

7 SIMPLE STEPS TO NATURAL WEIGHT LOSS



**How to Reach Your
Ideal Body Weight &
Transform Your Health**

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INTRODUCTION

First off, I would like to congratulate you for taking the next step in your journey of natural weight loss and holistic health. In my experience, it takes a deeper kind of wisdom to choose holistic and natural solutions over trendy fad diets and magic pharmaceutical pills that promise instant results. So I would like to acknowledge you for taking a stand for your natural health and wellbeing.

As you have probably sensed by now, the process of holistic weight loss that we are interested in is about much more than just shedding our unwanted physical weight, although that's an essential part of it.

The type of weight loss that we are focused on is also about LETTING GO of the habits, thoughts, and beliefs that no longer serve us so that we can make room for empowering new ways of being that support us in becoming the best of who we are.

This ebook was specifically created to give you a step-by-step overview of some of the simplest and most important things that you can do to dramatically accelerate your natural weight loss while improving your overall health and quality of life.

We will just be scratching the surface of what's possible, but I can promise you, that if you do your best to implement these simple changes in your life you will not only lose weight but you'll also increase your energy, strengthen your immune system and just feel better in your body.

You are not alone.

The holistic weight loss process is both intimately personal and at the same time universal.

We each have a unique story about our weight and yet many common themes and challenges unite us. When we look around we can clearly see that we are not alone in this journey.

Ironically, a century ago the problem of excess weight and obesity was a very rare occurrence. However, in recent times it has become a cultural epidemic that is wreaking havoc on our individual health and collective wellbeing.

DID YOU KNOW:

- 9 million children and teens ages 6-19 are overweight
- Obesity is the #2 cause of preventable death in the United States
- Over 60 million Americans, 20 years and older are obese
- Being overweight or obese increases the risk of health conditions and diseases including: Breast cancer, Coronary heart disease, Type II diabetes, Sleep apnea, Gallbladder disease, Osteoarthritis, Colon cancer, Hypertension and Stroke to name a few.



Every Journey Begins with a Single Step

We are all at different stages in our weight loss journey and wherever you are is the perfect place to begin.

The simple shifts that we share with you in this book are designed to help you reach your personal weight and health goals, even if you feel stuck and have struggled in the past.

You may be a busy professional, who just wants to lose the extra 10-20 pounds of stubborn fat around your midsection, that doesn't seem to go away no matter how much exercise or 'dieting' you do.

Or, perhaps you have recently reached an age where your metabolism is changing and you're slowly but surely putting on extra pounds with each passing year.

Or you could be one of the 60+ million Americans who are considered "morbidly" obese and are now facing the serious health issues and complications that arise for this excess weight.

No matter what your personal weight challenge is, you can start to turn it all around today with the right information and a few simple changes in your daily thoughts and habits.

What Is Your Ideal Weight?

The kind of weight loss we are talking about has nothing to do with the ridiculous photoshopped images and advertising that the media tells us we should look like.

As I am sure you're well aware, advertisers creates an unattainable ideal of beauty that keeps us chasing an illusion and buying more products that we don't really need.

Your optimal healthy weight is unique to you and is based on a host of factors, including; age, height, ethnicity, gender and so on. However, your ideal weight is a personal choice and something that only you can define.

The seven simple steps to losing weight naturally is a set of easy to follow recommendations that will not only help you lose weight but will also support you in transforming your health completely.

As I mentioned previously, we will just be scratching the surface of these 7 steps, so I encourage you to do your own research and test everything for yourself.

This simple yet profound 7-step process has been specifically created to further support the incredible insights, techniques and practices that you will learn in the 30 weight loss sessions of the Holistic Weight Loss World Summit program.

I know that when you integrate the advice that we suggest into your daily life, your natural weight loss will accelerate and your overall health will be enriched.

If you do your best to follow these guidelines you will be well on your way to holistic health, happiness and the body of your dreams!



Step 1

Harnessing the Power of Your Mind - Intention, Visualization and Affirmation

If you have had the opportunity to listen to the holistic weight loss sessions you will know that many experts emphasize the intricate connection between our body and mind.

In my experience the body-mind connection is a 2-way street.

