

## Brenda Chats to Tanya Winfield

B: So today I would like to invite Tanya Winfield from additive free pantry who is our expert and mother who's been on a mission for sometime educating families and parents about additives in food so welcome today Tanya we're so happy to have you. Would you mind just introducing yourself to everyone please?

T: Sure, my name is Tanya, I'm a mother of three. I started additive free pantry around 6 years ago. I have been additive free, my entire family has been additive free for 7 and a bit years. And it just evolved, it wasn't a kind of lifestyle business or I want to start business, it was how do I help people. And so that's how it evolved and slowly things have grown to where they are today and it's all because I share my story on how I did it, hoping that what I commented might help someone else.

## B: And why did you start additive free pantry?

T: Purely from my children, so Kade is my middle child, he's my first son and he's what, at that time was probably 6, he's 13 now and he is an asthmatic. So what I have discovered some things that he was eating could be detrimental for his asthma and I thought how bizarre if I'm living in Australia, why would there be things in food that could harm a child's asthma. And so what was interesting was that he was eating a biscuit that is marketed for children, actually for babies. A friend that I was hanging out with at that time, she had a book for her daughter - I thought how do you find out what she can and can't have and she said that this book, so she went to get it. And I believe that because I was reading that book, I held it in my hands and was looking at the ingredients, it seems that that's the connection for me. I think if it was the other way around, and I wasn't reading that book and don't know that it would have hit hard as it is today. So I read about 320, I don't know any other ingredient in this biscuit but 320 was in this biscuit and I read what that reaction was. And I was blown away, and so then I discovered that 320 is a synthetic antioxidant. It's confusing coz people hear antioxidant and they think it's good but synthetic, not natural, usually added to a vegetable oil like an inferior vegetable oil usually allows that vegetable oil to last longer. So from reading that and I looked at the page 319 and read that out and was like disgusted at what that could do. And so I then thought how is this possible that there's a biscuit that my son's eating, and he was on his second biscuit playing with his friends and I thought if that's detrimental to an asthmatic what else is he eating. So then I left her place, took that book and cleaned my pantry that afternoon and I pretty much didn't stop from there.

B: Wow, that tends to be something time change happens, it's your own personal experience of health that catapults us into this other way of researching when it comes to your kids' health in particular, you'd stop at nothing. Had he been to the doctors and what did they say? I mean did they mention the connection to food at all?

T: No. He was diagnosed when he was about 2 and ½, I was pregnant with Fletcher at that time. And I've never come across asthma in my family so this is a whole new ball game for me and to be honest I was a little bit naïve at how serious asthma can be. So I didn't go into additives then, I didn't understand that, no one suggested anything. I went to an asthma clinic where I was suggested to go from the doctor and was told that he had to have a preventive and that that preventive is he needs to rinse his mouth but also taking it every morning because it would damage his teeth. So that concerned me and I was like if it can damage his teeth, what's it doing into his insides and mind you, I was not interested in health back then so that it was a real, I don't know what turned me on to go. Because my husband is very scientific, if the doctor says then that's right. So I went to sort of go against the grain a little bit and I decided that if he have watched and monitoring and I decided that I wouldn't give him his preventive aids if he didn't need it. I kept his cough-up, I held on to the preventive aid and I probably used that maybe 3, 4 times and I sort out a natural path and look at natural alternatives to see what we could do. Again, food didn't come up at that stage. So we monitored his.. We lived in Hunter Valley at that time smacked n the worst place in New South Wales for kids under 5 with asthma. And so no one said to me look at this Sue, that was a purely natural stumble that I've come across. It's amazing how I just went to play date thinking I was just gonna have a cupper and cake and hang out with a friend and that it just burned something in me and I couldn't turn it off, like I was blown away that this was happening and why did I not know that, that if I was a mother, how come I didn't know that stuff.





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





floor so we can't do that. We need to not go there. I made a deal that if I said we couldn't have it then we couldn't have it. I didn't ever fold, you know, I'm really tired tonight, or I can't cook tonight, or we're driving home somewhere and they talk about food, I just decided if I said no meant no and I didn't get back on that because it would confuse them. So on those days where I wouldn't allow myself to drive through we went home and they had toast or they had something so simple that probably wouldn't be your dinner item but it is additive free and then I developed, it has to be more organized and cope with the changes.

