



The Women Masters Interview with Mariel Hemingway

AMY: Once again, welcome, welcome everyone to the Women Masters Teleseminar Summer Series. We are in the beautiful summer, although it's not very beautiful here in the Bay Area, it's rather foggy, but we are so excited to be kicking off this call today with the incredibly talented, amazing, stunning Mariel Hemingway, and I hope that everybody on this call is ready to get inspired. My name is Amy Ahlers, and I'm the creator of the series, and also the CEO of Wake-up Call Coaching. As you know, my vision for this series is to allow people from all over the world access to the most respected women experts of our time, so that all of you can be inspired and stay inspired, and be motivated, and stay motivated, despite any challenges that are going on right now. Your vibration is up to you.

I'm so excited for all of you that are listening to the recording of the call, that are on the call live, to be able to drink in our guest today, Mariel Hemingway. As all of you know she is the granddaughter of Ernest Hemingway, and she was destined to be in the public eye, but at just 13 years old she became famous in her own right, as she made her feature film debut in Lipstick, and four years later she earned an Oscar nomination for her role in Woody Allen's film Manhattan. Mariel is an actress, model, yoga instructor, mother of two teenage girls and one of the leading voices for holistic and balanced living. We are just thrilled to have her. She has a new book out called Mariel's Kitchen, and I've got to tell you, everyone, this book is so beautiful. I've been reading it and being so inspired by the recipes in it, and it's a gorgeous book. It's one of those books you're going to want to have out for display in your home, in your kitchen, to show off, because it's just stunning. I highly recommend the book, so make sure to check it out. You can go to Mariel's website at MarielHemingway.com to check out that book. It has 75 seasonal recipes that can be mastered by anyone, regardless of cooking experience, and I have to tell you that these recipes are so simple, so easy to use, it's just completely inspiring. I really recommend the book and I'm thrilled, thrilled, thrilled to be welcoming Mariel to the call today, so welcome Mariel!

MARIEL: Thank you for having me. What a beautiful, beautiful introduction. I'm so honored; thank you. I'm like, wow, my book sounds amazing!

AMY: Well it is amazing, and I wanted to actually let everyone know that for the last half hour of the call today, Mariel will actually be taking questions from you, our audience, so go ahead and think about for a moment any question that you'd like to ask Mariel, anything and everything is fair game. She's welcoming questions of any sort. We're going to talk for the first half hour about this book and about Mariel's incredible knowledge in this field, about how to get away from those processed foods, green up the environment, get back to the ritual of eating, which I am just so thrilled to talk about. Let's start there and then we'll move over into that Q&A mode at about 12:30 Pacific.

To get started, just tell us a little bit about what inspired you to go from, obviously, this incredible career you've had as an actress and a model, to the world of cooking and to this inspired cooking that you're doing right now.



MARIEL: I suppose that I should go back and tell you a little bit about how I was brought up. I was brought up, obviously, in an incredibly creative, wonderful family, but there was a little bit of dysfunction in the house. I came from an amazing focus on food. My father had grown up in Paris and he spent the first eleven years of his life in Paris, and his first language was French, and he ate French food and traveled around Europe when he was young, so he really had passion about food, as my grandfather did. If you read *Movable Feast*, which is a book of my grandfather's, he just had such passion for food and the sensuality of food, and the ritual of food. My father also picked that up, so when he met my mother, who's a native Idahoan—she grew up Pocatello, Idaho—he didn't feel that she would know how to cook, because he grew up in Europe, so he sent her to Cordon Bleu in Paris, and this was back in the 50s, the early 50s. He sent her to Cordon Bleu and at their wedding, Julia Child was their maid of honor, so food and the process of food was really a big deal in my home. Growing up, even though I grew up in Ketchum, Idaho, which is this beautiful mountain village kind of thing. Not many people knew about exotic foods, but my parents really . . . my mother would make homemade pasta and do all kinds of things. The difference was because my family was a little bit . . . there was a little bit too much alcohol in the home and there was some massive dysfunction, to be quite honest. There wasn't a lot of love in the food. The food was a replacement for love, but it wasn't really what made you feel love in yourself, so my journey of food started very early on. I became very interested in food because my mother had cancer growing up, so I knew there was some correlation between food—my father had heart disease—that food, that your health and all this stuff, and your wellbeing, and your sense of peace had a lot to do with what you ingested.

I didn't always do the right things, to be honest. I've done everything. I was vegan, I was vegetarian, I did food combining, I did no fat, I did all fat, I did no protein, whatever was out there, I was trying all of it. But what I realized in the culmination of my life, which is a long time, that where I got my most . . . where I felt the calmness and best about myself is when I was cooking simple, simple food, and that there was an infusion of love, of attention. The ritual of food became very, very, very important to me. I became passionate about, when I had my children, about really being focused on food being not a replacement for love, but that the ritual of making food was about love. It was about putting your energy, your intention into the foods and that would change it; it would change it. It took me many, many years to figure that out, but that was the short journey of why food became really, really important to me.

AMY: That is so fascinating and inspiring, and I love knowing that you're the mother of two teenage girls. In America today, in the society we live in, with so many food issues, so much processed foods, how have you been able to keep them, your girls, sane around eating?

MARIEL: The funny thing is, with kids it's like you just have to model what you want them to do.

AMY: Oh no, Mariel, not that modeling thing again!

