for breakfast, don't mess the routine, happy kid, excellent. So he's sort of not interested so what I said was, so what we'll do is, we can't have Mathis but what if mommy finds another treat, another alternative that doesn't have additives. So then I come up with chicken and chip night. So every Friday night we have chicken and chips. I roast the chicken, we sit on the floor, watch movies, either lay out blanket and chairs, we sit down and it been a good Friday night since then that we do it. And it's not discussed, it's not a topic, it just happens, if Friday we're not home it happens on Thursday nights, Sunday night, that's their treat night. And so to this day we have not gone to Mathis, we have sucked in, my husband had gone puffy before while traveling but my children don't ask for it, they don't miss it, and they don't want it. And when they were younger an ad of it come on, they yell out from the TV "additives" because we talked about it. Didn't you say you're not going there because mommy said, I explained the kind of additives today like this will make your throat huh Kade huh you'll do that and we're not going tonight and Fletcher, you get cranky and throw yourself on the







cruises along and if he has a cocktail or collection of additives, he will get asthmary or hay fevery and he might actually roll into reaction days later.

**B:** So tell me, it's just amazing how you can connect these additives to your children's behavior but I read a lot of articles about it, there's this whole side of it which states of science that's there's no real connection. Is the science catching up to this reality that so many parents report such an improvement in behavior and health of their children by removing the additives, I don't know about the science..

**T:** Whenever I post something on my facebook page, there's positives and there's negatives. And I find that the negative comments are usually from people that don't want to look into that or happy in what they are eating and that's fine. My interest started, there wasn't a lot of information out there, there wasn't a lot of organic products to purchase, there was like canned food, additive free. And what I'm finding is that even regardless of whether people wanted to bunk whether it works or it doesn't. I don't think it's fair to say that it doesn't work if you haven't tried it, you don't have children that are reacting because I have a number of friends whose kids don't react to anything but what I now know is I wouldn't want my children to eat it because I know it's such a chemically-based heap of crap pretty much that body doesn't need. And so regardless of whether science says its okay or not, it's not natural or as close to natural as it can be. Why am I worrying about a language on to aid it because I don't know what's gonna happen if they don't react with headaches and asthma now. What happens in 20 years time if they consume those products and there's a build-up and there's some sort of God-forbidden issue with inside their body that I wish that if I'd known better I would've changed. And so because I know this, what I know now, I don't wanna wait around for science to prove it right or not. If it sits well in my heart and my belly and I've seen difference in my children, I'm gonna run with it because everybody's different and everybody has different beliefs and truths and that's fine. But if you're comfortable with what you're doing, you don't need to bad-mouth or put down someone else's belief if it's not hindering you in any way.

**B:** I love that, it's really beautiful. It's exactly how I live my life. The reality is you're going to find the additives highly processed foods.

**What are the most common types of food and that's what Thrivers are all about. It's going back to real food and getting our kid excited about real food, getting parents excited about real food. What sort of food are we likely to find additives in. I mean you do these comparisons and everybody loves them, they're fantastic, so where are you most likely to find these additives?**

**T:** Well, people can think that they're doing something really well and that it's additive free like this as an example peanut butter. There may be 5 peanut butters on the market that are brilliant, just nuts and maybe some salt and then there's 1 or 2 that has hydrogenated oils and 320 in them and they're marketed so well, and they're very common. It's just a matter of knowing what is out there and that is an alternative. Pre-packaged food is said that's made for convenience, usually hold that a bit, anything that's pre-packaged and savory, likely to have MSG or full of MSG. So many things, like things that makes moms' lives easier by being quick and fast usually come with a price to pay, a consequence. And so that small amount of time that it takes to be organized and follow through with the foods that you guys are suggesting far outweighs the consequences of looking for that quick-fix and that packaged food that at the time saved your life but doesn't in the future because of behavior or asthma. They're across the board and mark my words that in my pantry it is full of foods that are additive free so people freak out and think that I would only eat mungbeans, and I don't mind mungbeans. But my pantry is full of flavor and it's a matter of, anything goes slow. You don't have to freak out and do this whole thing like I did and just rip the pantry apart and then go how do I make this happen? It's that whole just starting, and replacing and removing and slowly getting to it. No one got to where they are without them starting, and starting planning. I certainly started like bang, smack, hit a wall, here we go, let's go and then I looked at cleaning products and I looked at head care and skin and all the rest of it so I didn't get to where I am without a slow journey and learning along the way and I think that's what people need to remember that it's not instant and it's not necessarily easy but it's worth it.

