



Transcript: Wake Up Happy with Sherry Lee White

HOST

Kym Yancey

SPEAKER

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PRESENTATION

Kym Good morning. Good morning. This is Kym Yancey. You're listening to *Wake Up Happy*. This is Day 3 of our *Wake Up Happy* Series number 8. For eight months, we have been hosting these *Wake Up Happy* sessions, and it's so wonderful to have you with us.

If you're just now tuning in to us, or this is your first one, I want to tell you, you're in a great place. We've got a fantastic guest with us today. I want to invite you to join the Live Happy community. We're on a mission to share with you the secrets and science of lasting authentic happiness. Everything we do is based on science, studies, academic proof. We have an incredible writing team, and you just, I tell you what, it's just a phenomenal resource to you, and we're thrilled that Live Happy is out into the marketplace.

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As a matter of fact, it's really growing. We are number one in our space. No one does more in the category of research and science in a magazine publication like Live Happy, so thrilled to have those of you that are subscribers to our magazine, those of you that have purchased gifts for other people to get Live Happy into their lives, I just want to tell you, we so appreciate it.

We want to invite you to engage with us too. Our Twitter handle is Live Happy, or you can find us on Facebook by searching Live Happy. Like us, and just get plugged into that incredible information. We really want to hear from you.

I also want you to know that I love it when you provide me with feedback, or maybe some ideas or different strategies, and you can email me at wakeuphappy@livehappy.com. That's wakeuphappy@livehappy.com.

Are you ready to have an extraordinary morning? How about, are you ready to get sassy to be happy? Huh? Let me tell you about our very, very special guest. Her name is Sherry Lee White. She's the founder, and Chief Bliss Officer of Fork That Foods, Inc. She's an author, she's a speaker, she's a TV host and an expert on using what she calls SASS, which are simple action steps to increase health and happiness.

Now, in Sherry's case, she was facing chemotherapy and life in a wheelchair that forced Sherry to get very sassy when it came to her health and wellbeing, because of her personal battle with a debilitating autoimmune disease and clinical depression, she has spent years researching, applying, and teaching people about these simple steps that you can take.

These simple action steps [indiscernible] science, psychology, and strategies to gain maximum benefit from small changes. Now, as a mother of six children and owner of two businesses, Sherry realizes we all need to make the most of our limited time and energy.

Her passion for encouraging others through sharing research-based, scientifically-proven fun, and easy tweaks to meals and for your mind development and movement led her to start Fork That Foods—I love that name, Fork That Foods—and create Bliss Bites, which are gourmet, super food desserts. Let me just say they're delicious, which she calls a gateway treat to healthy eats.

She's the author of the upcoming book, *Don't Worry, Eat Happy: Facts and Foods to Improve Your Moods*, and host of the companion video series called "Eat Happy", which is currently in production.

Sherry, it's great to have you this morning on *Wake Up Happy*.

Sherry Thank you so much. It's great to be here. Thank you for having me.

Kym Hey, what does it mean to eat happy? Most people don't hear that kind of terminology. Tell us about that.

Sherry Yes, well, I didn't even know that it was possible several years ago, but there's just been so much research done on, first of all, the nutritional component, which probably a lot of us have heard about, and are aware of the studies showing that omega-3s, for instance, are more effective than antidepressants. And folate, magnesium, B vitamins, vitamin D, and all of these nutrients can really help in a significant, significant way to improve our moods without some of the harmful side effects that are often associated with pharmaceutical options.

But what I've found that was most surprising and most exciting to me, because it's things that we can all try, is it's not just about what we eat. It's about where we eat, how we eat, who we eat with, and even what we think about what we eat.

Kym Really. Really. Now, how did you come to learn about these foods that create happiness?

Sherry Well, because I was in such a desperate situation, you know, facing chemotherapy, life in a wheelchair, clinical depression, I just became obsessed with studying the research and doing trials, learning everything I could about the foods and the nutrients, and about the other accompanying aspects of eating.