MARIEL: Well not the wrong modeling kind of thing, but you just can't . . . I used to have friends that would say to me, oh wait, wait until you have kids, they'll be eating Velveeta, they'll make you buy Diet Coke, they'll make you buy . . . and I was like, how is that possible, they're two? How is it possible that they're picking up slices of American cheese off the . . . I don't think so. I don't think the Captain Crunch flies off the shelves and into your grocery basket, but apparently



that was the case according to some of my friends. I just didn't buy those things. I also didn't eat them, and I didn't believe in them, but it just wasn't around. Of course they're kids, so when they were going to school they ate some bad food, they went through periods of eating bad food, thinking that I didn't know it. There was Captain Crunch under the bed. It was no secret to me, but they thought it was some big secret that I didn't know about. It's about what you do—they eventually do.

AMY: Yes, and Mariel I don't know if you know, but I have a one and a half year old daughter.

MARIEL: Oh my gosh. So then you can make them believe that rice cakes are cookies, as well.

AMY: Right.

MARIEL: I had my kids believing that little mini rice cakes were cookies.

AMY: That is hilarious.

MARIEL: Until they went to their first birthday party and they looked at me like I had totally wronged them.

AMY: I will say my daughter—we just had a friend over that brought cupcakes, and she kept going, cake, cake, and I was like, okay, well not something we normally let her have. She took a bit and she was like, cake, cake, and she was asking for a rice cake.

MARIEL: Yes, well there you go. I also have a funny story. Jane Fonda at Easter was up here in Sun Valley once, and my daughter Dree was two at the time, and she'd never had any sugar or chocolate. My friend's knew . . . I was a bit controlling back in the day. I never gave her any sugar, and Jane was like, your kids never have any sugar? I'm like, no. She goes, it's Easter, she has to have chocolate, and I was kind of shaking inside, like, I'm okay with this, she'll be fine. She took a chocolate egg and she unwrapped it in front of my daughter, and she unwrapped it really slowly, and she goes, Dree, this is going to be so good, you're going to totally love this, and she hands it to her, and Dree is looking at it with her eyes all wide, thinking this is going to be fantastic. She puts it in her mouth, she gets this really nasty look on her face, and she takes Jane's hand and she spits it all over her, like, no, I didn't like that so much. I felt very vindicated, but that didn't last too long.

AMY: Yes. No, I get it, and I think it's such . . . one of the things I appreciate so much about the book is that there's just this beauty and you talk about . . . the quote is something about when you eat colorful, vibrant foods you become colorful and vibrant.

MARIEL: I do believe that. I do think that your plate should have a myriad of colors, and I think you should eat colorful during the day. I think that the rainbow of colors that you can eat really invites you to mirror that inside your body. I think that kind of energy, the color energy, the energy of real food, live food, just does something different in the body, and energetically we resonate towards that.

AMY: Yes.



MARIEL: Your health will mirror that, because what you put it will be mirrored out. I often say to people if you put an Advil in your body, you take an Advil and 20 minutes later you don't have a headache. Why do we not think that food doesn't have exactly the same effect on us? But we've been so . . . we're under the belief that . . . we eat so much crap, most of us, not all of us, but many of us will eat so much junk and so much caffeine, so much alcohol, so much sugar, so much processed foods, so much salt, it's over-chemicalized, there's over taste, that our senses are dulled, but the effect that it's having inside the body is really palpable, and it will show up. It's powerful.

AMY: Yes. You say in the book: wake up to what you put in your body, notice how your food or drink feels, how it heals or hurts, and how you will inevitably wake up your whole life. How did you arrive to that holistic approach to eating in that way?

MARIEL: I think it's a spiritual practice, eating. Each taste has . . . there's a myriad of changes in taste. Hot equals pain and sweet will make your happy, and sour is a bitter . . .it causes bitterness. Now if you have that in balance, then there's a balance in the body, but if you over stimulate these difference senses, then you're going to have overstimulation in these qualities of your life. It's about finding how do you do that dance. How do you find the rhythms between all those foods, and it's about becoming aware. My last book was called Healthy Living From the Inside Out, and it was about how do you find that peace inside yourself, so that you can actually listen to what your body's saying about what works for you, as the individual. It's not the same. What will work for me is not going to work for you. It's very specific. Where do I come from? What was my childhood like? What made me feel good as a kid? What makes me feel good now? You how to get rid of some of the noisy food, is what I called . . . in Healthy Living From the Inside Out I called noisy foods like overstimulating foods, like caffeine, sugar, processed carbohydrates, diet foods, all these things cause noise in the brain. They actually cause chemical noise in the brain, so that you have a foggy brain. You actually can't think clearly, so your body can't resonate or tell you what it needs because the signaling has gone wrong. It's a reaction to the foods that go in, so your body will react in a . . . it won't tell you what the body wants, so you have to clean up those things. You have to get rid of noisy foods, or at least pull back on them, so you actually can hear your own signaling, because your health is so individual, and that's what I'm inspired to help people do, is help them to realize that their health is specific to them. You're your best guru, you're your best nutritionist, you're your best doctor, you're your best whatever—trainer, coach—if you can learn to listen to you. It's a hard process. It takes a while; it takes training. It's a habit that you have to do over and over again, but if you get still enough and slow your life down enough, you're able to listen inside, and then your body begins to tell you what it needs, and it's very specific. It's like sharpening your intuition. You begin to trust your intuition because it's not clouded by chemicals and exterior things that are messing it up. It's a holistic approach.

AMY: Yes, so if there's callers on the call right now that are looking at their diet and going, okay, I have sugar in it, I have caffeine in it, I am someone who is eating some of those noisy foods. What's the first step for someone to get started on this path that you've mastered?



