



## LNP 174

### Count Your Chemicals, Not Your Calories: How to Eat Clean Dorci Hill

---

**Pat:** Hi, this is Pat Iyer with Legal Nurse Podcasts and today I have with me a wonderful lady that I met last year whose name is Dorci Hill. She is a speaker and a three-time bestselling author, a radio show host herself and she's a wellness lifestyle expert. She works with her clients to create permanent change around weight loss by establishing new habits and transforming negative energy in old unhealthy patterns, and then helps to create lasting results through simple steps and micro habits.

I'm excited to be able to introduce you to Dorci Hill today so that you can get the benefit of some of the tips that she will share with us on how to stay on track for a healthy lifestyle. Dorci- I'm so happy you could join us today. Welcome to the show.

**Dorci:** Thank you so much for having me. I'm very excited to be here.

**Pat:** I have just used a phrase that is something that many of our listeners may not be familiar with, which is a *wellness lifestyle expert*. What does that mean?

**Dorci:** That's me. That's what that means. I'm just simply someone who in my terms has made wellness on all levels a long-term lifestyle and successfully I might add. It's not only with diet or eating plans. It's also with the mindset, which is what I tell a lot of people. It's the mindset to make a healthy well-balanced lifestyle happen long term. That's just what I consider a wellness lifestyle expert because that's what I've done for myself for well over 15 years and that's it pretty much in a nutshell.

I do play in the health and wellness field. I tell a lot of people that I'm realistic about it because I don't believe in what some people call crowding out, taking everything out of especially your diet or eating plan. That's pretty much going to set you up for failure instead of success and that's why I tell people I'm a realistic wellness lifestyle

expert just figuring out how to make a well-balanced lifestyle happen for you on your terms.

**Pat:** I know from talking with you before and you just mentioned this again about the 15 years, that you were able to get off all medications for 15 years. How did you do that?

**Dorci:** It was with a little bit of work, I'm not going to lie. I was really close to about 30 years old. Suddenly, I found myself, and I'm sure a lot of listeners are in the same boat or at one point in time, but I was sick and tired of being sick and tired. All of a sudden, I was in the hospital about two separate times almost to the day apart from each other in about a 12-month period, so I knew I needed to make some profound changes.

What I did was sought out a naturopathic doctor who was skilled in holistic medicine. I'm not sure if you have ever heard of the "Blood Type Diet", but that was the pivotal point for me. In a very short period, it enabled me to figure out the foods that were highly beneficial and those that I really needed to avoid. It was amazing that just changing the diet and I also did a massive sugar cleanse. This took about from start to finish almost six months.

It was work yes, but in the end, it was worth every bit of effort. I was able to take out all the foods that were causing all the inflammation in what I would like to say is "this-ease" because I don't believe in disease. Disease is the body in the state of imbalance of some sort. I was able to replenish the minerals, nutrients and recreate the natural biome in my gut that my immune system was lacking to build it up to function as it was made to function.

As a result, I was able to get off meds for reflux. I had meds for IBS (irritable bowel system) and that was one of the reasons I was in the hospital. The third reason was for my heart and I was on atenolol. The doctors had told me that when they prescribe atenolol for someone they never come off it and that's something that you don't tell someone like me. Don't ever tell me you're never going to come off or you're never going to do something because I'm a little stubborn and I thought "Well, I'll show you." They did say because it was not a life-threatening heart condition that if I wanted to, I could see about coming off it and so I did.

I was able to get off all the medications because I really stuck to a new lifestyle plan and of course I had fun. I'm realistic. I had some chocolate. I had some cheesecake. You got to have a little bit of fun in your diet. I tell everyone to have some fun in the fundamentals of health and that's what helped me keep it a healthy lifestyle for well over 15 years. I've had zero medications since then and I haven't had any vaccines. I don't have a general practitioner anymore and again that was just my choice. Now my naturopathic doctor knows me well and so that's what I was able to do.

It's such a habit now that it is just simply my day-to-day routine. I think we're going to talk about this in a little bit, so I may be segueing early, but I put in what I call "Micro-Habits in Simple Steps". I put those things into place so long ago that it's something that I don't even have to think about anymore and that's what makes it easy for the long term.