Like, for instance, where we eat. Eating outside where we can get some vitamin D, or playing music while we're eating, or having certain mood-enhancing scents in our environment like lavender and citrus oil, or how we eat, sitting up straight has been really proven to enhance mood in a significant way. Or smiling, even if you don't feel like it. Surrounding ourselves with positive people while we're eating. And most importantly, and most surprisingly to me was the fact that what we think about what we're eating has on the way that our bodies physiologically process the food we eat.

And, in fact, there's really incredible research studies recently done called "Mind Over Milkshake where Dr. Alia Crum took a giant batch of milkshakes, she put half of it in bottles labeled "Indulgence – Decadence you deserve," and the label said, you know, there were like 650 calories, full fat, full flavor.

And she put the other half of the same milkshake mixture in bottles labeled "Sensishake", and the inside, you know, no fat, no sugar, low calories. And when the study participants drink the different milkshakes, they took their blood tests, and their bodies reacted based more on what the label claim said than what was actually contained in the milkshake.

Kym That's fascinating. It's the power of perception, right? I mean, what you perceive and what you know.

Sherry Exactly.

Kym But you know—

Sherry Absolutely.

Kym —you know, you bring up an interesting point, though. I wonder how many of us really think about, like you said, where we eat, eating outside, the vitamin D, the playing of music. I just happen to always kind of play some light jazz at home for dinner with the family, because honestly, I don't want to hear the forks and everything clanging in the mouth.

Sherry I know exactly what you mean, sir.

Kym You do? No, no, but, that's my little secret. I haven't told anyone. I just put on some nice music, but it makes a difference.

Sherry I don't think it's a secret anymore.

Kym Yes, right, it's not a secret anymore. But the whole notion of sitting up straight, the smiling, the being around positive people, what you think; you know, the other think is what you think about while you're eating. That's, you know, interesting, what you associate that with, right? And the impact that that can have.

Sherry Absolutely.

Kym Yes. So, let me ask you; when you were going through, like you said, the chemotherapy and the depression and all this, did you find that by you making this shift and really focusing on your foods—I mean, I want to hear about—what did you eliminate, and what did you bring into your life that started to make these big shifts for you?

Sherry Well, I'll tell you. I tried to focus a lot more on adding the good stuff in, then being too restrictive. But you're right, there's absolutely some mood-busting

foods that we should be aware of. Processed foods that we're so familiar with in our standard American diet, which is also known as SAD, and for good reason.

Kym Yes.

Sherry They do not support good mood function, and they've actually been proven in study after study to contribute to depression. And other foods to avoid would be, you know, if you could cut down, eliminate without stressing yourself out too much, because the stress isn't good for us either. Gluten, dairy, refined sugar, and artificial sweeteners. Things like that are not going to support good moods.

Kym Like, what did you—

Sherry However, there—

Kym I'm sorry, Sherry, like for example, in the morning when you would have breakfast, as you went on this new journey where you wanted to take better control, what were some of the good foods that you incorporated into your morning eating routine, and other things that you might have eliminated? What little shifts did you make?

Sherry Right, okay. Well, a lot of times for breakfast, I love to do like a chia seed pudding. And chia seeds are full of omega-3s, which is the single most researched nutrient proven more effective than Prozac or other widely prescribed antidepressants for improving mood.

So, it's just that simple, you mash up some banana, put in some almond milk and chia seeds, let it sit in the fridge for a couple of hours or overnight, and then it's ready for breakfast. You can throw in some [indiscernible] and goji berries, which are also wonderful for mood. In fact, goji berries, in China their nickname is "happy berries".

Kym Really? Happy berries?

Sherry And, yes, and there's been studies showing that regular consumption of goji berries increase feelings of contentment, calmness, energy level, and they also have the all-important mood-boosting B vitamins.

Kym Alright, so for breakfast, you would call this a chia pudding is what you call it?

Sherry Yes. It's one of my favorite breakfasts. And it's great, because you can make it the night before. You can make it as big or as small a batch as you want and then it's ready to go in the morning.

Kym And then what might you do for—give me a happy lunch. What would you do for a happy lunch?