B: I just love that you replaced one ritual with an even better ritual. That beautiful Friday night, family coming together is creating so many beautiful memories for your family. And you're also proving really nourishing junk food as you call it to your family. It's all about perception isn't it? And probably what they love most about it is that ritual that you've created. That's why they're not mentioning McDonald's or missing it most likely.

T: Yeah. Instead of making it feel like they're being punished, we just removed it instead of looking for a band-aid, we went to the source and removed it. And since it's worked I keep doing it because the changes in my children is worth it.

## B: They sure are. So, just to backtrack a little bit, could you just explain what are food additives exactly?

T: When I refer to additives, I'm talking about synthetic, man-made additives that will go into a product to either taste better, smell better, look better, last longer. So, in Australia we just have a number for food additives and sometimes the manufacturers will use the name of that additives. So that can get a bit confusing, while in Europe they put an A in front. So they were just made to understand that the A in front is still the same additive in Australia it's just that the E is not there. So it's the same number, same additives whether it's all around the world it's just that Europe put an E in front. When you say that you just came from Europe, if there's an E in front, it's just the same. So a food additive will alter the product. Usually, it just makes it taste better, last longer, that's usually the same. But there are food additives that are more detrimental than others and there are food additives that have minimal reactions and then there's across the board that probably have to be very vigilant but they're certain ones that are more detrimental across the board than others. So I'll give you a quick breakdown, so colors in additives start with a 1, so any number that starts with a 1 and I'm talking 3 digits not 4-digit numbers, so say 111, 102, 124, they're all colors and not all of them are artificial, some of them are natural. But it doesn't necessarily mean that they don't have reactions. So colors are 1's, if you have children that have asthma or behavioral issues, 1's are a very good idea to look out for. 2's are preservatives so all 3 digit numbers starting with 2 are preservatives, very limited amount of number 2's are safe or considered harmless so if you see a 2 number, most of 2 numbers will cause asthma and behavioral issues, learning difficulties, disrupts sleep and skin irritations. 3's are usually antioxidants, the worse ones are 319, 320 they're common like I said before in vegetable oils so they're found in biscuits, crackers, and cakes, and things like that. The 4's can be a mixture of humectants and gelling agents, and emulsifiers and things. 4's aren't really super bad, but we don't consume 4's either. It's just because if it's likely to cause an issue I can't ignore those. 5's aren't super common in Australia they may mean mineral salts like 508, 509 and they're common in tofu, in cheese, moist products sort of thing and they're best to avoid coz you can get tofu and cheeses without them. And you got 6's which are flavor enhancers, just forget all 6's. Pretty much all have a reaction the same as MSG. And then we move on to 9's which are usually artificial sweeteners. So like aspartame, so that's 951. 950, 952 give the same reaction as aspartame so don't go there. And we move in to 4 digit numbers which are usually 14's, they're like again a mixture of mineral salts, thickening agents and like starches. Not all of them are very bad but the most common ones, 1422 and 1420 are pretty common in Australian foods and they're usually found in yoghurts and sort of moist products and then there's 1520 which is propylene glycol, just don't have that. That's a really quick breakdown just to make it easy because if I went through all the numbers we'll be sitting here for a long time. So that's a real brief overview to just sort of grasp it. If you're trying to avoid behavior and asthma you gotta look out for

## B: What sort of reaction, is it just behavior and asthma that when you're talking about

T: No. So you can have headaches, head-banging and nausea. Some people have like upset stomachs, skin rashes, numbness in fingers and pins and needles, neck pain, sort of like MS results and depression, dizziness, migraine, sleep disturbance, heart palpitations. Everyone is different, everyone react differently. My 2 boys can react differently by eating the same thing, like Fletcher can react within 20 minutes to an hour, he can hold that beautiful attitude for like a number of hours while Kade, he





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





more effectively. I just want to emphasize that to everyone that you don't have to do it all in one hit. I have to admit also Tanya, we are a real food family. I cook from scratch, there are times when I need to buy some packaged things from the shops that they're gonna save my bacon on one of those particularly out of control days. I do have products that I recommend in that case, like be it rice, sprout, brown rice, crackers, I mean do you have things like that in your cupboard as well?

