

by Brigitte Surette

**THE CALTON PROJECT—A SIX YEAR, SEVEN CONTINENT, HUNDRED-COUNTRY QUEST**

Mira and Jayson Carlton traveled several thousand miles in a small, sputtering prop plane, then two hours on a dilapidated, motorized boat. Torrential rains came down in sheets as they huddled on the craft, with only windbreakers to protect them. Arriving at their destination, they boarded a hand-paddled canoe where a guide took them deep into the Ecuadorian Amazon to the Quichua tribe.

They spent the day at the home of their host, Hugo, his wife and their three children. They dined on an elaborately-prepared, traditional feast of rich, plump maggots. The Quichua custom was an honor as preparation was an arduous task, harvesting and serving the protein-rich larvae three different ways. The Caltons sat inside a raised, thatched hut with Hugo and his wife, huddling around a burning termite mound to keep the Amazonian mosquitos and hornets at bay. The children played outside, beneath the hut, laughing and eating passion fruit, plentiful to the region.

As dusk fell, they were entertained and welcomed with tribal customs and ceremonies. A jaguar shaman performed a spiritual exorcism, sucking and drawing breath from Jayson's head. Later that night, they skimmed along the piranha-infested river. The people of the Quichua tribe were robust, healthy, energetic. The ages of the adults were indistinguishable. Mira and Jayson would later learn some of the elders were over a century old.

The following day, the children of the tribe stood before them, dressed in fresh, clean school uniforms. They sang in their native tongue and the Caltons delighted in their welcoming spirit. Their brown faces broke out in bright smiles as Mira and Jayson applauded enthusiastically after their song recital was finished.

Soon after, Mira and Jayson joined the students and teachers for lunch in a nearby gathering hut. The children lined up in neat rows -- girls first, then the boys -- and were served large portions of white rice and beans, subsidized by the Ecuadorian government. After gobbling up the feast, they brought their plates to the front to be cleaned, then returned to their seats, patient and quiet, waiting for dessert.

**From the Calton journals:**

*As we watched these people with their beautiful customs and welcoming demeanor, our spirits fell slightly as prepackaged cookies were passed out to the excited and smiling children.*

*Our journey, it seemed, came full circle as we watched them consume the processed food. The very thing that was the part of the impetus for our exploration.*

**Naked Calories -- The Beginning -- Morning Lecture**

"You have osteoporosis," the physician said to the beautiful young woman who'd come into his office the previous week, complaining of aches and pains. "Your bone density is that of an eighty-year-old woman."

"I don't understand," Mira said in disbelief.

JAYSON & MIRA  
CALTON

**RICH FOOD**  
**POOR FOOD**

**Micronutrients — The Most Crucial and Overlooked "Equation" of The American Diet**

She was thirty years old and was at the top of her game professionally. A PR executive in Manhattan, Mira had a stressful and busy schedule but she always took care of herself. She exercised faithfully. She was thin and fit. She ate the "right" foods, carefully watching her proteins, fats and carbs.

She'd grab a processed, low-fat wheat muffin and coffee for breakfast. A spinach salad with low or no fat dressing for lunch. Dinner was sometimes skipped because of work meetings or networking social events, but she was healthy! She certainly looked the part.

Her physician informed her that her choice was to go on heavy medications to prevent further bone loss. Mira learned of some of the adverse side-effects of going on a life-long prescription and was determined to find another alternative. She left Manhattan and moved to Florida to be near family and seek answers.

There, she met Jayson Calton, a world-renowned Doctor of Integrative Health, Alternative Medicine and Sports Nutrition. Their love of research blossomed into marriage. The two discovered the direct cause of her dismal diagnosis: Micro-nutrient deficiency.

"Micronutrient deficiency is one of the most overlooked causes for nearly every disease, including cancer, obesity, diabetes, osteoporosis and a host of other chronic and serious illnesses. It is the most widespread

and dangerous health condition of the 21st century," Jayson Calton states.

A bold statement but one that proved to be accurate. Within two years of Mira "redefining" her diet and lifestyle choices, she had **completely reversed** her dismal diagnosis.

What was she doing wrong? **Naked calories** were the main culprit.

In a nutshell, naked calories are calories that have been **stripped of their nutrients**. Our diets consists of macro and micro nutrients. We all know about the macronutrients: protein, fats and carbs. Pick up **any** "diet" book or plan and we're bombarded with information about them. But, very few tout any information about the necessity of micro-nutrients, the crucial and other half of the equation!

What are micronutrients? Vitamins, (A, D, C, to name a few) as well as essential minerals and fats such as Omega 3 and 6. Obesity rates have soared, despite our obsession with our diets.

Why? It's the way in which are foods are being processed, delivered and consumed. If micronutrients are missing, we're still taking in calories, but the life-enhancing benefits of those calories are sorely lacking. They are, in fact, **naked calories**.

Mira and Jayson's success of reversing her illness led them to embark on a life-changing, six-year journey and to publish their findings in their book, **Naked Calories**. Their book explains **three specific steps**, known as a **Nutrivore lifestyle** that can change your life and your health as well as:

- A personal account of how different countries/cultures are living longer and healthier lives -- what they're doing **and** not doing.
- How our country's history of "over-farming," global food distribution, factory farming and food processing have adversely affected our foods and what you can do to change and **adapt your diet** to that.
- How processed foods, lifestyle behaviors/choices deplete the body of these essential nutrients.
- Why nearly 100 percent of the American population is micronutrient deficient.
- How micronutrient deficiency is the main culprit of most diseases, including those predisposed to "genetic" illnesses.
- How being deficient in a certain micronutrient can cause a person to be **15-30 pounds heavier** and how bumping that micronutrient up can result in losing those extra pounds in **nine weeks**.
- What blocks the absorption of key micronutrients.
- Nutreince™ - the **ONLY** multivitamin on the market that's formulated to meet the ABC's of Optimal Supplementation Guidelines and one that works as an insurance policy to make up the micronutrients that may be missing from your diet.

During the Calton's morning lecture, attendees will learn what they can do **now** to reverse some of the most chronic health conditions that exist in our country and how to prevent the serious illnesses that are linked to those conditions. The "complexities" of macro and micro nutrients will be explained in detailed, easy-to-understand concepts.