**Pat:** I know that when you and I met, which I mentioned was last year at a conference, you were talking about micro-habits and you were talking about chemicals. The phrase that I wrote down that you said was "Count your chemicals, not your calories. If you wouldn't give it to your child or pet, why give it to yourself." Can you explain that?

**Dorci:** Sure, it's one of my favorite things to talk about. Simply, if you wouldn't give say for foods for example to your pet or your child then why would you give it to yourself or your gut. It really is that simple. If you wouldn't feed something that you think, or fear is unhealthy or trash to those that you care about, then why on earth would you care any less for your own health and eat carelessly?

A lot of people forget about that. When you think about if you have a child when they were an infant or even pets, I'm an animal lover and I have four. I'm very particular with what I feed them, and I feed them holistic food. When you feed an infant, you don't give them pizza then a lot of processed food and all that kind of junk that you can't even understand. In layman's term a word that looks like supercalifragilisticexpialidocious that you don't even know what the heck it is. I remind people to think about what you ate during the holidays and I'll be willing to bet that what your infant ate had fewer unrecognizable ingredients than what you ate. It really is that simple.

We've made it hard. It really is simple. If you count your chemicals, which makes you become aware of what you're eating, you can literally add life to your years. Calories are easy to account for. They come and go depending on what we eat. We can easily account for those and take them out or add them in as needed. It's the chemicals in those calories that stay for the long term and cause permanent damage and constant inflammation. Those are things obviously of greater concern for your long-term health. It really is true that you are what you eat, so when you start to become mindful of what you're consuming then your liver and your gut will reward you with many healthier well-balanced years.

I know a lot of people say, "I don't even know what to look for. I don't even know where to start" and it really is just looking at your labels when you're out shopping. Even if you don't know what it is when you're first starting out if you don't understand it, it's probably not a bad idea to just put it down until you know what the heck it is.

**Pat:** My husband and I are vegetarian for the most part and we have been eating the Morning Star soy patties and soy crumbles. One day I looked at the box and I realized that it was just really filled with chemicals. It's not necessarily healthy even though you would think it's healthy.

**Dorci:** You know that's the sad thing and that's why I love to talk to people about especially reading your labels. Just because it says natural doesn't necessarily mean that it's as healthy for you as you should be looking for. The natural organic industry is a multibillion dollar industry, so of course they're going to try and change the labels. You must be careful because a lot of them look natural and they will put it in the organic natural section. They're going that direction, but it's just when you really look at what's in it.

I can't believe that I'm going to say this, but there are some things that sometimes you would just be better off eating the other naughty instead of some of the natural. That's why it really is important to read the labels and understand when you're starting out just some of the main chemicals that are some of the bigger ones to avoid.

I don't know if you're familiar with EWG. It's a site online and you can go to EWG.com. It's "Environmental Working Group" and they

will tell you every single chemical. They're unbiased. They will tell you if it's a carcinogen, if it's an inflammatory, if you should completely avoid it in foods, body products or whatever. That's an easy quick place to go and start figuring out some of the big bad boys as it were to keep out of your diet and off of you.

**Pat:** I understand that you have identified three concepts you call "Yield Signs". What is a yield sign as it relates to your health?

**Dorci:** It's just simply something that I came up with to combat the overwhelm and misinformation around health and wellness. It should make you stop, drop and roll. What I mean by that is stop picking up that pretty package box of food. Drop it back on the shelf and roll the buggy to the natural organic section.

It's signs that make you reconsider your daily choices in food, cosmetics, body products and cleaning products. It's really anything that can be absorbed, inhaled or consumed should be put to the yield test. When I talk to people whether I'm talking to individual clients or speaking on a stage it's all the same thing. There's so much information out there and it can be overwhelming, yet honestly it is simple. Just get back to kind of the way that I grew up with if you can recognize it then eat it. If you're not sure, I tell people Google is your friend.

You can find a lot of stuff on Google quickly to determine what's good and what's not good. The fun thing nowadays is they have so many awesome apps that you can put on your phone and scan packages and SKU numbers at the stores. It will tell you what's in it, if it's good for you and all sorts of information. They really have done a lot that can help you while you're shopping, while you're trying to develop a healthier lifestyle and eating plan. It's just something to make you say "Okay". It's like a yield sign would make you slow down. It's something to say "Wait a minute. Let me stop and re-evaluate. Is this truly going to be the best product, food or application for my body whether it's externally or internally?"