On the physical level, the food we eat creates a biochemical reaction in the body, which in turn affects our moods and the functioning of our minds.

On the subtle level, each thought we think also triggers a biochemical process in the body which affects our mood and the functioning of our physiological systems.

So if we want to lose weight holistically we must not only be mindful of the food we eat but also the thoughts we habitually think.

When we become aware of the profound interdependence between our body and mind we can begin to train them to work together to help us reach our goals and create profound changes in many areas of our life.

Setting A Clear Intention

Before embarking on any journey it is imperative to be clear about our destination. This is especially important when we are intending to transform our health and weight.

The first and arguably most important step of the process of Holistic Weight Loss is to set a specific intention about your personal health and weight loss goals.

This chapter is focused on getting crystal clear about the type of changes that you want to create so that you can begin to tap into the dormant power of your mind to make it happen faster and easier.

Practice #1 - Setting A Specific Goal and Intention

Please answer these questions in as much detail as possible. It is recommended to write your answers down.

1) How much body fat do you want to lose specifically, and from which areas on your body?

Example: I want to release 23 pounds of body fat from around my hips and thighs...



2) Make a list of as many reasons you can think of as to why you want to lose this weight? Be as specific as possible.

Example:

- *I want to feel more confident about myself.*
- *I want my partner to find me sexy again.*
- *I want to lose the weight so that I can fit in to my favorite pair of jeans.*
- *I want to lose weight to prevent disease and live a long healthy life...*

3) How much will you weigh when you reach your ideal weight?

Example: I will weigh 135 pounds when I reach my ideal weight.

4) Imagine you have reached your ideal weight... how does it feel when you look in a full length mirror? Describe in as much detail as possible how it will feel to be your ideal weight.

Example: I will feel so proud of myself. I feel confident and beautiful. I have so much energy and vitality...

5) How will your life look when you reach your ideal weight? Be clear and creative.

Example: I am much more active and outgoing. I am able to wear my favorite outfit and feel attractive. My partner and I are much more affectionate and intimate again.

* Please write down your answers before proceeding to the next exercise.

Now that you are clear about where you want to go and have a sense of what it looks and feels like to be there, it's time to learn a

simple visualisation practice based on your previous answers to support you in the holistic weight loss process.

The Power of Visualisation

What do professional athletes, chess players and astronauts all have in common? They use the power of visualisation to dramatically improve their performance in the 'real' world.

Many studies suggest that our subconscious mind cannot distinguish between real and imagined events. When you begin to consciously and consistently use the simple practice of visualisation, amazing changes will happen in your life.

In this instance we will be focusing on your weight loss and health goals but as I am sure you can sense, this process can be used to facilitate almost any type of change that you can imagine.

Practice #2 - Visualize Your Goal Already Accomplished

1) Take 3 deep breaths into your abdomen (just under your ribcage) and get into a relaxed state of mind



2) Imagine yourself 6 months (or whatever time frame seems reasonable to you) in the future, after you have reached your ideal weight and body image.

3) In this “future memory” you’re wearing your favorite outfit and looking in a full length mirror, feeling so incredible about having reached your ideal weight and body image.

4) Get a clear and vivid sense of how amazing it feels to have reached your personal weight goal and body image.

5) To the best of your ability, sustain this visualisation and amplify the positive thoughts and feelings that are experiencing for 30 - 60 seconds.

Please Note: It is not important that you ‘see’ something in your imagination. Each person uses different sensory modalities (sight, sound, sensation, etc). Just do your best to imagine and feel it in whatever way comes naturally to you.

Your Personal Affirmation

When you are comfortable with the visualisation practice and want to take it deeper, I recommend customizing your own personal affirmation to go with it.

In my experience it’s important to get in a space of gratitude for what you already have before doing an affirmation. As challenging as your situation may seem, please do your best to acknowledge the simple blessings you already have whether it be friends, family, and the roof over your head or simply this breath.

If you feel a connection with a higher power you can infuse what is sacred to you into these affirmations. If you do not believe in a higher power then you can simply connect with your subconscious, inner conscious mind or whatever feels most true to you.

For effective affirmations it’s also important to get in touch with the “future memory” of your intention already being fulfilled and offering gratitude from that place.