T: Yeah, we have. My boys have a rice cracker that we keep. We also have friends that come over that are gluten free and dairy free but they're not necessarily additive free. My go-to, I always make sure I have my wholemeal flour to cook with. My kids love white bread, they don't get white bread very often and so I bake. I pick my battles and I bake, what's in my house is what I would use. Sometimes I get relaxed and I would allow white flour and allow it until that pack is gone, things like that. I don't have a set brain that I stick with though I know what I can and can't buy when I go into shops from my research and all but there are some things that I do love and I'm entitled to a little bit of natural yoghurt. My kids prefer one with sugar in it, so I just add maple syrup, 100% maple syrup to that. And I've got the same battles as everybody else's, but I've got one kid that won't eat boiled eggs in their lunchbox and one kid that wont eat cold meat in their lunchbox and one that doesn't like yoghurt and one does. So it's not like I'm exempt from everybody else's issues that they come across as well so it's that always looking, always trying new things. Truth comes back, they don't necessarily eat everything that's in their lunchbox, they don't get anything else until they finish it when they get home and it's that whole trial-error. I got a teenager who likes to argue quite a lot about what he can and can't have coz he wants to fit in with what everyone else is eating. We discussed that, why we don't drink monster at school, and mother and all that and he now understands why. But at the same time they wanna fit in.

B: So what do you do actually when they go out, they party, sleepovers, school camps and that sort of trying to fit in, how do you maneuver that?

T: Birthday parties was the first thing I've come up against and so we sat down and discussed, if they took their drink bottles, that is the only drink they're allowed to drink which is water. If I rung them up and we discussed what food has been served. If they were having sausage rolls do you mind if I make my own and send some along. Lollies or what you're doing tonight send a different packet of chips along also. I didn't say not have junk food, I just chose an additive free junk food, send them along, they have to eat before going to the party, take her own drink bottle, eat before going, they took the packet of plain chips and they have to share that with whoever wanted to share it and a deal-breaker was, if you wanted cake then you could have cake but you couldn't eat the food at the party, you only eat the food that I took for you or suggest that he take. Cake is a big thing, they definitely wanted the cake and I said ok let's make a rule, no matter what the cake looks like, and no matter what colors and things are hanging off of that cake, I'll allow you to have a piece of cake as long as you don't eat the twisties or the snake lollies or there's no fizzy drink because that's the deal-breaker. Your body won't handle all that junk but you can have that one, and that's the choice and that we do have rules. If the parent is doing a goodie bag like a lollie bag of stuff, we all can make happen the best I could additive free version mainly with some extra toys and not as much junk, I give that to the mother and the mother would swap it over into the same bag as everyone else. My boys walk away with their bag, "oh my God this is an additive free bag". I have no idea if any mother ever thought I was picky and I didn't care because I'm nasty on the phone and I'm nasty if I was there. what makes it about my need requirements is irrelevant because I didn't do it to satisfy them, I did it so that my children's behavior and health and well-beingwere number 1 but so that they still felt like they can fit in and enjoy and that life wasn't suddenly mung beans and cardboard I suppose. That's how I dealt with parties.

B: Wouldn't it be wonderful where real food isn't weird food anymore. The fact that you mentioned that you're the weird mom or that you're providing weird food. It's just totally the wrong way around.

T: Yeah. My kids too. Recently, Fletcher had something and I suggested to him that he probably shouldn't have that because I was sure it had MSG he had some corn chips and he chose the ones that were full of that stuff and that night he felt yucky and smelly and he actually felt like he was gonna vomit and he never did but he woke up next morning and I said that's because you haven't had an issue in your body for so long that when you had it it's telling you it doesn't like it. So how about about we don't do that again and so now he doesn't try and do that let me sneak a couple of twisties of corn chips when someone's not looking because he doesn't like that feeling.