**Pat:** Are there specific yield signs that we should be paying attention to besides the stop, drop and roll?

**Dorci:** Yes, and I'm glad you asked. Again, I like to keep things fun and I like to keep it easy. The first one I always tell everybody is a doozy. Pat, are you ready, it's a good one?

**Pat:** Yes.

**Dorci:** "If it sounds too good to be true, it is."

There's no one diet pill or workout plan that's going to work for everything that you feel is out of balance. That's the thing that really gets me upset. You will see some new eating plan, some new supplement, new diet pill or something and it makes it seem like across the board this is the end-all be-all to everything that you think you have going wrong with your life, diet and exercise eating plan. Sadly, it's not going to work for everybody.

The same plan will never work. It might work great for your mom, your girlfriend or your neighbor and it's not going to be as effective for you. What I tell people if it sounds too good to be true, it is. That's another just stop for a second and to really be effective you need to consider what it is you want to rebalance in your health, wellness or whatever.

- What are you willing to do right now?
- What have you done in the past?
- What are you willing to do for the future?

Even if you have never gone to the gym, I'm not a gym type of person. Why would I think that adding that in for the long term is going to be sustainable? It's just not. I have wasted so much money on gym memberships that I could have spent on other movement modalities that would have given me better results long term that I would stick with.

Some of your folks and maybe you have not even heard or been told is that for some blood types that types of exercise, say the CrossFit or the high intensity (and I'm not dogging that at all. It's perfect and it's fantastic), but there are just some people that type of aggressive exercise causes more damage and inflammation. A lot of people don't know that. Sometimes I will see people at the gym when I used to go,



and I thought "Wow." You would see this person all the time and yet they would never seem to progress past a certain point. They sort of plateaued. It makes sense once I really started to do my own research and discovered that I get that.

Sometimes you're causing more damage and more inflammation. When you discover your body type and your traits what you have done and will do in the future, you will be able to develop a plan of wellness that really works for you like a charm. It's not the thing that's going to be good for everybody across the board.

**Pat:** It sound like the first yield sign is if it sounds like it's too good to be true, it is. It reminds me of the headlines that I see when I'm at the cash register that say, "Lose 10 lbs in 14 hours by Eating the Foods that You Love." What part of that is not going to work?

**Dorci:** I do talk about keeping fun in the fundamentals of health and I don't believe in crowding out completely. When you're first starting something yes because I had to also take things out for a period to do a priming or a resetting of my system, especially of my gut biome/my gut system. Yes, you are going to be able to have some things in your diet. A lot of it is moderation. I love chocolate and cheesecake, and I say that all the time. I don't have chocolate and cheesecake every day. Of course, that will be fantastic, but I just cannot tolerate every single day.

Yes, you can have foods that you love. There are also ways to change up those foods, make them healthier and still taste as good if not better without all the harmful ingredients. Yes, you got to play a little bit. You might have to do a little bit of work, but it's worth it in the long run. When your gut is happy, that again will add years to your life and give you years in your life. I think that's what everyone really strives for. No one gets to the end of their life wishing they had more money. It's always better health and more time, so if we can do something now. If it sounds too good to be true, stop a minute and reevaluate what's best for you. That's the best way to add years to your life.



Before we continue with the show. I want to ask your listeners a few questions. Do you struggle with getting fit?

- Does the bag of chocolate in the cabinet call to you?
- Does the ice cream in the freezer speak your name?
- Would you rather eat an Oreo than a carrot?
- Does the idea of going to the

gym for getting fit seem less interesting than watching a movie?

If you answer “yes” to these questions, you are singing my song. I interviewed Mike Schatzki to talk with him about how as a middle age overweight male he was able to get into shape. His story may surprise you. I think it will inspire you. The program is called *Couch Potatoes: Secrets of Getting Fit*. We have the audio recording and transcript for you at <http://LNC.tips/couch> and as always, offer you a 25% discount if you use the code Listened in the coupon box during check out.

Let's return to the show.

**Pat:** Tell us about the second yield sign?

**Dorci:** That one is where you must decide what you're wanting or what your goal of wanting to achieve is. That is, is it a quick fix or is it a lifestyle change?