Sherry Well, I love fish. So, I'll have it a lot of times with a salad with a piece of salmon on top. It's great with—and I kind of use the same thing for lunch and dinner; either a salad with salmon on top or some quinoa and vegetables with a hunk of fish, and I just recently was so excited, because at Costco, they have edamame pasta. So I've been doing a lot of that lately, and it's just like pasta [indiscernible], but it's made out of edamame.

Kym Right, right. Let me ask you—so break this down for me. Let's talk about what would you characterize as the top five happy foods that you want to say yes to and the top five foods you'd say, hey listen, kick these to the curb?

Sherry Well, for the top five happy foods, I would say the chia seeds like we already talked about. They're packed with all kinds of mood-boosting nutrients. And bagged goji berries, "happy berries", would be another one.

Hemp seeds actually contain 45% of our daily magnesium needs in just three tablespoons, and they also have B vitamins and omega-3s, which is kind of like a constellation of mood-boosting nutrients. They would be another great choice.

My favorite, probably, is cacao, which is the pure form of chocolate, and it's the only plant source known that contains anandamide, which is also known as the [indiscernible] chemical, and they're rich in magnesium and tryptophan, which is a powerful mood enhancer that's critical in the production of serotonin, which diminishes anxiety and improves mood, too. And the fifth food is not really a food, but water.

Kym Oh.

Sherry It's so important to our moods to make sure we're properly hydrated. Studies show even mild dehydration can negatively affect our moods, make us more anxious and tense. So, to make sure we get enough water, a good rule of thumb is drink half your body weight in ounces a day.

Kym Half your body weight in ounces.

Sherry Yes, 200 pounds, you need like a hundred ounces of water.

Kym That's great. That's great. Now, what are some of the things that people might be surprised about or you recommend that they stay away from?

Sherry Well, anything processed. Fast food, convenient foods. Things that aren't actual real foods. And then we're hearing more and more about gluten intolerances and gluten sensitivity, not just for people that have celiac disease, but it's really effecting all of us now with our food supply changing.

Dairy for me was a big problem, and I know lots of people struggle with that, too. And then refined sugars. There's been so much research recently showing the negative effects, not only physically on our bodies, but also on our minds and our mental health and our mood. Even worse than that would be artificial sweeteners. Our bodies just don't even know what to do with them.

Kym So, Sherry, prior to when you were faced with chemotherapy and your depression, that in itself was a tipping point in your life, where you're faced with feeling miserable, you're feeling the depression, but for you, did you make the shift almost like a light switch? Did you just one day just said, starting today, I'm going to change the way I approach this with food, and I'm going to have a different relationship with food. How did that work for you?

Sherry Yes, I did, actually. In my case, it was so severe, and I had been looking for answers for five years, and luckily, just at the point where I was about to give in and follow through with the recommendation for chemo and immunosuppressants, I was introduced to functional medicines. And they take an approach using a lot of—heavy in the nutrition aspect, of treating the root cause of whatever your illness is, as opposed to masking the symptoms.

So, when I went to my functional medicine practitioner, she told me you need to cut out these processed foods, the gluten, the dairy, the artificial stuff, and add in the nutrients. And I went on a cleanse protocol, where I did, I immediately cut out anything that wasn't supporting my health and my mood, and added in tons of nutrients that would.

And I saw a difference within ten days, where I had much less pain, my moods were improved, I had more energy. And when I saw the change in myself, and it continued to get better, that was it for me. I dedicated my life to kind of sharing that with anybody who I could help, so that they wouldn't have to go through what I went through, or just make their lives better, wherever they were at.

Kym Yes, and that's wonderful, Sherry. Let me ask you, what are some of your epiphanies when it comes to food? We had a special guest in on our Monday

Wake Up Happy, and we really got into epiphanies, and so that's my new word for the week. So, what are some of your—

Sherry That's a great one.

Kym —what are some of your epiphanies when it comes to food?

Sherry You know what? There's a couple that—I've had a lot over the years that, a couple that really, really stand out to me. In the beginning, I was so rigid with my diet, because I saw the huge difference that it made in my life and what an impact it could have, that I would almost start stressing out over "I just want to eat perfectly. I want to have the most, best food, and did I miss something? Did I eat a bite of my kids' peanut butter and jelly? Oh my gosh!"