B: Great. You really look into them and make them aware of how their body feels when they eat these food. I think that's really key when we're educating our children. Every child is different so you gotta find your own way to communicate with them but that's the place to start. Using language that they respond to I mean sometimes I get to roll dice depending on how I address the





situation but other times I have their attention, you gotta pick your times, pick your words and pick your style I think when you're trying to get your kids on board and really empower them with the tools to understand their body, and understand the connection to food, and understand that food is there to fuel them first and foremost.

T: With my daughter, coz she was 14 when we had her birthday party first when we made that change and I hid sweet potatoes in the birthday cake. We did really weird things and later on she said, what's weird in this cake Daniel, what's happening here and I say you just say it's sweet potato and they're like no way So being honest and open about how and why and also my daughter lives out of town now, she's 22 and she implements as much of an additive free lifestyle as she can or that she wants to. She still drinks, she still has fun and has her nights out but she chooses to not have Mathis, she chooses to not drive through those places because she knows the difference and the importance of it. And I didn't get to her until she was 14 or 15 and she's lived overseas and did the lifestyle over there and ate some bad things and didn't feel good. And then when we got her home and cleansed out and got her all sorted and she realized the difference in how she feels. So it's like a balanced life like they will say to her don't do this and do that, it's her life and she has to make her decisions but if we instill it and we inspire them to see and take notice of why and not just tell tell and hopefully, fingers crossed. The tale is in how my teenage son goes, and how he grows, and how he will know the difference of how he feels as he grows so it's just being honest and explaining, and just fingers crossed.

B: But you know what I really love, my children have lived this sort of lifestyle from a very young age. I was lucky enough, I mean it was through my own health experiences that I discovered this whole other way of living, so they have been able to benefit from that from a young age. I'm seeing the rebellion now that they're a little bit older and I actually accept and understand that that's gonna be part of the process. But I also do believe and studies do imply that kids that have this sort of upbringing and lifestyle will come back to it eventually and that's what you want actually, so that this can be perpetuated through the generation, that they come back to it and then they pass it on to their children. But what's really interesting is that, I mean you've seen your daughter, she didn't start til she was 14, 15 coz I'm getting quite a few questions about whether pride is relevant to that age group. And by the sounds of things absolutely start wherever you are you could start and not just that she embraces, this daughter who was probably the most outspoken when you went to change the pantry. But not only has she now embraced it in her own life, but she's actually a part of your business isn't she.

T: She started working for me casually last year about September and then came on nearly full time, she's nearly full time from January so she is on board and loves it. The freedom to try new things and try and help and inspire other parents. She had terrible skin as a teenager, we tried so many different things to do, we went medically, we did all the things we were told to do. So it's wonderful to see that, coz way back, when she was 13, 14, 15, there's no way that I would have thought that she would have anything to do with this. The fact that she can see the change in her brothers and herself, and that there's some truth to what I do because otherwise, she wouldn't be standing here, putting her heart and soul in it, and helping me develop products and online programs and things to inspire change. Obviously, there's some merit to what I intend to do, I mean what have I done.

B: Wow, I would be like the proudest mom for my children to follow in my footsteps, it's kind of my dream. I can just imagine how wonderful that feels for you Tanya.

T: And she's really good at all the things that I'm not so she's perfect, perfect combination.

B: So we're just gonna wind it up Tanya but before I go, just a couple more questions. Is there any last words you'd want to impart to the members of this course about additives, anything in particular you want them to be aware of .

T: The biggest thing that I want to share in my presentations is that people are unaware that there's other words for MSG, and so manufacturers are getting smart, they don't have to state the number and then also the word and so people are gonna be smart, 61's, MSG, and so then they now reword, instead of putting 61 on, let me take it back a notch, so 61 is MSG, if it is 100% MSG, it is stated as 61, if for any reason it is less than 99% MSG you can pretty much call it what you want. So if it doesn't make up 100%, it's not on the label as MSG. So in Australia, one of the most common words people get confused with is actually MSG or a percentage of MSG is yeast extract. So, not yeast, the nutritional yeast, it's yeast extract because it been manipulated, there are so many words but yeast extract is the most common. HVP, hydrolyzed vegetable protein, textured vegetable protein, TVP, vegetable protein, anything with hydrolyzed in front. So, yeast extract, if you have anything in your pantry that is savory, and





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. 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 allphabetized, 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, he 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 an 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.

