

Causes of High Hunger/Low Metabolism and thus Weight Gain:

Genetics	Dehydration	Parasites
Clogged Liver	Carbonated drinks	Lack of sweating
Candida	Lack of sleep	Low muscle mass
Clogged Colon	Cold drinks	Air conditioning
Sluggish Digestion	Lack of sunshine	Skipping Breakfast
Under-active Thyroid	Nutritional deficiencies	EMS
Insufficient Pancreas	Heavy metal toxicity	Eating before bed
Hormonal Imbalances	Poor Circulation	GM Foods
Artificial Sweeteners	Shallow breathing	Additives/preservatives
MSG	Allergies	Yo-yo dieting

That's not even all!

It's not enough to 'supplement' your current unhealthy diet and lifestyle.

It's not enough to do a colon/liver 'detox' and then resume the diet/lifestyle that caused the toxin buildup in the first place.

You must **correct** the imbalances in the body....**restore** functionality....and make lasting changes in your diet/lifestyle to achieve lasting health and vitality! The body will heal itself once the obstacles to health have been removed and functionality has been restored. Often it can happen very quickly!

**Any significant weight loss regimen should be followed closely by a health care practitioner especially if there is chronic illness present.

General Guidelines for Eating Well and Correcting Metabolism Dysfunction

- **READ LABELS!!!** *Be aware of what you are putting in your body. Will it nourish you physically and emotionally?*
- *Avoid at all costs the following:*
 - Trans fats – all hydrogenated or partially hydrogenated oils
 - High fructose corn syrup – including corn syrup, sucrose, dextrose, and maltodextrin.
 - Artificial Sweeteners – NutraSweet, Splenda, aspartame, sucralose, and saccharin.
 - MSG – it is a neurotoxin! MSG falls under countless names that all sound all right, 'natural flavor' for example. Please see additional literature.
 - Nitrites – typically found in cured/processed lunch meats, hotdogs, etc.
 - Fast food
 - Carbonated drinks
 - Tap water
 - Drugs
- *Limit the following:*
 - Microwaving your food
 - Cold drinks – it dampens the digestive power
 - Fluids at meal times - either drink only a very small

- amount of room temperature water or nothing
- Traditional lotions and creams – everything you put

- on your skin is absorbed into the body!
- Air conditioning use
- Fluorescent light exposure
- Liquor and beer

Do the following:

- Eat 100% organic, whole foods as much as possible.
- Raw fruits/vegetables/nuts/seeds and sprouted grains are best once digestive power has been restored.
- Drink plenty of pure, fresh spring water. If spring water is not available, water filtered via reverse osmosis is best. Avoid tap water at all times.
- Get filters for the shower/bath and kitchen.
- Walk...Move! Ideally for 45 minutes a day. Muscle mass is key.
- Switch to Raw Organic Coconut Oil for cooking. You can also ingest up to 2 tbsp to stimulate the metabolism and improve digestion.
- Colonics/Enemas: we recommend a 3 month regimen of coffee enemas at home once or twice a week depending on where you are in the protocols; professional colonics are also an option.
- Take whole food/pure/excipient-free supplements to heal and correct dysfunction in the body.
- Do not skip meals but do make sure the previous meal has passed out of the stomach before eating again.
- Proper food combining allows the digestive system to operate most efficiently. See attached chart for more information.
- Eat your last meal before 6:30 pm.
- Get plenty of rest.
- Get out in the sunshine for at least 20 minutes each day.
- Use natural sweeteners such as raw organic honey or raw organic agave nectar.
- Use natural body care products...if you can't eat your products, you shouldn't be putting them on your skin.
- Use natural cleaning products for your home, clothes and dishes.

Recommended and Beneficial:

- Infrared saunas – 20 minutes a day
- Use a 'Rebounder' for exercise each day
- Get a massage regularly
- Practice yoga – I can't stress this one enough.
- Purchase EMF protectors for cell phones/computers/etc
- Reduce air conditioning in your home/car/office
- Practice stress reducing exercises such as meditation (it doesn't have to be formal meditation – even sitting quietly and breathing deeply for 10 minutes each morning is extremely beneficial), deep breathing, soothing music, etc.
- Take a media fast – avoid the TV/Newspapers/Radio for a day or a week or even a month.