And what I found after interviewing expert after expert across multiple disciplines, whether they were a doctor, psychologist, researcher; they all said that cascade of stress hormones that are relieved when you're concerned about it is much worse for you than just eating the food that maybe you think isn't optimal. So, now I always love to say it's better to dine on fries and shakes with joy and thanks than greens and sprouts with worries and doubts.

Kym Oh, wow, say that again. Just repeat that; I love that. So, now what you're saying is what?

Sherry It's better to dine on fries and shakes with joy and thanks than greens and sprouts with worries and doubts.

Kym I like that. I like that.

Sherry Thank you.

Kym Yes, but that's a great epiphany, though. You know what I mean? Really. Because it falls in line with self compassion. Stop beating up on yourself. Stop tearing yourself down. Stop telling yourself, "I want to do the best, best, best" and you can't enjoy the day. The fact is, every one of those experts, when the door is closed, right, we all have our moments. We all have our moments.

Sherry Yes.

Kym I had one. Listen. Let me just say this. I had one last night. I had a moment last night. It's called In and Out Burger. Okay? But, it was a thing that had been on my mind, and I thought, let me try this. And it's easy to say, "Oh, I

shouldn't, I shouldn't," but I let go of that, because now, I'm going to eat fantastic and have my salad, my greens and my salmon.

But the point of the matter is, we're all faced with that. We're faced with those moments. But it's really doing more—Sherry, wouldn't you agree? It's doing more, making better choices more often than bad choices more often, right?

Sherry Right. Absolutely. Absolutely. It's definitely more about progress than perfection.

Kym Let's talk about Bliss Bites. I love them. Full disclosure to our audience listening all over the world, Live Happy corporate headquarters is in Dallas. Sherry lives in Dallas. We're so thankful, because what that means is she's sweet enough and kind enough to bring Bliss Bites by Live Happy every now and then. So Sherry, how did you come to create Bliss Bites?

Sherry Well, as I learned more and more about what foods really impacted wellness and happiness, I was always looking for ways to get the most bang for my eating buck. So, I tried to incorporate as many of the nutrients that I knew would really support health and happiness, like cacao, goji berries, hemp hearts, coconut oil into one item, and then kind of went to work, trying to make it taste yummy, and not by my standards. Not by like vegan, gluten free

standards, but I put all those kids to work taste testing, and until it was kid approved, I didn't take it out in public.

So, what I would do—at the time I was doing lots of health fairs and teaching cooking classes and wellness events, and I would take this big pan of samples of this concoction that I made just to kind of show people, like, this is healthy, it's good for you, but look, it also tastes good. And what happened, when people started saying, "Well, can we just buy them?" And I said, "No, no, no, these are samples. Look, I'll give you the recipe. You can make them." "No, we just want to buy them."

Kym Right.

Sherry So, after several times of that happening over and over, and my husband, the voice of reason, said "Hey, we need to give the people what they want." So we made them pretty, and we learned all we could about opening this food company that we accidentally own now, and they've just been met with such great reception. We're so grateful that people enjoy them, because we know that we're helping make their wellness easier and more enjoyable.

Kym Now, do you ship the product all over the country? Tell me how that works. I know you can go and buy it.

Sherry Oh yes, we do.

Kym So, you ship the product all over the country.

Sherry We do, yes, you can order them on our website, which is blissbites.co.

Kym Blissbites.co?

Sherry Yes.

Kym Blissbites.co. And the name of your company is—

Sherry It's Fork That.

Kym Fork That. Fork That Foods. That's great. Alright. I love it, but I had some people asking me, because I happen to have a sweet tooth, too, and I was going to ask you—no, one of the big questions is, what do you suggest for those who have a sweet tooth? So, first of all is you made these Bliss Bites, so that's one good thing that we can do, you know? But what else? What other suggestions do you have for people with sweet teeth?

Sherry Well, you know, cacao is such a wonderful thing to enhance moods and health in general, and you can just get cacao raw organic powder at definitely Whole Foods and Central Market and places like that. I think even the regular store now. And just mix it into some hot water and have like a hot cocoa. You could put some Stevia in with it to sweeten it up a little bit.