MARIEL: That's the thing. I never tell anybody that they have to stop doing anything. First of all I hate being told what to do, so I don't want to tell anybody what to do. I'm going to do exactly the opposite if you tell me what to do.

AMY: Right.

MARIEL: My feeling is if you desire, if your heart's desire is to change and to be healthier, change one thing. Change your breakfast. Change one meal, that's all. All you have to do, all you have to do is change what you eat in the morning. That's one small step, because when you do that, you will make a different choice for lunch because you feel better. After you've broken the fast, because that's what breakfast is, break a fast, when you break that fast, if you put good quality food, live food, because live food equals a live body, and dead food equals a dead body, so when you have food that's a danish or a Cinnabon, and I'm not making anything wrong. We all do these things, we make these choices, but if you can make a live choice in the morning, then you really create health and vitality for the rest of your day. Even if you don't do it for lunch or you screw up, nobody does anything wrong, but if you can start your day, it's a great way to start the process of becoming healthy, because your body will tell you, oh, you know what, I feel better, I have more energy. When you have dead food in the body there's no enzymes. The body starts to just break down. It starts to steal from your organs in order to digest, and 50% of the ageing process is the fact that we have no enzymes in our bodies because the food is dead.

AMY: So dead food versus live food. Will you give us a couple of examples of what a beautiful live food type breakfast would be?

MARIEL: Often I will steam grains just lightly, so you don't totally depress them, and then I'll put eggs over that and steam them a bit. I don't ever overcook anything. It's about flavor. You put ume plum vinegar on it, or it's about really taking the time; it's simple food. You sauté them in coconut oil and it's good. Also one thing that people really need to understand: fat doesn't create body fat; sugar does. Using the right kind of fat, good fat—coconut oil, olive oil—and knowing how to cook with it—not overheating it—these are really important things. When you sauté vegetables lightly you do it in coconut oil because it can take high heat. You can do it in olive oil too if you do slow, low heat. It's the slow food movement, but it doesn't mean I have to spend the rest of my life, the rest of my day cooking. It just means planning your life out a little bit so that your health becomes so important to you. Why isn't it important to us? We care about our children's well being and their schooling and all these different things, but we don't think that our health's important, and to take five extra minutes, or twenty extra minutes, to make a delicious meal for your self and for your family is hugely important. That comes back into the ritual of food. What are you doing that is nourishing to not only your body, because the food you've chosen is good, but what are you doing about the ritual behind it? Do you set a placemat? You don't have to do it for every meal, although I do, but at least one meal a day, really make it a ceremony, because there's something so beautiful about it and we've lost that sense of ceremony in this country. In other countries they sit down; they sit down for hours. In Europe they sit down for two hours for lunch, and you feel better when you eat that way, when you eat more slowly, when you eat that live food. Sometimes I'll do smoothies, I'll do protein drinks, I'll even put raw eggs in, but only if they're organic. Seriously, I wouldn't do off-the-



shelf—Ralph’s whatever, only because they’re old and that’s when you can . . . and they’ve been injected with hormones. It’s about making the right choices. When you make a choice for animal protein, it’s not that you need to be this way or that way, but make a quality choice because it makes a difference in the body. You don’t have to have meat all the time but when you make a choice to have meat, make it a really good quality. Not only are you doing something good for your body, but it’s also kindness to animals. There’s so many abused animals; factory farming is one of the most horrific and horrible things that people do in this world, and this country . . . it’s terrible. I know it’s very hard for people because they think, oh, that’s expensive, and it is, but we don’t need to make those choices all the time. My feeling about food is when you eat well, and you make those good choices, and sometimes they’re a bit more expensive, you don’t do it all the time. But then people will say, oh, but that’s so expensive, and I’ll say, how many times do you go to Starbucks and get a pumpkin pie latte drink, or whatever it is, which kind of scares me. They’re like five bucks. If you can pull back on that, I’m not saying that you don’t ever do it, I’m saying do it once a week, and when you do it, really enjoy it. Give yourself permission to do it, because when you give yourself permission, when you give the body permission to do that once in a while, your body really enjoys it, it doesn’t have a detrimental effect, but it can’t be that frequent. Some of the things that we do are too frequent. We pound ourselves with caffeine every single day, too much so. All these things, it’s about how do we get to moderation? How do we get to a sense of balance, because that’s what it’s about. That’s what it’s about. Comfort food should just be once in a while food, so that . . . and honestly, if you can turn comfort food into the thing that you do once a week, instead of every single day, you will enjoy it far more. If you say I’m going to have chocolate cake on a Saturday and I’m really jazzed and excited, the flavor of that will be so exquisite to you because you’ll be able to taste it in a way that you never have before. But if you have it every day, you have no sense of that. So Sunday becomes fun day.

- AMY: I want to invite everybody that’s listening, a couple of key things that I’ve heard from what you’ve been saying is the sense of ritual, of bringing ritual back to yourself, back to your family, of having food be one of those things where there is that placemat on the table, maybe light a candle, whatever that means to you. Have that ritual.
- MARIEL: Yes, and it is specific to you, it’s totally specific to you. For me I love candles, I love that, and I do it by myself. I’m such a sad little person.
- AMY: That’s a beautiful thing.
- MARIEL: I’ll turn music on, but then my dog looks at me, he looks at me like he might get some thing dropped off the table, like, okay, I’m here, I’m with you, mom.
- AMY: Yes. The other theme that I really heard was that sense of permission, because one of those things that I’ve heard so often from so many of my favorite teachers out there is that it’s not just the food that we put in, but it’s all the energy and stress and guilt—our energy field around that food—that makes it go in and not digest well. If you’re having Sunday as your fun day, as you put it, having that piece of chocolate cake and really enjoying it and delighting in it, versus feeling horrible and shameful and guilty afterwards.



