

LET GO AND HAVE FUN, LOSE WEIGHT

By David Scott, A Natural Health Advocate.

This article does NOT offer medical advice and you should always consult your physician before taking any supplement.

The body returns to its own perfect weight as we surround it with the balance of nurturing foods, emotions, exercise, and activities. Easily lose weight and restore health & vitality.

Water the Brain and Gut

Hydrate first thing in the morning to feed the brain. Hydrate in the morning with 1/2 tsp of ancient salt in 16 ounces of water and another 16 ounces with C and electrolytes. Drink water 10-30 minutes before eating to keep the gut hydrated. Consider Magnesium oil or a gel supplement to rub on the skin since our depleted soils leave us deficient in Magnesium. Magnesium absorbs 100 percent through the skin and only about 4-40 percent through the gut.

Intermittent Fasting

Put 12 to 15 hours between the last and first meal. Strive to eat early in the evening by 6 or 7 PM. The body can not do digestion at night. Timing is everything, the body wants to be on time. The body is a food scheduling machine.

Strive to workout daily even if simply walking for at least 30 minutes. Make each walk or exercise daily a personal journey of fun. Embrace the universe about you with vim and vigor. Get out there and celebrate the new you!



Gently Color in the Picture of Food

Make every meal a happy meal that feels calming. Make color the picture at every meal with green, orange, red, white, black, purple ... as much color as you can add from the rainbow.

Remember fresh food is actually cheaper than all of those packaged delights. Learn simplicity in preparing fresh foods daily. Seek out the best foods. If you need to put away for food storage ... use fermentation, canning, freeze drying, drying, and other excellent methods which enable you to capture fresh foods for another day.

Eliminate processed carbs like pasta & bread in every other meal. This burns down sugar stored in the liver. The body then burns fat.

Rebuild the Gut Flora

Flora in the gut is destroyed by drugs, sugar, toxins, or sickness — restore it with Life Extension's Florassist product with Bacteriophages and Probiotics. One tablet daily will build back flora in the gut 30 times faster than probiotics.

Add in probiotics to your diet like cottage cheese and yogurt. Some com-

panies add in billions more probiotics to them — let food be your medicine. Don't forget prebiotic foods like artichokes, asparagus, onions and garlic.

Use Enzymes for Digestion Problems

With high cholesterol take a Lypo Gold capsule by Enzymedica once nightly on an empty stomach. It will flush into the blood stream and eat up excess fat in the blood stream.

With acid reflux take a Digest Basic capsule with every meal by Enzymedica. Have a Digest Gold capsule by Enzymedica for difficult meals like holiday meals. Use an Acid Smooth capsule by Enzymedica only after it occurs. Enzymes have no side effects.

Toxic Relief

Dead food is highly processed. It is high in sugars, difficult to absorb fats, and preservatives with toxic loads. Toxic loads go hide in fat cells to protect the body.



Weight loss dumps toxins into our bloodstream, detox with something like Pectasol C by Life Extension and boost glutathione several times weekly with a Lifewave patch.

Here's To Your GOOD Health!

