

Saddleback Valley News

The Orange County Register

Lake Forest / Laguna Hills Edition

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Going organic

Valley resident says foods contribute significantly to a person's health.

By RITA FREEMAN
STAFF WRITER

Eating natural foods can make you feel younger, says certified sports nutritionist Jodi Jones.

The Mission Viejo resident is owner of Vitality Gourmet, a business that provides organic meals for those who want to lose weight, get more energy and have a healthier life.



NO PESTICIDES: A variety of organic meals are available through Vitality Gourmet.

Jones would provide a nutrition program for people who would not follow it. Instead, she started cooking meals for her clients. Soon her clientele grew and she found her downstairs family room was converted into a commercial kitchen. Jones, 45, found a commercial kitchen in Santa Ana where she and her chefs cook the meals and clients also can pick up the food.

She has formed partnerships with other health and fitness businesses throughout the county, including The Training Camp in San Juan Capistrano, Back Bay Fitness in Newport Beach, Holistic Health Center in Mission Viejo and Mission Chiropractic in Mission Viejo for referrals.

Some clients who have been on her program for more than 90 days said they lost 40 pounds. Jones said the average person on the program is losing 3 to 5 pounds a week.

Q: How did you start eating healthy?
A: About five years ago I was diagnosed with fibromyalgia and lupus. I suffered from joint inflammation, I was in a wheelchair and I could not even open a bottle of water with my hand. It took me five minutes to stand up from a chair at the movies. After 23 years I was forced to resign my job.

My aunt told me about a wellness program. While I was there I discovered how food and diseases are related. Within two weeks I noticed a difference. I was known as "Junk-food Jodi." I replaced all my bad foods. Within six months, I was symptom free of lupus and in one year, my blood was free. Food can either be a source of medicine or a source of poison.

Q: What kind of diet is your business?
A: We're not a diet. We are a meal program. That is perfect for people who want to lose weight. It is perfect for people who are already at their optimum weight. It's a body-balancing program.

Q: Is eating organic or whole foods becoming a new trend?
A: Organic food isn't a new trend, it's becoming more prevalent. Food was organic before man came on earth. It was man who put preservatives, dyes and chemicals into the foods.

Q: Why is eating organic better than eating processed foods or produce?



RITA FREEMAN/SADDLEBACK VALLEY NEWS

EATING HEALTHY: Laguna Niguel resident Sheri Feinberg, left, discusses her meal plan with Vitality Gourmet owner Jodi Jones, a sports nutritionist who started the company almost two years ago as a private chef cooking organic meals as a way to get people to live healthier.

A: Eating organic foods means you're not having all those chemicals (from pesticides and fertilizers). They're going to be more nutritious. They're going to taste better.

Q: How can chemicals be harmful to the body?

A: They're known to be cancer-causing agents. Your body does not know how to process it (chemicals). It's foreign to the body. It rejects it. It fights against it.

Q: How long does it take for the body to adjust to the natural foods?

A: It depends on how toxic your liver is and how clean your colon and bowels are. Every body is different. Most people it takes one to two weeks. For some people it's immediate. Some people feel better in one day. Some people it can take a week. They don't have the same intestinal discomfort. The bloating goes away.

Q: How can organic food help with curing diseases or illnesses?

A: The foods provide natural anti-inflammatories. It helps protect the intestinal track with the amount of fiber used. The typical American is eating 6-8 grams a day. You should have 25 to 30 grams a day. We provide 28 to 30 grams a day. It also helps balance blood sugar level so it's helpful with people who have diabetes or are hypoglycemic. It helps with people with hypertension. It helps lower blood pressure. It helps people lose weight. It helps lower cholesterol. It can reverse your physiologic age up to 35 years. People that feel 80 on our program when they start can feel as young as 30 after 90 days. It's amazing.

Q: Do you cheat on the program?

A: Every week I cheat. One day a week is a cheat day. I really like pizza. But the customers don't feel like they are cheating because they don't feel like they're dieting.

Q: Describe your Vitality Cooperative Cooking Program

A: The co-op program is where we have 10 people per group. Each person makes 10 servings of one recipe. We give them packaging materials and they have to follow the packaging standards. They get together one day a week and they do a meal exchange.

For more information, visit

vitalitygourmet.net

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