Please feel free to edit and change the following affirmation example so that it resonates with you and feels empowering.

Practice #3 - Your Personal Affirmation

“I am so thankful for all of the gifts and blessings in my life.

I am so ecstatic and grateful that I have now reached my ideal weight of ----- pounds. When I look in the mirror I feel so confident and attractive!

I am so thankful that I now make wiser food choices that nourish my body, mind and spirit.

I love being active and doing (favorite exercise) daily. I feel my body getting lean and strong.

Each day I am getting healthier and happier as I return to my natural state of health and wellbeing. I look and feel incredible!”

When you are comfortable with the affirmation and visualisation, combine them together for an amplified effect.



Conclusion

Getting clear about your specific health and weight goals is an important first step.

Once you are clear about the changes that you want to make, tapping into the natural power of your mind through visualisation and affirmation has been proven to further accelerate the results.

Do not underestimate the power of this simple practice. You can do it in as little as 1 minute or as long as you like.

Please do your best to practice this at least twice per day, preferably first thing in the morning and just before bed at night until you reach your weight loss goal.



Step 2

Pure Water: Naturally Cleanse, Detox and Balance

Introduction

Most people know how essential water is for cleansing and hydrating our bodies but few are aware about how much the purity of our water affects our ability to lose weight and create optimal health. Because our bodies are made of approximately 75% water the quantity and quality of the water we drink and bathe in is vital for helping the body to flush environmental toxins, pollutants and synthetic chemicals that are harming our health and impairing our ability to lose weight.

Here are a few ways that clean water helps you lose weight & create optimal health:

- Water fills us up without adding any calories.
- Dehydration will degrade a person's ability to exercise and burn calories.
- Dehydration will reduce protein synthesis which is needed to build or repair muscles.
- Hydration helps maintain optimal pH levels which lowers stress and prevents disease.

Problem

1. Drinking Water Purity. One of the biggest challenge when living in large cities and towns is that most water treatment facilities are not able to remove certain pharmaceuticals, xenobiotics, xenoestrogens, and other harmful chemicals from the public water supply.

If this was not bad enough many water treatment facilities will also add trace amounts of fluoride and chlorine, which are used to kill bacteria but are also highly poisonous to humans and can, over time, adversely affect your health.

So it is my advice, whenever possible, to not drink public tap water unless it comes from a source that has been tested and is proven to be clean.

2. Drinking Water Quantity. The next important factor after the purity of your water is the quantity that you drink. It is recommended that you drink at least 6-8+ ounces (2 liters) of pure water each day to cleanse and flush your system and create the optimal pH levels.

3. BPA Free Bottles. If you drink bottled water please be sure to check that the bottles are BPA free. BPA (Bisphenol A) is a toxic chemical that is classified as a "xenoestrogen" which means that it mimics estrogen in the body and cause a wide array of health related problems. Studies have also linked BPA's to infertility, heart disease and cancer.



4. Bathing Water Purity. According to the health science institute you absorb more chlorine in a ten minute shower than if you drink eight glasses of the same water. Because of this startling fact I strongly advise getting a good filter for your shower or bath.

Solutions

1. Fresh Spring Water. The very best water that you can drink is fresh water from a natural spring, collected right from the source. This water is unfiltered and untreated, unadulterated, naturally structured and pristine.

Finding a good spring water source is literally the best thing you can do for not only weight loss but also for preventing disease and maintaining optimal health. You can locate a spring almost anywhere in the world on findaspring.com which was created by one of the experts in our summit, Daniel Vitalis.

2. Reverse Osmosis. The next best water source is Reverse Osmosis which you can purchase at many water companies, grocery stores or you can install a filter in your home. As mentioned above, please be sure that if your water comes in bottles that they are BPA free.

3. Bath and Shower Filters. If you know that your tap water has chlorine, fluoride and other impurities in it, I would also advise that you purchase a filter for your shower or bath. You can google 'shower filter that removes chlorine and fluoride' to find one that's right for you. This will help to eliminate some of the additional impurities and insure that you and your family are getting the cleanest water possible.