They are very different and a lot of what you see on the market is out for a quick fix because they don't give you the steps to make something successful beyond the 14 days, the 30 days or whatever it is. You really must ask yourself "What am I looking to achieve?" "Is it a quick change for a temporary timeframe if you have an event or something?" A lot of people do that. They want to do a quick change for a very short period, a wedding, a reunion or whatever the case may be.

If it's a long-term change to where you can start living your healthiest version of you, a lot of people do vision boards. They have travel and



all this beautiful stuff and pictures. Well you can't do that if you want a quick fix. Those types of things where it's building a legacy in your business, it's building a legacy to leave to your children or just a legacy in terms of your family. You can't do that unless you create a lifestyle change.

Nothing great happens without some work. You must put work into everything. I personally didn't gain all the weight that I did years ago in say like the last 30 days. I tell people you didn't gain those 30, 50 or 100 pounds in 30 days, so be prepared for it to take a little bit of time to really reset and have your best life come fruition for you. It can become a reality and a lot of people don't realize it. This is where they want that quick fix.

Over the age of 30 obviously our metabolism starts to change, our digestive enzymes start to decrease, and it can take up to a year to lose those last 10 pounds and keep it off. Some people go, "Oh my gosh" and I tell you a year goes by fast. Can you believe we're already in 2018? It just flew and where did 2017 go? It will be here before you know it and so you just must reevaluate do I want something temporary or am I really looking to create the greatest change, which is for my highest and greatest good. That is my second yield sign. It just makes you stop, reevaluate and become mindful of what it is that is really in your best health interest.

**Pat:** Tell us about the third sign?

**Dorci:** That one is most important because it goes back to what we talked about a little bit earlier with your chemicals.

Is it chemical or is it natural? I know I said a little bit about the multibillion dollar industry that is the organic natural. There are some things that will say "Natural" and it really isn't, so you must pay attention to your labels. I do like to tell people one of my favorite things to say is, "God made dirt, so it can't hurt until man puts crap in it and then Houston we have a problem."

It really is vital to distinguish between the two so that you can develop long term whole body wellness. The liver is the most fantastic detox organ that we have until we eat a lot of these foods that are processed and have a lot of these additional chemicals that are in there. That

unfortunately disrupts the natural detox process and when that happens in layman terms the liver just becomes bogged down. What it does is sends what I call the biological gunk, the sludge, to various parts of the body to store it.

Say, for example my thigh and then after a while it sends more of that junk in my other thigh. It encapsulates it in fat and creates this whole what I like to comically call "a cellulite subdivision" that nobody wants to reside in for very long, the 90210 that is not. By choosing foods that have ingredients that you can pronounce and understand what the heck they are, you're giving your liver the chance to do what it needs to do to provide you with sustainable energy so that you feel better, so you can do better. Also, to get rid of your waste effectively and keeping it clean with your diet. Whatever you put in your body and on your body helps your liver keep you lean. Keeping it clean will keep you lean is what I like to say as well.

**Pat:** These are all important concepts, Dorci. I'm going on a cruise in 17 days. It's so tempting to eat and over eat, sit around the table and order dessert because everybody else has ordered dessert.

**Dorci:** It is. My husband and I are cruisers as well. I literally was in the middle of that heavy-duty yeast/sugar cleanse and we took a cruise. Everyone thought, "Oh my gosh you are crazy" and I said, "I am Miss Stubborn Pants. I am going to keep up with this." Did you know I was able to because they have so many options on the boat? I might have had a few trivial things, but what I started to notice was when I made that lifestyle change and cleared out a lot of the chemicals and the inflammatory foods I didn't even crave a lot of those naughty ones.

The wonderful thing for me was after I got it out it was out of my diet for a good lengthy period. When I was on the boat it's really cool the way they do it. A lot of their dessert sections beyond the main dining rooms are smaller portions and so you can have a little piece instead of a large piece of pie, cake or whatever. A little piece with a bite or two was more than sufficient. Do you know Pat on that cruise I actually lost weight instead of gaining it, so you can do it? It's possible.