MARIEL: Absolutely. That's the thing. Again, I don't want anybody to give up anything, but I want you to have a sense of each choice that you make makes a difference, so when you make the choice on Sunday that it's fun day, and you have chocolate cake, just really take time with it. Really enjoy it, really taste it. It's a sensual experience. That's what food is. It should be delightful. It should delight your senses and that's why I like Mariel's Kitchen. All the recipes are super simple but they taste really good because it's the simplicity of food. The less you mess with food the better it is—the better it tastes, the better it is for you.

AMY: You talk a lot in the book about—and you've mentioned it a few times—about eating local produce, farmers markets, fresh, good choices in meats. Tell us a little bit about farmers markets and organic buying, and what's in season.

MARIEL: One of my favorite things in the world to do is to go to a farmers market, not just because the produce is great and you're supporting local farmers, which is wonderful thing to do, which is helping the environment and also helping your health, but one of the great things about going to a farmers market is that the people there are so passionate about what they grow and what they bring, and what they're selling. It's a really fun experience, and if you have children it's such a great thing for them to get involved. I used to take the girls to the guy that sold the flowers, to the guy with the sprouts, and they tried everything. That man was so interested in helping you to taste something and really understand what he was doing, and he was passionate about it, so right there you have an energetic that's about participation and community and love, right from the get go. Also the journey from farm to table has been lessened, so you're doing something wonderful every step of the way. You've become part of the process of your food, and being part of that process is such a beautiful experience. It becomes a walking meditation, so then everything in your life, instead of thinking . . . I talk about this in Healthy Living From the Inside Out. Nothing is separate. Everything we do goes with everything else, so your journey to a farmers market becomes something that can be a holistic and peaceful journey, a peaceful journey of the mind, a peaceful journey of the body, an experience with your family or a friend or a loved one of some kind. It's beautiful.

AMY: I love that.

MARIEL: People used to walk to get their food and now we drive in to a market. The nice thing about a farmers market, you have to walk around, and there's something about that; you're getting exercise. I'm a big believer that take anything you can. I even tell people if you work in a building, park far away, walk up the stairs; it makes such a huge difference.

AMY: I love it. I have to say I think one of the things that prohibits people from purchasing at farmers markets is that the stuff and the organic stuff can feel a little more expensive.

MARIEL: Actually I think when you do it from a farmers market it's less, but it's also, again, about how you make those choices. It's like, okay, so I pulled back on the coffee drinks because I wanted to buy an amazing bunch of greens this week that I'm going to do something new with. When you buy store food, people don't realize that the ingredient list on most of the food is so scary. There's dyes, there's yellow #6, blue #6, red #1. What are these things? If you can't pronounce it you shouldn't be eating it.



AMY: Right, and I have to say one of our other experts in the first series was talking about, again, that traveling time of food. I got this big thing of organic lettuce from Costco, okay, so it's a huge thing. Half of it rotted within a week. I went to the farmers market and got this beautiful bag of lettuce that probably cost about the same amount. It had edible flowers in it; it was just beautiful, it was stunning, and it lasted for ten days. I was amazed.

MARIEL: That's the thing, because the distance has been shorter, it will last forever. If you get flowers from a flower market, they'll last a week, ten days, because they've just been cut. They haven't been in the store, they didn't drive from Philadelphia to California, or whatever they do, so you really have to think of those things. The other thing about when people will say to me it's more expensive, part of the ingredients of processed food, what they put in there is meant to make you addicted to that food, so honestly you end up spending more money because of the addiction to that food, so you need that food, you keep wanting that food, the coffee things you keep wanting because it's full of sugar. They want you to come back for more.

AMY: Right.

MARIEL: And they make money off it, so the truth is you're actually not saving by eating cheaper. You're not, and it's like you said, half of it will rot when you get the big, massive quantities of it because nobody eats that much of it, and the flavor is different. The other thing, Mariele's Kitchen is broken up into the seasons, spring, summer, winter, fall, so the seasons . . . what is better than a peach in the late summer. When you eat a peach, just a fresh peach, it's amazing, but also making peach pies or a peach crumble, and I have a recipe for a berry crumble, but you could do it with peaches. It's just so amazing, but you don't get that flavor in the middle of winter, so it's really about how the seasons just create such a joy in the body because you remember it; it creates memories. Another way to avoid doctors later in your life, or now, is by eating healthy. It's preventative medicine. Eating is medicine and it saves money. You're going to save money because you're not going to doctors.

AMY: Right. I just hope everybody on this call is inspired, truly inspired, to go to a farmers market this weekend. Wouldn't that be fun, to have everybody that's on this call go to a farmers market, even if you just spend \$3 on a couple of tomatoes and some lettuce, or whatever, whatever your favorite thing is, and just experience that process of going down and buying from these local farmers. I know that our farmers market near us, it's a party going to the farmers market.

MARIEL: It is. It's totally fun. The other thing I recommend people do is try one new food a week, like something you haven't tried before, some produce, you know, I've never tried arugula, I've never tried this . . . I don't know, something new, because it's really fun to try a new food. Also, if you have children, it's a great way to get your children interested in eating food, is to cook with you. Also, I'm getting back to the health thing, get your kids eating well now, because there's childhood diabetes, there's so many crazy things going on in our country because there's not a consciousness about our food. Also they have to do what you're going, so you have to show up—do as I do, not as I say.