Conclusion

It's important to remember that within minutes the water that you drink and bathe with becomes the blood in your veins. For this reason and many others your water quality is of utmost importance! Please be mindful of the quality of the water you drink and be sure to drink 8+ ounce glasses daily to help your body cleanse, hydrate and in sustain optimal pH balance. My simple advice is to drink **DOUBLE** what you normally feel like drinking. This will help to create the optimal condition for your body to function, flush toxins and make it much easier for you to lose weight



Step 3

Refined Sugar - Replacing Refined Sugar with Healthier Alternatives to Satisfy Your Sweet Tooth

Introduction

According to the USDA, Americans now consume roughly 152 pounds of sugar per year, with 64 pounds from high fructose corn syrup. This is one of the leading causes of weight gain and obesity in North America.

It's well-known that refined sugars are a major factor in weight gain, diabetes and other health issues. What many people don't know is that eating sugars also feeds yeasts (like candida) and other parasites that live in our bodies.

Eating excess sugar also makes our body acidic which leads to premature aging and can leave us predisposed to conditions like cancer and heart disease.

So reducing or eliminating our refined sugar intake is one of the fastest and most effective ways to lose weight, increase our energy and create better health.

Problem

1. Stores as Fat. Sugar is metabolized by the liver, and any excess is converted into fat that is usually stored by the body in the abdominal area.

2. Leading cause of Diabetes. Eating excess sugar can contribute to hypertension, and can also trigger chronic inflammation in the body, making you susceptible to conditions like diabetes.

3. Makes your Blood and Body Acidic. Eating excess sugar causes the blood to become acidic and enables the breeding of fungus, mold, bacteria, parasites and viruses. An acidic body can also weaken our immune response and predispose us to degenerative diseases like Cancers.

4. Feeds Parasites and Yeasts. Sugars also directly feed the candida fungus, which causes us to crave even more sugar. Yep, you heard me correct, there is a fungus in our body that can actually make us crave sweets, so that it can feed... Yikes! Much like Candida, parasites thrive in acidic environments and most of them love sugar.

So if you ever want to cleanse your body of parasites, yeasts or fungi it is essential that you fast from sugar.

5. Causes Premature Ageing. And to top it off, sugar in general creates what are known as 'Advanced Glycation End' products, also called 'AGEs', which literally age you inside and out. AGE's causes wrinkles and liver spots and eventually can lead to vascular stiffness and heart disease.

6. Corn Syrup and Fructose. Our expert panel unanimously agreed that corn syrup in all its forms is one of the most important ingredients to avoid if you are serious about losing weight.



Aside from possessing all of the harmful properties of refined sugar, corn syrup (otherwise known as fructose) has been linked to insulin resistance which is one of the primary causes of diabetes. To top it off mercury has also been found in many products that contain high fructose corn syrup.

Important Note: Most Refined Sugar and Corn Syrup are GMO

Another thing to be mindful of is that aside from the harmful effects of refined sugar many of these products are made from Genetically modified beets, corn and sugarcane. As our experts clearly point out, this also adds many others potential dangers and side effects that we will discuss in more detail later.

7. Most Artificial Sweeteners are worse than Sugar!

Artificial Sweeteners like 'Aspartame' are known to cause numerous adverse side effects in many people and some studies suggest that they can be very dangerous if consumed long term. There are as many as 92 adverse side effects of Aspartame which range from headaches and temporary blindness to brain damage.

So, if you are eating or drinking 'diet' products with artificial sweeteners please consider finding a natural sweetener, like one of the suggestions mentioned in the solutions section below.

Solutions

1. Natural "Sugar Free" Sweeteners. Over the past several years there has been a surge in the popularity of natural sweeteners like 'Stevia' or 'Xylitol'. These natural 'sugarless' sweeteners do not spike blood sugar or have harmful side effects like many synthetic artificial sweeteners.

2. Organic Sugars. If you chose to eat sugar for whatever reason I would recommend eating limited amounts of organic sugars like coconut and palm sugars, blackstrap molasses, raw honey, Agave nectar or maple syrup. These sugars will at least give you some vitamins and minerals and although low on the glycemic index, they will still be stored as fat and will also feed the yeasts and parasites.

