



# The 4 Jars Path

to a  
Naturally Healthy, Beautiful You



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# Naturally Healthy, Beautiful You

I developed the **4 Jars Path** in 2004 to heal my own body. Following this path, I reversed type 2 diabetes in 3 1/2 months, lost 105 pounds in 5 1/2 months, and reversed heart disease in less than 2 years. I also regained energy as though I were a teenager again, and reduced the pain in my body to levels I barely notice. I am in my 60s now and living a life I could not have imagined in my 30s.

Unlike the many fad diets out there restricting calories, eliminating entire food groups, or promoting supplements, shakes, meal replacements or other products, the 4 Jars does not attempt to manipulate your body in any way. Instead, ***the 4 Jars is designed to support your body in every way to do what your body does best: heal you.***

Think of this guide as a starting point. It is designed to help you see food differently, in a way that allows you to instantly know where any given food fits into your journey of healing, even if you are traveling and have never seen that food before. How cool is that?

## Let me ask...

If I suggested that everything happening inside your body is a series of chemical reactions and responses... would you say that was true? Probably you are already nodding in agreement. We are chemistry, and bio-chemistry is the study of those reactions and responses.

Chemistry seems complicated, but it really boils down to just three simple things: get the right things into the beaker to create the reaction you desire, keep the wrong things out because they will pollute that reaction, and get the correct balance of those things (the right recipe) to make the reaction energetic and effective. Your body gets its chemistry from food so another way to say this is: eat the right stuff, avoid the wrong stuff, and get the right balance of stuff to create your naturally healthy, beautiful you.

This guide divides food into simple groups, making the three laws of your body's chemistry super easy to achieve. Once you understand this guide, you will be ready to reach out and regain control of your health for good!

## **In Love and Health**

**Beldon Colme, Founder and President**

**Nutritional Fitness INC**

**P.S. Have you ever struggled with emotional eating, intense cravings, or felt like food was becoming your enemy? I hear you. I was in that dark place for nearly three decades, and I want to help. Visit [foodfreedombreakthrough.com](https://foodfreedombreakthrough.com) for more.**



# The 4 Jars Path

## Get the Right Things In

There are thousands of different things to eat in this beautiful, bounteous, and delicious world we live in. Knowing what to eat to restore your body's health and beauty can seem overwhelming! Yet by dividing these thousands of foods into 4 simple groups nutrition is made simple at last! We will use 4 Jars as an easy metaphor to visualize the groups. Check this out...

### Jar 1—Dark Leafy Greens

If it is an edible leaf, it is a leafy green and belongs in Jar 1. As a general rule, lettuce is near the bottom of the nutrient density scale. Let's be honest, iceberg lettuce is pretty much hard green water. It is a good idea to prioritize other "darker" leafy greens, having lettuce only occasionally.

85% of the nutrient building blocks your body needs are found in these vegetables. Be sure to get them into your meals every day. Here are a few examples, however this is by no means an exhaustive list.

Kale  
Mustard Greens  
Spinach  
Chard  
Swiss Chard  
Collard Greens  
Cabbage  
Watercress  
Arugula  
Bok Choy



Dandelion Greens  
Turnip Greens  
Broccoli Rabe  
Beet Greens  
Purslane  
Rapini  
Endive  
Green Amaranth  
Napa Cabbage  
Kangkong

#### SERVING SIZE-

For standard leafy greens a serving size is 3 cups raw, chopped and loosely packed. Different greens reduce differently when cooked, so measure your greens raw. Whatever they cook down to is the correct serving size.

For microgreens the serving size is 1 cup raw, loosely packed.

# Get the Right Things In (continued)

## Jar 2—Fibrous Vegetables

If it is a vegetable and it leaves strings in your mouth when you chew it, there is a good chance it is a fibrous vegetable. These foods clean your digestive tract, ensuring your optimal gut health and efficient absorption of nutrients into your bloodstream. We are learning more every day about the importance of gut health to your entire body, so be sure to get them into your meals every day.

A few examples of fibrous vegetables are:

String Beans  
Long Beans  
Snap Peas  
Sweet Peas  
Edamame  
Broccoli  
Cauliflower  
Broccolini



Asparagus  
Brussels Sprouts  
Bamboo Shoots  
Artichoke Leaves  
Stems of Leafy Greens  
Carrots  
Celery  
Bitter Gourd

### SERVING SIZE:

A serving size of fibrous vegetables is 1 cup raw, chopped and loosely packed. Fibrous vegetables reduce by varying amounts depending on the vegetable so measure them raw. Whatever they cook down to is the correct serving size.