AMY: Yes, yes, yes. I know that it's 12:31, so I want to get to what I promised people would get a chance to do, and that is if you want to ask Mariel a question, you can press *6 on your phone,



*6 on your phone, and that will get you into the virtual line, and you'll know it's your turn to speak because you'll hear your line get un-muted, so you can press *6 on your phone. We have some callers lined up here, so I'm going to go ahead and take the first caller here. You'll hear your line un-muted and then you can say hello.

Q1: Hi there. I have a question. I don't know if Mariel has any experience with specific health issues, but I was hit by a car and I have nerve injuries, and I've been trying . . . I used to be a vegan and I've been trying to find food sources that will help heal nerve injuries.

MARIEL: Foods that help nerve injuries. I know that good fat has a lot to do with brain chemistry and stuff, so I know that good fat—raw fat. Raw fat is one of the healthiest things you can do for, I know, brain function, so I'm sure that it would have a lot to do with nerves. I know that raw fat has a powerful effect on the body, so I would suspect, although I'm not a doctor, because it cleans and nourishes and feeds the body, and again, it's raw fat. It's not about cooking it, but fat is so powerful for hormones, I suspect for nerves, because the system all goes together, that it would make sense. I would recommend that. Also pineapple, raw pineapple would probably be one of the things that you would do. I would say stay away from gluten because gluten has a tremendous . . . it causes inflammation in the body, so if there's inflammation in the nerves there's going to be more problems, and Mariel's Kitchen, the cookbook, just happens to be gluten free.

Q1: What's raw fat?

MARIEL: Raw fats are like organic, raw coconut oil, raw butter, and you get raw . . . it's a little more challenging to find, but you can find it. You can find it at health food stores, you can look for it online, you can get it sent to you, but raw fat is powerful, and it's really healthy for you. It's avocados, it's raw coconut oil, again, raw butter, there's raw nuts; those things can help if you don't have a nut allergy, but raw fat is really, really good for you.

Q1: Okay, thanks, and gluten's in everything, right? I mean, it's in all breads, pastas . . . ?

MARIEL: What? What'd you say? I'm sorry.

Q1: You said to stay away from gluten.

MARIEL: Gluten, yes. Gluten is in most every processed bread going. They have gluten free breads but my feeling about gluten free products that are, like, on the shelves of Whole Foods, a lot of it is okay, but a lot of it is just like a lot of soy flour and all these different combinations of things, so you want to really start reading labels. Even though something can be gluten free, you want to make sure that it doesn't have extra sugar in it or soy, or weird kind of oils that have been cooked, because those oils . . . actually when you cook fat, it creates a . . . it's actually detrimental; just the opposite of when it's raw. The molecular structure changes when it's cooked, so it's actually unhealthy for you, so when it's raw, it actually has a healing benefit. I'm not saying that you're not going to cook with fat once in a while, but when you really are trying to heal something in your body, you want to do that. Then gluten is in, yes, pasta, bread, unless it's gluten free, which would be spelt or quinoa pasta. I have a pasta dish in my book



which is made with zucchini, like the zucchini ribbons, out of pasta, instead of pasta itself, and it's fabulous.

Q1: Okay.

MARIEL: And the nice thing about coconut oil is it can go up to 1500° and be okay, but you want to buy it raw.

Q1: Is virgin olive oil raw or is that already processed?

MARIEL: Extra virgin olive oil is good, but you don't want to cook it. You want to keep it raw. The one oil that you can really cook at high heat is coconut oil, but you buy it raw first. If it's already processed and has a heated thing in it in the beginning, you don't want to cook with it. You want to buy it raw, but that's the one that can go at high heat.

Q1: Thank you so much, Mariel, and this is a little bit off topic but . . .

MARIEL: That's okay; go off topic.

Q1: I don't know if you're . . . do you live in New York now or do you live in California?

MARIEL: I live in Los Angeles right now. I may be doing some work in New York in the fall, for a couple of months, but I'm pretty much in L.A. I spend a little bit of time in Idaho, as well.

Q1: The question I was going to ask you is I used to be a professional actress in New York, and after I was hit by the car and what not, I've had multiple injuries, and have basically lost everything. I don't know if you happen to know any nerve specialists in New York.

MARIEL: Nerve specialists in New York?

Q1: Like neurosurgeons.

MARIEL: I don't know any neurosurgeons. Honestly, I apologize, this is totally out of my wheelhouse. I wish I could tell you. I can probably find somebody for you, but I don't know off the top of my head who that might be. I would recommend . . . I'm sure you've done this already, but I would recommend Chinese herbs and acupuncture and things like that, not that that might be a cure, but . . . where is the problem? What happened?

Q1: I have tried those things. I've tried pretty much all conventional and alternative, but it's . . .

MARIEL: But have you tried food, too? Have you tried using food as . . . is it spinal? Where is it in the body?

Q1: It's a head injury with peripheral nerves coming off the spinal cord, so the occipital nerves.



MARIEL: That's very tough. I'm sorry, I'm not sure where I would direct you. I suppose you've done cranial/sacral, all those things. I'm sure . . . that's very difficult, but I would highly recommend that your food change, because at least you can pull the inflammation down and create a little bit more peace in the body, so that at least when you find a neurosurgeon that you're comfortable with, you'll be in better . . . because I believe when you . . . and I've been . . . my ex-husband had cancer, so it's really about you and the process. It's not about giving your power over to a doctor and saying, okay, here's my body, fix me. It's about I come to you and I'm working on my stuff. Here's my piece, I've done my piece, now I need you to help me the other extra way.