Lots of times, people will make kind of a pudding with just mashed up avocados and cacao powder and Stevia, and it's like chocolate pudding. I mean, there's tons of options, even the chia pudding that I was talking about. That's a nice, sweet treat. The bananas really sweeten it up nice. You can throw some berries on top. There's lots of healthy options to satisfy that sweet tooth.

Kym Yes. And you know, I think the other thing is that there is no workout that will work you out of a bad diet. I mean, it's just very frustrating. No, I know. I know it's very frustrating for a lot of people who exercise, work out, and they think, and they feel, I'll do this extra working out so I can have this, or I can have that. But over time, obviously, you just find yourself feeling sluggish, and it's amazing, the effect that food has on your mood and the depression, and what that creates. Isn't it, Sherry? I mean, that's got to be one of the big epiphanies too, people associating what they eat with how they're feeling about their day and going about their day.

Sherry Yes, yes. It's incredible, and it's really incredible that there's so, so much research backing it up. I mean, we kind of know that depending on what we eat, we'll feel better or worse. Like after Thanksgiving dinner, all you want to do is crash, because you're so full and weighed down, as opposed to having something that gives you energy and something healthy.

But to know that it's been scientifically researched, and that there's nutrients that we can count on, that we can say, "Hey, we know this is proven to help us be happier."

Kym Yes.

Sherry And just finding ways to get them more and more into your body and into your daily life is not as hard as it would seem.

Kym Sherry, do me a favor. Name some of the things that a person may be feeling throughout the day that are telltale signs that this can be corrected with your diet.

Sherry Okay, yes. Let's agree a lot of times people think that afternoon slump at 3:00, when you just want to take a nap or have a candy bar, that that's a normal

thing, and it really doesn't have to be. If we're filling our bodies with foods that are contributing to our health and our happiness, we should be able to go through the day. And if you do get to that point, and you feel like you want a candy bar, just have a Bliss Bite instead.

Kym Right. Right. Just have a—yes.

Sherry Fatigue, you know? Fatigue, kind of just going sluggish or down, or just not motivated or excited about your day and about what you're doing. This can all be tied in to filling your body with things that are not contributing to improved mood and maybe dragging you down.

Kym Right. Right. And so the combination is, I know sleep is vital to this. Do you have any rules about how late to eat before you call it a night? Before going to bed? What do you try to do? What is your food timing pattern?

Sherry Well, I think really, it varies on the individual. I know lots of people say, "Don't eat within a few hours of bedtime," and I don't usually, myself. I'll eat dinner, and depending if we're going to watch a movie with the kids, we might have some popcorn after that, but I think most people probably do well closing the kitchen pretty soon after dinner.

Kym Right. Right. And just getting yourselves in the habit of that. Sherry, alright, so, is there anything else that you'd like to share with our audience before we wrap up this session of *Wake Up Happy*? Anything else that you think is important that our audience knows before we end the day?

Sherry Yes, I would just like to reiterate that just adding some of these good mood foods into your daily life will make a difference quicker than you know. Just simple, simple action steps. Add a little SASS to your day. Make sure you drink water. Get these good foods in, and think good thoughts. Be compassionate with yourself. Enjoy the foods you're eating, and your body will take care of it.

Kym Yes, I so agree with you. And, again, for people who want to learn more about Bliss Bites, would you repeat the web address again?

Sherry Yes, it's blissbites.co, and then for some recipes using good mood foods, quick and easy recipes, you can go to my personal website, sherryleewhite.com.

Kym Sherryleewhite.com. She's got recipes and everything there for you. Alright, well Sherry, thank you so much for being a part of *Wake Up Happy*. Love what you do. Next time you're in Dallas, you know what to do.

Sherry I'll bring the Bliss.

Kym Yes, bring the Bliss. Alright.

Hey, everybody, have a fantastic day. Tomorrow, we have David Mezzapelle. He is the author of the book, *Contagious Optimism*. It's going to be a fantastic show.

Whatever you do, whatever you do, as you think about all the choices you get to make today, here's one that you want to make sure that you just display it as big and as bright as you can, and that is you're wonderful, you're beautiful, smile. That's it. Bye bye for now.