

# Panty Hose Demo Instruction

For more detailed information see power point presentation

## PREPARATION

To prepare for the demo you will need to buy everything that is provided on the shopping list. Do not substitute. The little details are very important. Have the food bought and prepared ahead of time. Make sure to cut the panty hose at the toe and the top of each leg to make 2 long tubes for the demo. Make them as long as possible. Right before the guests arrive, you need to set up a card table with a plastic or washable tablecloth. Place all the unhealthy foods on one side of the table and lay them out in order of your meals (breakfast, lunch and dinner each on a separate paper plate). Place the large bowl in the middle of the table and the healthy foods on the other side. Put the mixed fruit and veggies on separate plates and make sure they are chopped and colorful. These should be chopped before the meeting and stored in Baggies. Be sure to have everything prepared in advance so you will have time to welcome your guests. It is a good idea to assign the hostess or host the responsibility of preparing these items for the demo.

## TYPICAL AMERICAN DIET

When you reach the slide that says, "Typical American Diet", you want to ask for someone in the audience to volunteer to help. I like to choose a guy that would have a good sense of humor. Now place the table in the front of the room so that every one can see. Ask your volunteer to hold one end of the panty hose and walk backwards with the other end. This will represent a colon that it is about 5 feet in length and 2 ½ inches in diameter. It can stretch to over 5 inches in diameter. Tell the audience you are using the panty hose to demonstrate how our colon looks after eating the typical American diet. Now instruct your volunteer to hold the panty hose over the large bowl. Have them open one end, so you can put the food in. Tell the audience the story of a typical American day's worth of food.

**SCRIPT:** You're sleeping in your bed and you don't want to get up so you hit your snooze alarm several times. You roll out of bed and head to the shower. You don't have time to prepare a healthy breakfast, so you just simply stop at the nearest donut shop right?"

Now you want to tell them all the things this donut has in it and what it does inside your body. Place the donut, in several small pieces, inside the panty hose while your volunteer holds it open. Make sure they are holding the pantyhose up high enough for the audience to see. After putting in each item, squeeze the pantyhose and show the audience how the food gets stuck. Refer to the squeezing action as "peristaltic action". Next you would tell them about the coffee, creamer, and nutra-sweet. Mix them together and pour them into the pantyhose.

**SCRIPT:** Now it is time for lunch. Most people are rushed for lunch so they don't take the time to have a healthy meal. They end up running errands and swinging thru the nearest fast food joint for a nutritious hamburger, fries and coke (use the list of ingredients to point out what this type of food does inside the body). Finally, you get home from a hard days work and you

have so much energy because of your great diet. Right? In fact, you are so tired you just don't have the energy to cook a healthy meal, so you go to the cupboard to find some kind of canned food (refer to the list on what to say. Remember to always squeeze the panty hose after each addition).

**SCRIPT:** After dinner you need a little comfort food, because you had a hard day. You go to the fridge and find your favorite ice cream (we are using the pudding and pretending it's ice cream). Then, right before bed, you have your cookies and milk. After all, it's the American way (refer to ingredients chart). (Hold up the panty hose to show a whole days worth of the American diet) Is this how you want your colon to look? Is there any wonder after years of eating this way, why we have such a high rate of colon cancer and toxins leaking out into our bloodstream? (Place the panty hose at the bottom of the bowl and cover with paper towels).

### **NOT-SO-TYPICAL AMERICAN DIET**

Have your volunteer pick up the 2<sup>nd</sup> panty hose leg. See the list of foods for what to say about our NOT SO TYPICAL AMERICAN DIET.

**SCRIPT:** For breakfast let's just see how our colon does with some fresh raw fruits. The reason you want to eat raw foods is because they are full of enzymes. When we eat foods raw, 30% of the digestion is done for us. Studies show that cultures that eat a lot of raw vegetation have a much longer life span. (Make sure the audience can see the panty hose and be sure they are holding the pantyhose up high enough for the audience to see. After putting in each item, squeeze the pantyhose and show the audience) See how easy this fruit moves through your colon. You could also enjoy some whole grains cereals, oatmeal, and breads. Your villi doesn't get stuck together. Now for lunch, let's have a nice a fresh salad loaded with lots of phyto-nutrients and fiber that actually strengthens the colon. Then for dinner you may want to have some steamed veggies and lean protein like fresh fish or broiled chicken. As you can see, this type of food passes right through our colon! Now, don't you want your colon to look like this? Hold the pantyhose up and show the audience how clean the colon would look if they ate properly.