

Liver Detoxification Drink

- ✓ Drink this Detoxification Mixture three times per day for one week only.
- ✓ (Should be done every 90-days for one week).

Cranberry Drink:

Three times per day 8oz. First thing in the morning, before lunch, before dinner. You might have to get some of these at the health store. Wait 15-minutes before eating after drinking.

Ingredients:

- Spring water (8oz),
- unsweetened cranberry juice (2oz or 1/4 of a glass),
- lemon juice (1tsp),
- apple cider vinegar (1/2 to 1 tsp) adjust amount to your taste,
- apple juice (only if drink is unpalatable-max 1/4 cup.)

OPTION: add fiber 2 tbsp husk, powdered fiber or psyllium seed.

Mix together and store in fridge and drink cool

After one week. Substitute this drink. Can be taken 3-5 times per week indefinitely. You will need a blender.

Ingredients:

- Spring water (8oz)
- One lemon (peeled)
- 2 tablespoons of coconut oil or olive oil
- Splenda to taste or favorite juice (1/2 cup)

Mix together and drink.

An **acid pH** has considerable influence over the majority of **weight problems**. It seems that a habitually acid pH can directly cause immediate weight gain. Here's what happens when a system is too acidic. A condition known as **Insulin Sensitivity or Syndrome X** results, which forces too much insulin to be produced, and the body is flooded with insulin so that it won't waste any calories, **it diligently converts every calorie it can into fat. (We don't want that)** An **acidic pH immediately signals the powerful genetic response to an impending famine**, directly interacting with the all important and very sensitive, Insulin- Glucagon Axis. This makes the body produce more insulin than usual, and in turn, produce more fat and store it. In general, the more insulin is available to the body, the higher the probability that fat will be produced and stored, rather than used and burned as energy. Thus, an acid pH will probably alert the genetic response to famine, **directing more insulin to be produced and storing more fat than usual**. Conversely, a healthy, slightly alkaline pH, will be more likely to yield normal fat burning metabolic activity, making no demands on the body to overly produce insulin and make fat, allowing fat-weight to be burned and naturally lost. And, with a healthy pH, there's less likely to be any yo-yo effect, or rebounding from a diet with additional weight gain. As long as *nutritional stores are maintained*, a healthy, slightly alkaline pH allows fat to burn normally for energy, rather than being hoarded under the mistaken biochemical belief of an impending famine.

Coconut Oil and Weight Loss. Scientific studies have reported that the fatty acids from MCTs in coconut oil are not easily converted into stored triglycerides, and that MCTs cannot be readily used by the body to make larger fat molecules. Coconut oil is nature's richest source of MCTs. Not only do MCTs raise the body's metabolism leading to weight loss, but they have special health-giving properties as well. The most

predominant MCT in coconut oil, for example, is lauric acid. It so important to emphasize the value of Lauric Oils. The medium-chain fats in coconut oil are similar to fats in mother's milk and have similar nutraceutical effects. Modern research has now found a common link between these two natural health products----their fat or lipid content. The medium chain fatty acids and monoglycerides found primarily in coconut oil and mother's milk have miraculous healing power. Outside of a human mother's breast milk, coconut oil is nature's most abundant source of lauric acid and medium chain fatty acids. www.coconutdiet.com

Recommended 3 tablespoons per day. Start with one tablespoon and increase to two then three.

Top 10 Tips for Losing Weight.