**B:** It's worth it. And I'm just saying I'm still sorting things out, I still can't part wit those last pieces of Tupperware even though I wanna be totally plastic free in my house. I just haven't got around to it but it's in the plan. Like you, when it came to the pantry, I was like I'm in, I'm done, I'm cleaning it out and I still do that for a lot of people but it's not necessarily the way to go and often children will really rebel and stomp their feet if you do it in that way. There are different ways to phase in and phase out a lot









flavorsome and maybe ready-made, check for yeast extract. That would be the biggest tip because people think they're MSG free, they're aware of 61, there's so many other words, so get it out of your pantry.

**B: One step at a time, look for MSG first, just start there. Let's start with one, let's start with MSG and you've got all the words now from Tanya. How do you spread your additive free message these days, where can we find you, what's happening in additive free world.**

T: So in additive free world, we just moved out of home and we're in an office space now which is exciting, we are on Facebook as additive free pantry, we are on Instagram as additive free pantry and also my website is [additivefreepantry.com](http://additivefreepantry.com). On my website shows you the products that we have that I've created to make life easy pretty much and is solely because the world is too hard or it seems, like I didn't wanna lose the moms that actually cared but just were overwhelmed and so by creating these products, it's a stepping stone to help people eliminate and remove and reduce because it matters that we do something. If we know better we'd do better and never beat yourself hard for what you once did prior. It's about what we do now in the present with the knowledge that we have and ladies on the course, it's really important that you signed up and you made the effort. There's a reason that you signed up and I think that it is smart choices to make movement on why you signed up and make it happen because you just never know the benefits and what will come of making the changes so do it because I've chosen for it.

**B: Thank you so much for such amazing positive words for everyone. I couldn't agree more. Tanya what are these products that you're referring to exactly?**

T: My shopping guide is a product that I created, it's a list of all the supermarket brands, so there's LD, Kohl's and Brewer's, they're alphabetized, and yes they're all pre-packaged so that people that are making that transition can get additive free products because it's very difficult to go from completely living out of a package to going whole food and it's the transition period. This is a product that will list the brand names, if it's in Kohl's it's generic to Kohl's, if it's in the general section then it's found anywhere. And when I first started, the first product only had about 300 brand names in it, this one has over 1,300 brand names so it's definitely evolving. There is no product that has flavor in it, that don't mean taste good, I mean artificial flavor. So if the word flavor is on the packet, it didn't make it in even if there was no other additives in it, because in flavor we don't know what makes that up, it can be up to 50 artificial ingredients, it's really hard to find that out from the manufacturer, so that is the shopping guide. And then I've created a breakfast booklet and a lunchbox booklet. The lunchbox booklet is nut free and the breakfast booklet has nuts, coz I like to feed the kids nuts and proteins somewhere in the day. So they're quick, light weight flip chart that kids can help cook with, there is nothing difficult or too intricate. You don't have to buy your ingredients online or from Tibet or anything like that. The idea is that it's simple and it's easy and it's affordable and it's extremely doable because I do it and I don't have time for difficult, I just don't.

B: Tanya, thank you so much. Sorry I just realized that you said your daughter's 22 years of age, I don't understand how that could be coz you yourself only look 22 years of age. But you are testimony to the additive free lifestyle clearly. You are amazing, thank you so much for being here today and I'm just hoping everyone on the course, let's just start to read the labels. We're going to provide everyone with a little fun family activity that they can do called Nutrition detectives, I think that maybe getting your kids involved, you'll see what this little family exercise is all about when we send it out to you but getting the whole family involved, being detectives, looking in the cupboard, looking out for those numbers and those names and words can really empower everyone to know what change to make and like we just said, maybe start with MSG.