**Pat:** I think that must have established a record, Dorci.

**Dorci:** It probably did. I realize not everyone is like this and that is okay. Say, for example there were 10 things and my nutritionist who I worked personally with said you need to get these things out of your diet. I was just at a point to where I was so sick and tired of being sick and tired I came home and literally took all those things out of my pantry, and out of my refrigerator. I get that's a huge change and not everyone is going to be able to do that. That's why we talked and it's so important to determine if you want a quick fix or lifestyle, and how willing you are to make it happen. I was just willing to make it happen, so I'm one of those where I'm an "Okay, let's go do this now" kind of person.

It can be done. I do like how a lot of cruise ships now with their gym areas are also doing weight loss challenges, even detox, cleanses and things like that to where if you want to be very mindful of what you're doing, or you just started one don't get into a place of distraught. They will be able to help you maintain that. They do walking, competitions and all kinds of things. It's amazing how even the vacation industry is realizing that yes, people want to go on vacation and some guests just want to go crazy and just go bananas with everything, and some still want to maintain. You're met on every level, which I think is fantastic.

**Pat:** You used a phrase when we were starting about simple steps and micro-habits and I'm intrigued by that. Can you explain that?

**Dorci:** A micro-habit for me is literally just a very simple step that you're willing to put into place every day that eventually turns into a lifestyle. Let's face it, we were just talking about how I said with my nutritionist she said to get these things out of your diet. She even said, "I know this is a lot, so if you have to and like most people will take one thing out a week or so and then a week later add another thing so you're compounding." That's really what it is. How many people are going to take 10 steps or 10 food items and put all of that into action one day where you did it all out?

It's very few and I get that, so if you can just take one little thing and whatever it is for you. That's what I help people develop. It's "What are your goals and what do you want to achieve?" Let's write down the things that are the best for you and maybe some things that aren't so good. "What are you willing to put into place today, continue tomorrow and Friday, and even do it on the weekends?" The next

thing you know it's by taking those little steps slowly over time that suddenly that new vision that you see that when we talk we've created you have now live with greater ease, less stress and you have long term success.

It is literally the start that stops most people because they just don't know where to start. Instead of thinking I have all this stuff I must do or get out, no you don't. You have one little thing you got to worry about today and maybe one little piece of movement to add in. Just do that and be happy with yourself. Celebrate it and the next day we will add something else in. The next thing you know those micro-habits just created an entirely new sustainable lifestyle.

**Pat:** Our half hour has flown by Dorci. How can our listeners find out about you?

**Dorci:** Let's continue the fun and come see me on my website. There's a place where you can schedule some time to chat or see what I have going on. That is at [www.DorciHillGlobal.com](http://www.DorciHillGlobal.com). I have a radio show as well. They can listen in weekly every Thursday and that is on Vinyl Draught Radio. Draught is the Old English version of draft, which is D-R-A-U-G-H-T. It looks like draft, but it's actually draught. You can find that on the web or on Facebook.

**Pat:** Thank you, Dorci. I appreciate you being on the show and sharing your expertise. As soon as we hang up I'm going to be making my lunch, which will be a salad with arugula, peppers, tomatoes and all those healthy ingredients and none of the chemicals.

**Dorci:** Good. Well, thank you so much, Pat. This was an absolute blast and thanks to all the listeners. I hope you had a lot of fun and got some great little nuggets. I hope to see you soon.

**Pat:** Thank you, Dorci and thank you for you listening to the show and sharing your comments. We love having the feedback that we're getting about how this program is helping you with your business and with your life. Stay tuned. We'll have a new show next week.

After you stop listening to this interview, be sure to go over to <http://LNC.tips/couch> to order your 60-minute interview and transcript of *Couch Potatoes: Secrets of Getting Fit*.

I've got a phenomenal resource for you just waiting on LegalNurseBusiness.com. My online training and books are designed to help LNCs discover ways to strengthen their skills and businesses. Check them out at [legalnursebusiness.com](http://legalnursebusiness.com).

Many of us are lifelong learners who enjoy the chance to keep expanding our knowledge. Just like the book of the month clubs, LNCEU.com gives you two online trainings every month. We have a yearly payment plan that saves you over \$50 compared to paying monthly, and each program is hugely discounted. Look at the options at LNCEU.com.

The LNC Academy.com is the coaching program I offer to a select number of LNCs. You get my personal attention and mentorship so that you can excel and build a solid foundation for your LNC practice. Get all the details at LNC Academy.com.