1. Check your adrenal system for fatigue/cortisol levels (Dominant)
2. Do cardio after weight training NEVER prior or 20-minutes in the morning on an empty stomach.
3. Eat breakfast but make it protein and fat...No carbs
4. Intake 60-70% of your carbs for the day after exercise. Space the other 30-40% out.
5. Keep a 2 to 1 ratio of carbohydrates to protein. 0.8 grams protein to 2 grams carbs per pound of lean bodyweight.
6. Keep a 40% 30% 30% ratio of carbs-protein-fat.
7. Use Linking: Carb with protein or fat Cross Linking: Simple carb with complex carb Keep maximum of 30grams carbohydrates and minimum 14 grams protein. (Except post exercise).
8. Learn your Glycemic Index scale...Buy book and look favorite foods.
9. Wait 35-45 minutes after resistance training before eating/drinking. GH/Test. Wait one hour after cardio only exercise.
10. Eat every 2-3 hours. After meal wait 3 hours...after snack wait 2 hours.
11. Pre-workout shooter: 1 cup OJ/1 CUP of H2O and scoop of whey protein. One hour prior.

Favorite Snacks

- Tomato, avocado, black pepper, basil leaves
- Cabbage (shredded), pineapple chunks, almonds, kale
- Steamed or pickled beets, cucumbers, onion (sautéed)
- Lettuce, apple, lemon juice, kidney beans
- Chickpeas, romaine lettuce, black olives
- Bok choy, asparagus, sugar snap peas, carrots, sunflower seeds
- Cabbage, celery, parsley, cashews
- Steamed spinach, peas, ginger root, lentils, lime juice
- Pinto beans, tomatoes, avocado, olives, red cabbage
- Cabbage, sautéed mushrooms, cauliflower sautéed in butter or coconut oil until slightly brown
- Cauliflower sautéed in butter or coconut oil until slightly brown, spinach, carrots, broccoli
- Cauliflower sautéed in butter or coconut oil until slightly brown, hummus
- Black-eyed peas, kidney beans, bell peppers, onions, parsley
- Red cabbage, cut pears, shredded carrots, cut apple
- Green pepper, cucumbers, carrots, kale
- Broccoli with ranch dip, artichoke hearts
- Cut apple, black olives, celery, lemon juice, mayo
- Lettuce, honeydew melon, strawberries, mint leaf
- Baby spinach, sprouts, celery, beets (raw, not canned)

- Kale, papaya, avocado, apple, black olives

Raw Nuts and Seeds

You can eat unlimited raw nuts and seeds. Eating as many and as much between meals will prevent hunger and cravings. Cut back on servings if you become bloated.

Raw almonds and walnuts are the best

- Almonds Cashews Hazelnuts Hummus Pecans Pine nuts
- Pistachios Pumpkin seeds Sesame seeds Sunflower seeds
- Walnuts Peanut butter mixed with tahini butter (raw sesame seeds)

Eggs-the Almost Perfect Food

The egg is nearly the perfect food for health and weight loss. Cholesterol levels are not increased by eating them and you can lose weight by including them in your diet. The only time I would avoid eggs is if you have sluggish or no gallbladder-then keep consumption to a minimum. Eggs have almost zero carbohydrates and have the highest rating for complete proteins (containing all the amino acids) of any food.

Omelet Ideas

Mix 2 to 3 eggs with sea salt and 2 tbsp of cream until fluffy. Melt 1/8 stick of butter in a pan over medium heat; pour eggs in pan and lightly cook for 1 minutes. Place mixture of fillings on top and flip one side of the omelet over until the omelet is slightly brown.

Awesome choices for breakfast everyday of the week.

- Eggs + goat cheese
- Eggs + salsa
- Eggs + sautéed mushrooms and onions
- Eggs + ground turkey and cheese
- Eggs + red peppers and spinach
- Eggs + cut tomatoes and green peppers
- Eggs + crab and cheese
- Eggs + 3 cheeses
- Eggs + chicken chunks and cheese
- Eggs + avocado slices
- Eggs + cream cheese
- Eggs + broccoli and cheese
- Eggs + meatballs and tomato sauce
- Eggs + Canadian bacon and cheddar cheese
- Eggs + basil leaves and melted cheddar cheese
- Eggs + ham and Parmesan cheese
- Eggs + sun-dried tomatoes with onions and basil leaves
- Eggs + tomatoes, mushrooms and onions
- Eggs + zucchini and eggplant