Q1: Right, right, yes, I know.

MARIEL: Another thing, raw fat will heal the brain, so it's really key for you. The whole thing about raw fat is really, really good for you.

Q1: Okay. Well I appreciate it.

AMY: What's your name, sweetie?

Q1: It's Alexis.

AMY: Alexis. Okay, everybody on the call, I just want everybody real quick to put both of their hands up and just send Alexis, right here and now, a whole bunch of white light, healing energy to her and her beautiful, healthy, amazing body. I'm sure 99% of it is healthy, healthy, healthy, and we're dealing with this little, 1% that needs some love and regeneration, so everybody just send Alexis right now some healing energy, and Alexis thank you so very much.

MARIEL: Thank you Alexis, and I wish you so much good health and you'll find your way.

Q1: Thank you. It's been a long journey. I don't know if I can give you my information, if you do happen to find somebody or know somebody in New York . . .

AMY: You know what, e-mail me; e-mail admin@WakeUpCallCoaching.com and just put Alexis in the subject line, and we'll get you in contact with Mariel's assistant.

Q1: Great, thank you so much.

AMY: Thank you, Alexis.

Q2: Hi. I have a question for you. You started to talk about hot equals pain and sour and bitter. What were the characteristics of certain foods—what was that all about?

MARIEL: What was the hot/bitter?



- Q2: You were talking about comfort foods. You were in the middle of talking about comfort foods and then you started saying things about certain characteristics of foods and how they affect your body.
- MARIEL: Right, right. Well the food that burns your tongue causes pain. It actually causes pain in the body. Sweet foods do make you happy. It starts with breast milk. When you breastfeed, a baby tastes the sweetness of the milk, it makes them happy, and it gets replaced with candy later on in life, which is obviously very bad. Sour foods create bitterness in the body, but it doesn't mean that sour foods in general. It's about clean, pure foods that are sour, or that are hot, or that are sweet, actually create the same chemical effect in the body, but when they're processed and they come from an unnatural process, then they will create ill . . . it's an artificial sense of those things.
- Q2: Okay. Thank you.
- AMY: Thanks. Alright.
- MARIEL: Salty foods affects your adrenals. That kind of thing.
- AMY: Okay, I'm going to un-mute the next caller. Tell us who your are and ask Mariel your question.
- Q3: Hi. I was wondering—my name is Nicole—me and my husband and my son, we all like quite different foods, so what are some nice ways that I can incorporate stuff that we all are enjoying every day, or even in one meal?
- MARIEL: What are some nice ways? I have recipes in the book that are good for your kids. It's about . . . I don't know if you have a difficult challenge on your hands, because some people don't want to change the way that they eat. I used to come across that a lot. People would say, yes, but my husband doesn't eat that, and my . . . it's about making small changes.
- Q3: I love to eat fresh food and grains, and all that. I really have it down, and setting an example for my son. I also home school, so setting an example is huge.
- MARIEL: The best thing you can do is keep eating the way you know is healthy for you. If you know that you eat really fresh food that's good, keep doing that for yourself. There's no reason that you have to change anything for you, because it starts with you. You taking care of you is the biggest thing for your son, especially. Your husband . . . you know, my husband was a sugar addict. It took him getting cancer before he decided oh, I have to look at this, so you just have to lead by your example of doing it for you. I often had to make "other" food, but I still had salad, I still had fresh food on the table, because you just keep showing up, doing what's healthy, because that's the right thing to do, because it's the right thing to do for your son and your health. Your husband, you know, he's just going to have to come on board some time. He's just going to have to get with the program. The thing is, the problem is people wait so long and then all of the sudden they're hit by the truck of disease, and then they feel really bad, and they've got the doctors bills and the whole thing, and it's like, these kids of things could have been prevented if they started eating better, or at least it would prevent it being horrific in



your life. It's about having that consciousness. You just keep doing what you know is right and I'm just proud of you for stepping up and going, okay, this is healthy, I'm home schooling my kid, I'm showing him the right way to be and he's eating well, and he probably eats some junk with his dad, or whatever he does, but it's your example that's the most, most powerful. That's how I did it with my girls, and they eat so super healthy now. They had their rebellion, but they were supposed to, and I embraced that, not that I did in the moment. I was a little challenged by looking at the Captain Crunch, but there you go.

Q3: He's almost nine and I am definitely challenged by some of the stuff that he's choosing.

MARIEL: He's a kid. You know what, he's nine, he's going to be over it, it's fine. If you don't allow him to have some of it, he'll just go crazy later on, because when you don't let a kid have sugar and watch some television, be a kid, go outside, do whatever they need to do, then you get rebellion, and then you get those odd kids that are so different, and then all they want to do when they go to college is eat bad food and then they've gained 50 pounds, they don't feel good, they have no energy, their brain's not functioning at optimum. It's about that balance. What you do at home you know is healthy. What he does at a friend's house, just block it out. That's what I used to do.

Q3: Just keep ignoring it.

MARIEL: You know the funny thing is they would come back and they would be like, I don't feel good, I need a salad, my tummy hurts. They are affected by it, they just might not admit it for a while.

Q3: Okay.

AMY: Thank you so much, Nicole.

