

## PREVIEW\_ Dawn Ann Jameson - Interview (FL FEB 2017) 1

**D.A. Jameson:** When we talk about reducing carbohydrates, you can't just reduce carbohydrates. You have your proteins, your fats and your carbs. And one of the keys that I learned was that reducing carbohydrates, that's good because they're not essential first of all.

So that doesn't mean, I don't say to people, "Don't eat carbohydrates" or "they're bad." No, no, but understanding... But then you must understand that your body needs fat. And when I started embracing that idea, I could not believe how well my body responded.

My mental clarity went through the roof, my energy... I've always been a high-energy person, but my energy level was just profound. It just soared, it truly did and it allowed me to do more of what I was being called to do, which is now to help other people on their journey.

So fat, introducing fat, understanding that you must eat a higher level of fat, the body needs fat and when you eat a good quality fat your body says, "Thank you." "Thank you." So that was a big lesson for me.