### NOTES:

- I've seen many clients over the years remove the thick stems of certain leafy greens and throw them away. You can save time and money by using the stems as your fibrous vegetable.
- Vegetables that are exceptionally stringy can be chopped into lengths of roughly 1/2 to 3/4 inch (1.5 to 2 cm).
- Remember, it is the stringy fiber in these vegetables that your body needs, so be sure to keep it intact. Blending these vegetables or overcooking them to be mushy defeats the purpose. Steaming until hot through while still a bit crunchy is one of the best cooking methods.

# Get the Right Things In (continued)

## A Note on Jars 3 and 4

Proteins and carbohydrates need each other in your body. It is the way we are biologically designed, as omnivores.

While you can survive with a measure of health as an herbivore (vegetarian or vegan) or as a carnivore (keto, paleo, caveman...), and while either of these diets may temporarily seem optimal because of weight loss, improved energy, or improved blood panels, neither provide what your body requires to truly thrive throughout your life. Overbalancing proteins creates toxicity in the body. Not today, but over time. Overbalancing carbs quickly creates inflammation.



Achieving a naturally healthy, beautiful you requires a balance of unprocessed proteins and unprocessed carbs in your body. If you increase proteins you must increase carbs by the same ratio. If you decrease carbs you must decrease proteins by the same ratio.

**The KETO Myth:** Ketones are a better energy source than glucose and make you burn fat for energy.

**FALSE!** When both ketones and glucose are present, your heart and brain will prefer ketones, while every other cell prefers glucose. We don't know why this is true, but we do know that your body works best when it has what it biologically prefers. Weight loss and achieving your most healthy state of being happens fastest, and is most sustainable, when we eat as balanced omnivores. The state of ketosis must be induced, it is not a normal biological state.

**The VEGAN Myth:** Animal fats are unhealthy and lead to heart disease, diabetes, and obesity. Plant proteins are just as good as animal proteins.

**FALSE!** There are many nutrients your body requires that are dependent upon the presence of dietary fats to absorb into your body. We are biologically compatible with natural animal fats, but we are not biologically compatible with factory processed vegetable oils.

All animal proteins contain every amino acid your body requires. Very, very few plants have them.

# Get the Right Things In (continued)

## Jar 3– UNPROCESSED Carbohydrates

You often hear the phrases “simple carbs” and “complex carbs” in nutrition discussions. Would it surprise you to learn those terms were created on the floors of the US Congress in 1973? Curiously they had nothing to do with food science at all! They were created as definitions to aid in the appropriation of subsidies in a farm bill. Politics that were later disguised as food science. Crazy, right?

Let’s instead divide carbs into “factory processed carbs” and “unprocessed carbs”. Factory processed carbs are those carbs that cannot exist without a factory and are ruined both by the processing methods themselves and by the extensive harmful additives they contain. Stick to Unprocessed, natural carbs. These can be divided into 6 main categories, organized by their serving size.

### **FRUITS (1 cup cubed, 1 med apple)**

- Apples
- Oranges
- Strawberries
- Watermelon
- Berries

### **NUTS & LEGUMES (1/4 cup whole )**

- Peanuts
- Walnuts
- Pistachios
- Lentils
- Peas and Beans without pods

### **GRAINS (1/2 cup cooked)**

- Rice
- Oats
- Wheat
- Quinoa



### **ROOT VEGGIES (1 cup cubed)**

- Potatoes
- Yams
- Turnips
- Onions
- Carrots
- Parsnips

### **NATURAL SUGARS (2 tablespoons)**

- Honey
- Maple Syrup
- Sorghum
- Dried Fruits (dates, raisins, etc)

### **DAIRY**

- Milk (1/2 cup)
- Cream (1/4 cup)
- Butter (2 tablespoons)
- Yoghurt (1/2 cup)
- Cheese (1/8 cup)

NOTE: Some items here are often considered proteins. We put them in the Carb Jar not because of what is in them, but because of how your body uses them.

# Get the Right Things In (continued)

## Jar 4– Unprocessed Proteins

Most nutrition advice lumps all meats into the same category, especially red meats. That is a mistake. Like carbs, meats should be divided into the two groups of “factory processed meats” (lunchmeats, salami, pepperoni, prepared patties and so on), which are ruined both by processing methods and by additives, and unprocessed whole meats.

There are certain essential nutrients that are only found in meats. While there are a few plant options for quality proteins, they do not contain these important nutrients and should therefore only be chosen occasionally.