Q4: Hi, my name is Shirley, and Mariel I am 57 and I love, love your whole total thought on food, and I try very hard to practice this, and I believe that that less chemicals and processed things we can put in our body, the healthier we are. I would really like to know, I do not take any medications, and I'd like to know how . . . what your take is and how you feel about supplements and one in particular that just seems to be all over the news lately is Resviratrol.

MARIEL: Revesterol, yes, that's some weird . . . I don't know much about these drugs that are put out. All I know is when you're looking at a commercial and they do this thing and they've got the healthy people all smiling, doing their funny thing . . . it's the thing that's in red wine. They're making it a big deal. I don't think taking it . . . first of all, I believe that if you're going to get something from taking it . . . I don't take many vitamins unless they're food based because when you separate it from what it comes from, it becomes a chemical, and then it doesn't resonate with the body. The thing about, like, vitamin C that comes from an orange is that it's coming from an orange. When you pull it out, unless it's food quality, then what you're creating is you're creating a separateness and it's a chemical, and the body doesn't even absorb it because it doesn't recognize it. It turns into shards in the blood, so Revesterol, which is in red wine, I'm not a big proponent of telling anybody to drink, but if you like to have a glass of red wine, that's probably the maximum you would want to do, or half a glass of red wine, but to



separate it from the red . . . they're making it a big deal because that's the new thing. There's always an antioxidant that's hip and happening, but it is a chemical and it's synthetic, and once it becomes synthetic, then your body really doesn't know what to do with it because it doesn't recognize it. When it comes in a food your body will recognize it and go, oh, okay, I'm going to use this for that and that for this, and whatever it is, and I will get the benefits of it. But when you start to separate food and make it a chemical it's different. Any kind of vitamins that I take is always a food based vitamin. It's coming from . . . it's actually being traveled with the whole food—that's what whole food is, is it's coming from the wholeness of the food, which resonates more in the body, which creates more healing, which creates more energy.

Q4: Mariel, let me understand. You're saying, for instance, like calcium. If you're having a dairy product, if you're eating a good dairy product, you shouldn't have to do a calcium supplement.

MARIEL: You shouldn't have to. The problem is . . . there is a whole horrible thing because what we do to dairy in this country is horrific, not to mention the factory farming, but we pump it full of hormones, the cows and stuff, because we want to get more milk and blah, blah, blah. But even organic isn't enough. Really the only dairy that one should really eat on a regular basis is raw, because the body actually then can process it. If it's now raw the body doesn't know what to do with it. It turns it all into sugar. Even Louis Pasteur said it was bad, that we pasteurize and homogenize milk, and it's really not good for you. My kids never drank milk as a kid, although my daughter used to go to her friend's house and she'd have some, because we didn't have any. But raw is really good because that's the closest, because it's in its complete form, so again it's about not separating it. You want it as clean as possible. But then again, okay, I'm going to talk about my book. I do have recipes of yogurt and stuff like that, and I don't say raw. I'm just telling you all that if you can make those better choices, I'm telling you your health will just skyrocket. The amount of energy you will have . . . I'm 47 years old, I've never had more energy in my life. My brain functions so well. I just feel better than I did 20 years ago, and it's because it's the way I eat. I don't do anything other than that, and exercise, which is extremely important, but my quality of energy and life and vitality is fantastic because of it. But I have to plan it because I'm super busy, so I plan food. When I fly I take food on the plane. When I travel anywhere I take something with me, or I go to a store when I get there because to me I'm never not good enough anymore. I used to think I wasn't good enough, but now I deserve to be treated well, and that's part of my self-love. If you got anything from this class today, by you eating better you're loving yourself in a different way. You will create something so special in your life, because I've never felt better and I grew up depressed, I grew up in a dysfunctional home, all these things, and I'm not feeling sorry for myself, many of us do, but I was unhappy for many, many years and now I have a happiness that I found through lifestyle. How cool is that? I'm saying you can find it for you, and it doesn't have to be the same program as me, or you have to eat like me, but all these different diseases and things that we have in our country are created by the processed foods and lack of ritual and we don't have to have that. We can make a choice. You have the power to say, I want to make a different choice for myself, and money should not be an issue when it comes to buying organic, because it's certainly a lot better than going to a doctor or taking anti-depressants, or cutting parts out of your body. I'm sorry I get really passionate about this.



Q4: I totally embrace everything you're saying, and I really do believe that's why I'm 57 years old and I feel better now than I did when I was 27.

MARIEL: Yay! I'm so glad. I love to hear that you said you don't ever take anything. It makes me so happy because . . . there may be a time for something.

Q4: We create our own diseases, I totally believe that, and I believe it's because of what we put in our bodies, so I just want to thank you so much for sharing all this great information. I'm excited to get your book.

MARIEL: Thank you. I'm so excited that you're going to get it, and congratulations for being healthy and beautiful at 57.

AMY: Thank you so much. Okay, we have time for one more, so here we go, our last question of the call and then we're going to have a little contest here for everybody, and a couple of announcements, so go ahead, ask Mariel your question.

Q5: Hello, is it me?

AMY: It's you!

Q5: That's amazing. It's a great conversation and interesting. I just wanted to discuss a bit about kids. I'm actually 51 and have a 15 year old and a 16 year old, and I've been heavy most of my married life, I guess. I've been married twenty some odd years and my mom was, so when I had my kids, my daughter and my son, I didn't want them to follow my eating patterns. What I did, and this goes back to what Mariel said in the beginning, is listening to your own body. I watched them listen to their own bodies . . .

MARIEL: Wow, that's amazing.