3. Eat more Fermented Food. Fermented food contain beneficial micro flora and bacteria that help support healthy digestion and significantly reduce sugar cravings. Regularly eating unpasteurized, 'cultured' fermented vegetables like sauerkraut, kim chi, pickles, apple cider vinegar or organic yogurts, komboucha & kefir will significantly support your digestion and creating better health. We will discuss this in more detail in step number six.

4. Cut Back where you can. If you chose not to eliminate sugars from your diet then it is advised that you cut back wherever possible. Put less sugar in your coffee & tea, or eat a piece of fruit instead of a processed sugary snack. Every little bit helps!



5. Do a Sugar Cleanse or Fast. If you are serious about your health it is advised you do a sugar cleanse at least once per year. In combination with other herbs, this will also help you to flush yeasts and parasites from your system and create a optimal pH balanced for greater health.

Conclusion

Refined sugar in our diet is one of the primary causes of our weight gain and the leading cause of diabetes.

The simplest advice I can make is to replace refined sugar in your home with Xylitol or Stevia. This subtle change alone can have a big impact.

Aside from reducing and eliminating refined sugars it's important that you also look for 'sweetness' in other areas of your life.

Sometimes we can crave sweet foods, desserts and candies to compensate for emotional or mental distress, so the best antidote sometimes is more contact, friendship and acts of kindness. You could call your friend, help a stranger, or play with a puppy. This is one way that you can cultivate a natural sweetness in your life and feel more emotionally satiated so that you will not need to use sweets to fill a void.



Step 4

Iodized Salt - Replacing Iodized Salt with Healthy Salts to Optimize Your Health

Introduction

Unrefined, natural salts, (like sea salt) contain essential mineral for our bodies to function properly.

Unfortunately the iodized table salt that most people put on their food has no nutritional value and actually leads to weight gain and variety of other health issues.

When you consider that the average person consumes 4,000 to 6,000 mg of table salt (sodium chloride) each day, and heavy users can ingest as much as 10,000 mg in a day, it is clear that this is a serious and pervasive issue.

Much like refined sugar, iodized salt is processed and stripped of all of its nutritional value and turned into chemical 'sodium chloride' which is basically a mild poison in the body. To make matters worse some Aluminum hydroxide is often added to improve the ability of table salt to pour. Aluminum is a light alloy that deposits into your brain - a potential cause of Alzheimer's disease.

So it's easy to see how this simple change of what type of salt you eat in your daily diet can have a huge impact on your ability to lose weight, stay healthy and prevent many types of diseases.

One common mistake that many people make, is to avoid salts altogether in their diet. This can eventually, lead to other problems with your health. Good salts are essential for optimal functioning of our organs, blood, etc. Lack of good natural salts lead to other imbalances and deficiencies which can lead to weight gain and other health problems.

Problem

1. Iodized Salt causes Cellulite to build up. Eating iodized table salt causes acidic edema, or excess fluid to build up in the body tissue, which is leads to the build up of cellulite. That's why doctors tell us to avoid salt. For every .035 ounces of sodium chloride that cannot be eliminated, the body uses 23 times (23x) the amount of its own cell water to neutralize the salt.

2. Obstructs Healthy Digestion. Iodized salt has the preservative characteristic of being a natural antibiotic. As we know antibiotics will not only impede bad bacteria, it will also kill the friendly probiotic bacteria which will create imbalances and allow yeasts to grow in excess.

Salt causes excessive thirst because it pulls water from the bloodstream and causes dehydration. These two factors have a very detrimental effect on our digestive system.

3. Raises Blood Pressure & Causes Heart Disease. Too much sodium intake contributes to high blood pressure, which is one of the major risk factors for heart disease.



According to the Institute of Medicine, older people and those with chronic diseases including high blood pressure, diabetes, and kidney disease are especially sensitive to the blood pressure raising effects of salt and should consume less than normally recommended amounts. However, good salts in combination with clean water will actually help with the regulation of your blood pressure.

4. Causes Many Degenerative Health Conditions. Because the body cannot dispose of uric acid, it binds itself with the sodium chloride to form new crystals that are deposited directly in the bones and joints. This is the cause of different kinds of rheumatism such as arthritis, gout, and kidney and gall bladder stones.