Quality proteins include (this is not an exhaustive list):

### FARM ANIMALS

Beef

Pork

Mutton

### GAME ANIMALS

Venison

Bear

Elk

### FOWL

Chicken

Turkey

Quail

Pheasant

Duck



### SEAFOOD

Sea Bass

Salmon

Cod

Trout

Halibut

Tilapia

Shrimp

Crab

Lobster

### PLANTS

Quinoa

Purslane

Spelt

**SERVING SIZE:** A serving size of protein is 6 ounces raw EXCEPT grains, which are 1/2 cup cooked or Purslane, which is 3 cups raw.

**NOTE:** There is no need to choose lean meats. The natural fats on cuts of meat are not only healthful, they are essential! However *added fats* should be avoided. In the case of ground meats it is usually best to select the cuts you want and have them ground, avoiding pre-packaged ground meats.

# The 4 Jars Path

## Keep the Wrong Things Out

### PECs

The food supply chain today is a minefield of harmful substances used in farming, processing, and even directly added to recipe ingredients! Not to mention the ones that are secretly included in the definition of foods (ergo not listed on ingredient labels) and even the processing methods themselves. There are literally thousands of harmful processes and additives in “food” today. It’s a mess out there!

It would be impossible to make eating simple if we focused on all the harmful stuff and you had to watch for it one by one. There is a very simple way to keep the wrong things out of your body, though:

**“If it cannot exist without a factory, don’t put it into your body”**

That makes sense, right? It’s not a perfect rule. There are packaged foods that are okay. However they are so few that you could look for weeks and not find one, and the recipes constantly change such that a food that is okay today may contain harmful additives next week. It’s just much simpler to follow the basic rule above.

Additives come in three varieties that I call PECs: Preservatives, Enhancers, and Conditioners.

**P**reservatives kill or inhibit bacteria to slow or stop food from spoiling. Seems like a good idea on the surface, saving money and limiting waste. The problem is that bacteria is the primary instrument of food digestion in your body! Kill or inhibit bacteria and you cannot efficiently digest your food nor absorb its nutrients. Some preservatives come disguised as nutrients, don’t fall for it!

**E**nhancers make creamy things creamier, sweet things sweeter, crunchy things crunchier, yellow things yellower... you get the idea. If I say “Cheetos Orange” chances are good you know exactly what I am talking about. Nothing in nature is that specific color! That is enhancers. That treat with a flavor out of this world? Nothing in nature tastes like that. It is created with harmful additives.

**C**onditioners are used in food processing to ensure that every that every sample of a product is exactly like the one before it and the one after it. In this day of food being made by machines, that kind of uniformity is essential or else the machine will jam. That may save money for food processors, but it is harmful to put those unnatural additives into your body.

At first you may feel deprived by not eating processed foods packed with toxic, harmful additives. Just remember, nearly everything you love can be made at home using only natural ingredients that serve your body, helping to unleash your naturally healthy, beautiful self. It might take a little learning, but trust me—you will love the way it tastes, the way it makes your body feel, and your sense of pride that follows.

# The 4 Jars Path

## Get the Correct Balance (Recipe)

While “a balanced diet” means a certain thing in pop nutrition, be aware that today’s popular beliefs are mostly being created by food companies to sell more and more of their harmful products, and by governments for political expediency. They are concerned with profits and power, not your personal health.

When I say “get the correct balance” I am talking about balancing the chemistry of your body. The recipe that, when added to the beaker, creates the reactions you desire: weight loss, reversing disease, energy, getting off meds, relieving pain... you name it, the right recipe will create it while the wrong recipe will steal it from you forever.

It’s easy to see there is more to this than just “eat more of the good stuff and less of the bad stuff.” Still though, it isn’t hard if you just remember that you are chemistry and follow chemistry’s three laws. SO how do you get the correct balance of foods (and drinks) into your body?

First, start by getting the right amount of water each and every day. ***Water is the second-most-important nutrient your body needs, and the right amount is 1/2 your body weight in ounces of water. For example if you weigh 150 pounds, drink 75 ounces (two and a quarter liters) of water every day.*** Then, balance your meals like this:

### BREAKFAST

1 egg, cooked without added oils.

### LUNCH

Take 1 serving from each of the 4 Jars. That’s it! Easy peasy lemon breezy!

### DINNER

Same as lunch, 1 serving from each of the 4 Jars. Winner winner chicken dinner!

### NOTES:

- Have your breakfast about an hour after you wake up, have dinner about 3 hours before bedtime, and have lunch roughly halfway between those two times
- Cook without added oils. If you need help with that let me know.



If you struggle with emotional eating, intense cravings or overwhelm, you are not alone. Don’t be silent about these struggles, they are very real and I want to help. Get help today at [FoodFreedomBreakthrough.com](https://FoodFreedomBreakthrough.com) .