

Thin Healthy and Gorgeous Interview:



Nerissa Oden

Nerissa Oden
Creator of
Food Powers

www.FoodPowers.com



Teresa Bolen Okamoto

“How to Transform Your Figure and Revolutionize Your Health”

1. What is Food Powers?

Food _____, and Food _____

(‘Food’ = food, food additives, and food preservatives)

(‘Powers’ = sensitivities, allergies, effects food has on you)

2. Nerissa lists several problems a person might be having with Food Powers. Which symptoms are you experiencing?

Achy joints and muscles

Gastro intestinal conditions

Flatulence

Irritable bowel syndrome

Itching

Asthma

Depression

Sleeplessness

headaches

bloating

constipation

eczema

migraines

hay fever

hyperactivity

hot flashes

3. Can the wrong foods suppress your immune system? _____

4. Philosophy of eating: What do I need to stop eating to become healthy?

5. Everyone has Food Powers - Genetic Predispositions and Prolonged Exposure

Thin Healthy and Gorgeous Interview of Nerissa Oden

6. How do you find out what your Food Powers are?

Go to your doctor and get tested. It's a blood test – not skin, hair or other.

7. How do you approach this topic with your doctor? Be persistent – call ahead.

8. <http://www.FoodPowers.com/tests.html>

9. How soon will you notice the change when you stop eating foods that are on your sensitivities list?

a. hours b. days c. weeks d. months

10. Do people sometimes crave foods they have sensitivities to? _____

11. Do people sometimes have an aversion to foods they have sensitivities to? _____

12. Take a look at Nerissa's test results online <http://www.FoodPowers.com/about.html> at the bottom of the page.

13. EFT, the Emotional Freedom Technique is a great way to collapse _____.

14. You can also use EFT to help you attract the right _____ to you.

15. Do you have to give up the foods you are sensitive to forever? _____

16. How important is it to get tested?

-- In general good health? *Get tested at your yearly checkup.*

-- Regularly taking over-the-counter meds? *Get tested soon.*

-- Severe illness? *Get it immediately so you can focus your entire immune system on your healing.*

17. Cheryl, on heart meds for 15 years, only had a _____ condition when she ingested aspartame.

18. Be sure to check your supplements and skin care products for your food sensitivities.

Nerissa's website: <http://www.FoodPowers.com>

Teresa's website: <http://www.ThinHealthyandGorgeous.com>

Nerissa and Teresa's craving relief with EFT, **Tap Away Cravings**, inspired by this interview: <http://www.TapAwayCravings.com>

Here's to Your Transformation!