Important Note:

Salt can contain Aluminum and other chemicals. Aluminum hydroxide is often added to improve the ability of table salt to pour. Aluminum is a light alloy that deposits into your brain - a potential cause of Alzheimer's disease. Other iodized salt manufacturing practices include adding potentially toxic iodine and fluoride to salt and other dangerous preservatives that are not required to be listed on the packaging.

Solutions

1. Switch to Himalayan salt, Natural Sea Salt and Celtic Salt. Throw out all of your iodized salt and switch to natural unprocessed salts. These salts taste virtually identical and are actually good for you in moderate amounts.

2. Use alternative substances to flavor foods. Fresh herbs, lemon or lime juice, garlic, ginger, chili, and other herbs and spices. Citrus fruits (lemons, orange, tangerine, and lime) add zing and flavor to almost any dish.

3. Start taking trace minerals. One way to supplement the healthy salts and minerals in your body is to take trace minerals which you can find at most health food stores.

4. Cut back when you can. Avoid processed and fast foods whenever possible as these are the worst sources of excess iodized salt. And when dining out, try requesting NO SALT.

Conclusion

Eating good salts daily is an essential part of a healthy diet so making this small shift in your dietary habit can make a huge difference in your ability to manage your weight and improve your overall health and wellbeing.

Simply swap your iodized salt for organic Himalayan, Celtic or sea salt. They taste better than iodized salt and you will get the other essential minerals that serve not only our bodies but your overall health.



Step 5

Gluten - Replacing gluten with healthy alternatives to lose weight and dramatically improve your health.

"Non-gluten" foods have become increasingly popular over the last several years because of greater awareness about the harmful effects that gluten has on the body. There is also a rise in Celiac disease, a severe allergic reaction to gluten that affects as many as 1 in 33 people.

Gluten is a protein that is found grains like wheat rye, barley and is often used as a filler and binder in many processed foods.

Gluten one of the most prevalent ingredients in many popular foods such as breads, cereals, spaghetti, noodles, lasagna, pizza, cookies and the list goes on. Unfortunately, people that follow the Standard American Diet (SAD) are encouraged to eat several portions of grains and breads every day, even though there is significant evidence that suggests that gluten may be adversely affecting our health and ability to lose weight.

One primary problem with gluten is that it causes the intestinal tract to become inflamed and thus obstructs our bodies ability to absorb nutrients and minerals and ultimately causes undue stress. Studies have also suggested that an allergic reaction to gluten can cause joint and even brain inflammation as well as a host of other health issues.

Another important fact is that the glutamate content in gluten is known to kill brain cells. Glutamate is an excitotoxin, which means it over excites brain cells, which either damages or kills them. Its docking station in the brain is called the NMDA (N-methyl-D-aspartate receptor). Excessive excitation of this receptor is linked to many psychiatric disorders.

Problem

1. Gluten Causes Weight Gain. Intake of gluten dramatically raises insulin and since it is such a strong allergen it also raises cortisol. Elevation of both of those hormones leads to extra inches around the waist line.

2. Gluten inflames the brain. The autoimmune response to ingesting gluten inflames the brain. It deposits a type of plaque that interferes with proper communication between cells.

3. Gluten is associated to osteoarthritis. Removal of gluten from the diet can significantly reduce pain levels.

4. Gluten Inflames the Intestines - This obstructs mineral & nutrient absorption - which in turn weakens the immune system.

5. Gluten exacerbates autoimmune symptoms. Many studies have shown that the removal of gluten lowers all common symptoms associated with autoimmune diseases.

6. Gluten will impair your thyroid. Intolerance to gluten has been shown to negatively affect thyroid function.



7. Gluten can induce depression. The inflammatory response to gluten consumption can induce depressive symptoms. No amount of therapy will help your depression if you are gluten sensitive.

8. Gluten is associated with accelerated aging. Dermatologist Nicholas Perricone M.D., points out that the inflammation associated with consumption of wheat leads to faster wrinkling and the avoidance of wheat leads to faster skin regeneration.

9. Gluten aggravates menopausal symptoms. Removal of gluten lowers the frequency of common menopausal symptoms such as night sweats, headaches, mood swings, and fatigue.