Q5: I didn't control them at all and my daughter . . . my son eats fine and doesn't overeat, and my daughter was just always amazing. She could take one bite of a cookie and put it down, and I would look at her . . .

MARIEL: I have to tell you that shocks me too, because I never could do that. I come from an addictive household. I was just telling a friend of mine the other day, wait, why won't you eat a bite of bread, and I'm like, because I'll eat the whole thing. I don't even know how to do that. I mean, I could now, because actually I've come to such balance, but I think in my mind I still have the idea that I couldn't do that because I just was addictive; that's the way I was. My daughter's the same way. I have one daughter, she'll eat half a cookies and I'll just look at her, like, what? How does that happen?

Q5: She was studying last night and she had a Dove bar. She ate two bites and I go in and watch her, and the rest of it's melting in front of her on the plate, and there's no way I'd not eat that.



MARIEL: I also grew up in a house where everybody's, like, as they were eating they were thinking about getting the next plate and what was for breakfast.

Q5: But anyway, it was just interesting because I could watch her, she would say, I'm not hungry now. Kids will naturally listen to their body.

MARIEL: They absolutely will, and it will happen for you the more that you get clean in your food. I'm joking about the whole thing I can't stop, I wouldn't eat the whole thing. I actually can now, because I was kidding, because I have no more noise about food because there's a balance, because I eat from everything, I eat a little bit of this, a little bit of that, blah, blah, blah, and I don't need to overeat anymore because I'm not imbalanced in one place. That comes from finding that . . . getting rid of the noisy food and finding that clarity, so my voice is actually heard. It took me years to get there because of my genetics, my family, my this, my that, and overdoing. I was obsessive on certain things. I did too much caffeine for years, too much sugar, even though I didn't think of the sugar, but the fat, but I was eating fruit all the time, so I just did all kinds of weird stuff.

Q5: I tried to model her and see that you can listen to what your body wants. I go and exercise, and stuff, but then I still . . . I get so hungry, and stuff, so I'm a whole different story.

MARIEL: It's also the quality of exercise that you do. It's hard. It's a process. It takes the time that it takes, but one day you wake up and you go, oh my god, I'm not obsessed anymore, how exciting. I never thought that would happen to me. I never thought that I would wake up one day and not be obsessed with food, obsessed with food. Everybody's like, oh, but you're thin, you're this, you're that. I was obsessed. It was torture. Food was torture.

Q5: Have you ever heard of Milton Erickson, Dr. Milton Erickson?

MARIEL: No.

Q5: He's the grandfather of all modern hypnotherapy; very famous guy. If you . . . he really is the basis, he just was a phenomenal guy. Very interesting history. You should look him up and read about him. He, after all of his years, felt that most of the people he worked with, with weight issues, were actually, deep down under, they had a fear of starving to death, and I think that that's interesting and true because when I'm pressured I'll go out and buy food and stock the cupboard.

MARIEL: I used to think that, too, it's going to be gone and god forbid you take food off my plate; I'll freak out.

Q5: But anyway, I guess I just wanted to get back to that I think it is . . . I agree with Mariel and I like the point of going back and trying to hear your body and listen to what it's saying.

MARIEL: And when you do you can find those places, and you also can find the places where, in some other life, you were starved. Also, when you make an acknowledgement of that, when I started



to change it I used to say, you know what, this is not my last meal, you know? I'd just say to myself, this is not my last meal.

Q5: That's beautiful.

AMY: Thank you so much. I love hearing about you modeling your child, instead of your child modeling to you.

Q5: Well, giving them the freedom.

MARIEL: That was beautiful.

AMY: Yes, thank you. Okay everyone, it's time for us to start wrapping up. I wanted to let everyone know that Mariel has been kind enough to gift us with a copy of Mariel's Kitchen. Mariel, choose a number between one and 50.

MARIEL: One and 50; seventeen.

AMY: Okay, great. So lucky number seventeen, so here's the way this is going to work. E-mail admin@WakeupCallCoaching.com, and the seventeenth e-mail we receive will get a free copy of Mariel's Kitchen, and I highly recommend that everybody go out and buy Mariel's book. It's just gorgeous. You will love this book. The recipes are so simple and delicious. You can get her book at MarielHemingway.com, and there's all sorts of links there to ways to purchase the book, and just highly, highly recommend it. As I like to say, buy a copy for yourself, a copy for someone you love, and then a copy for someone that you're going to surprise with the book. It's just a gorgeous book.

Finally, Mariel, will you just give everyone on this call an inspiring homework assignment?

MARIEL: Well, I would say . . . I would tell them, and I said this before, try this week to change your breakfast. Change what you eat for breakfast.

AMY: Great.

MARIEL: Can I give another one?

AMY: Yes.

MARIEL: Eat one different food, just one new food to try this week.

AMY: Excellent. Perfect.

MARIEL: I want to give another one: drink more water.

AMY: Great.



MARIEL: Water is so healing, just powerful. If people only realized that sometimes when they have a headache, you drink a glass of water, you don't have it anymore. But also drink it with an intention. Did anybody see the study on water and if you put the word love on it, it changes the structure, the chemical structure of the water, and it becomes sparkling, and when you put hate on it, it looks all awful, so two to four quarts of water, depending on your weight.

AMY: Great. Excellent.

MARIEL: Okay, I'm done.

AMY: Thank you so much, Mariel, for being with us today. I'm going to go ahead and un-mute the lines, so that everyone can say thank you as they go off the call here, and thank you so much, everybody. We'll talk to you next week.