Solutions

1. Use Gluten Free grains. Replace your gluten grains like wheat, rye and barley with delicious gluten free grains like quinoa, rice, oats or millet. You can also find alternative flours like organic almond or coconut which are also great alternatives.

2. Buy Gluten Free Product. Fortunately, there are more and more gluten-free products being introduced to grocery stores, cafes and restaurants. However just because they are gluten free does not necessarily mean they are good for you and will help you lose weight. Always read the ingredients and make an informed choice.

3. Do a Gluten Cleanse. Because of the long list of health complications that can arise from gluten sensitivity most deep cleanses involve eliminating gluten from your diet for a prolonged period of time. If you are serious about losing weight and improving your digestive health I encourage you to consider this.

Conclusion

If you are sensitive to Gluten then eliminating from your diet is one of the best things you can do for you health. It will significantly improve your digestion and thyroid function which will further support your natural weight loss process.

However it is important to remember that even when you are eating gluten free foods to eat in moderation and be aware of all of the ingredients, as some gluten-free snacks may contain refined sugar, salt and other ingredients that contribute to weight gain. Try taking a break from gluten for a week and see how you feel.



Step 6

Organic Whole Foods - Replace processed food with organic whole foods to transform your weight and health

Introduction

One of the best things that you can do to lose weight and improve your health is increase the amount fresh organic fruits and vegetables you eat and reduce the amount of processed foods in your diet.

Processed foods are one of the major contributors to weight gain, obesity and degenerative disease in our culture. They are designed to taste great in the moment but down the road they poison our bodies and lead to a plethora of health issues.

And to top it off most processed foods contain a variety of GMO ingredients, which evidence suggests has many harmful side effects such as organ damage and sterility. Because of this and other issues, I cannot advise strongly enough how important it is to eat organic foods.

Eating and juicing organic foods, especially green leafy vegetables daily is one of the best things you can do reach your ideal weight and maintain optimal health.

The Problem

1. Processed Foods. Most people know that the biggest sources of weight gain are processed and fast foods. Aside from loads of refined sugar, salt, gluten and GMO these foods also contain unhealthy fats called "Triglycerides" which clog our arteries and lead to obesity, heart disease as well as many other health issues.

2. Genetically Modified Organisms. GMO foods are proven to contain significantly fewer vitamins, minerals and nutrients than organic foods and certain evidence suggests that they are potentially very damaging to our health. Because we do not know the long term effects of GMO foods have on human health I would strongly advise eating organic food as much as possible. GMO crops have been banned in many countries because of these and other ecological concerns.

3. Synthetic Pesticides and Fertilizers. Aside from genetic manipulation, GMO foods often use industrial farming methods that include the use of synthetic pesticides and fertilizers that are highly toxic to humans and the environment. Even though only trace amounts get into the food supply these chemicals can accumulate over time and seriously harm our health.

4. Factory Farming. If you are a meat eater it is also important that you try to find the most organic, ethical and sustainable meats and eggs available. Aside from the fact that many industrial farms treat animals inhumanly, they often use GMO corn, soy or wheat to fatten them up, while injecting them with hormones, antibiotics and other synthetic chemicals.



Solutions

1. Grow your own food. The best way to assure the quality of your food is to grow your own!

There are now many urban communities that have co-op farming initiatives, where you can grow and share fresh food with others. Sprouting is another great way to grow living organic foods year round in any climate. The process is relatively simple and can help you become more self-sustainable and enrich the quality of your health. Please be sure to only use Organic or Heirloom seeds for your garden.

2. Buy Organic Produce. Eating more fresh locally grown organic produce is one of the best things you can do for your health and the planet. Fortunately many people are becoming aware of the dangers of GMO and Industrial farming and are demanding more organic foods. Many cafes, restaurants and grocery stores now carry extensive selections of organic produce and over the coming years the trend will continue.

3. Buy Ethical Organic Meats. If you are a meat eater that cares about your health it is essential that you know where your meat and eggs come from and how they are raised. Buy organic free range eggs and sustainably raised organic meats.

4. Juicing. One of the most beneficial health practices that you can do is fresh juicing. Juicing with organic produce is the foundation of many cleansing and detoxification practices and when used daily can be a big catalyst for helping you to lose weight and create better health.

5. Fermented Foods. Fermented food contain beneficial micro flora and bacteria that help support healthy digestion. Regularly eating unpasteurised, 'cultured' fermented vegetables like sauerkraut, kim chi, pickles, apple cider vinegar or organic yogurts, komboucha & kefir will significantly support you in maintaining your ideal weight and creating better health.

Conclusion

Eating more organic whole foods and less processed foods will have a tremendous effect your overall health and ability to lose weight. Although organic foods cost more, there is a good reason why. They contain many more vitamins, minerals, and nutrients than genetically modified foods and do not have any potentially harmful side effects.

Please be aware that food that are branded 'natural' often contain GMO's. So, unless it specifically says organic, don't be fooled by the marketing!

If you are not doing so already I encourage you to eat more organic foods and eliminate GMO and processed foods from your diet. Your body will thank you :)



Step 7

Movement - Finding A Daily Exercise That You Love to Stay Fit For Life

Even though the dietary changes that I have recommended in this ebook will accelerate your natural weight loss, you will not be able to attain optimal health until you incorporate some type of movement and exercise into your life.

For people that are extremely overweight this may simply involve a walk around the block or a gentle swim to get the blood & lymphatic system moving.

For people without any serious limitations movement is an essential key to reaching your ideal weight, increasing your energy and creating holistic health.

Aside from the weight issues, lack of exercises leaves you predisposed to a variety of degenerative diseases like diabetes, heart disease and cancer.

With so many jobs that now require us to sit in front of a computer for 8+ hours a day, getting outside and doing ANYTHING can be the difference between feeling “fine” and feeling “great”!

Problem

1. Lack of Movement creates Fat. It's a well-known fact that if you are not burning the calories that you eat with physical activity your body will automatically store it as fat. And as you get older and your metabolism naturally slows down, it's even more important to stay active.

2. Increases Your Stress. Lack of exercise causes higher blood pressure and increases stress hormones like cortisol which impair the immune system and cause you to gain more weight.

3. Predisposes You to Disease. Lack of regular movement and exercise can lead to a wide variety of serious health issues that include, diabetes, heart disease, cancer and osteoporosis.

4. Causes Depression and melancholy. Those who do not exercise regularly are prone to depression and lethargy. When you exercise your body creates endorphins, like serotonin which act like a natural antidepressant to lift your mood and increase your self-confidence.

5. Weakens metabolism and immune. Lack of movement causes toxins to build up in the blood and lymphatic system which further impairs your immune and organ function.)



Solutions

1. Get outside! One of the best exercises that you can do is a simple walk, run or bike riding in Nature. Not only do you benefit from the physical exercises but your stress is significantly reduced just by the fresh oxygen and being in a natural environment.

2. Rebounding. Perhaps one of the best exercises for working up a sweat and helping the lymphatic system clean toxins out of your body is rebounding on a trampoline. Most mini trampolines are inexpensive and you can do it at any time, in the comfort of your home.

3. Do something fun. The best way to stick to an exercise habit is to do something you enjoy. Maybe you like playing sports, going to yoga or belly dancing. Remember what you loved doing as a kid and try that!

4. Work up a Sweat. Sweating helps to release toxins and unhealthy hormones from your body. If you are physically capable I would encourage you to exercise until you work up a good sweat, this will usually take between 10-20 minutes depending on your intensity.

If you are not able to work up a sweat with a good workout I would recommend a sauna, preferably and infrared sauna to help stimulate your blood and lymphatic system.

5. Find Support. To get your butt in gear it is sometimes a good idea to find a good health coach, fitness trainer, or friend to help get you over the hump.

If you are really serious about getting in shape consider asking or hiring someone to keep you focused on your goal. Besides, it's usually more fun when we have someone there to keep us motivated!

Conclusion

We all know that exercise is essential for our overall health and longevity. The best part is that it doesn't have to be a chore. The beauty of consistent movement is that it builds momentum and before you know it you LOVE doing what you once resisted because you feel so good.

Regular movement and exercise act like a natural antidepressant and boost our mood and energy levels. So what are you waiting for... get moving!



7 SIMPLE STEPS TO NATURAL WEIGHT LOSS

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