



THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
WORKBOOK

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INTRODUCTION

Welcome to the Holistic Weight Loss World Summit Workbook!

In this amazing little workbook you will find some of the simplest and most effective holistic weight loss tools, tips and strategies currently available, to accelerate your natural weight loss and improve your overall health and wellbeing.

This workbook is best used in combination with the 24 audio sessions in the holistic weight loss world summit program but it is also a powerful guide to natural weight loss in its own right.

We have designed this workbook to give you quick access to some of the most important and practical weight loss information that our amazing panel of experts had to offer.

I know that if you listen to the audio sessions and apply what we show you in this workbook you will not only lose weight but you'll completely transform your health and quality of life.

That's the best part about losing weight the holistic way, it heals the issue at its root and the weight stays off for good.

What I also love about the holistic approach to weight loss is that aside from letting go of our excess fat, we have more energy, vitality and just feel better in our bodies.

As a professional holistic health consultant who has spent over a decade researching how to create radiant holistic health, I can honestly say that this little workbook contains some of the best and most concise information about how to permanently lose your extra weight once and for all....easily and naturally.

With a few simple changes in your diet and daily routine you can lose weight while create exceptional health for your body, mind and spirit.

I wish you an empowering journey as you return to your natural state of health and wellbeing.

To Your Holistic Transformation,

Shelley





Marianne Williamson

Insights from 'A Course In Weight Loss:
21 Spiritual Lessons for Surrendering
Your Weight Forever'



MARIANNE WILLIAMSON

SPIRITUAL WEIGHT LOSS: INSIGHTS FROM A COURSE IN WEIGHT LOSS

For so many people, whether your addiction is to a substance or merely to a certain way of thinking or acting, a profound humbling occurs when you realize that your problem is bigger than you are.

The terrors of realizing, even dimly, that you have no control over a self-destructive pattern of behavior—that as much as you would want to, you simply cannot stop—can mark a crucial turning point in your life. At that point, you go in one of two directions: either way, way down, or way, way up. . . .

This interview will empower you if you know in your heart that you are an addict, and that you are powerless before your addictive behavior. As the title promises, Marianne Williamson looks at weight loss from a spiritual perspective, bringing you 21 lessons that can be done separately or in conjunction with any other serious spiritual path. These lessons are completely separate from anything related to diet or exercise—they will “retrain your consciousness” in the area of weight in order to break the cycle of overeating, dieting, and shame that rules so many lives.

Finally, Marianne has brought you what you’ve been waiting for: help to heal your addiction once and for all.

What You’ll Learn In This Session:

- What are the emotional, psychological and spiritual issues involved in dealing with weight loss?
- What is the true nature of compulsive behavior and what breaks the dysfunctional cycle it represents?
- What is the role of a Higher Power in treating compulsion?
- How does one build a healthy relationship with food?
- Is compulsive eating an act of self-love or an act of self-hate?
- What is the miracle that overrides a compulsion?
- How does one re-align one’s nervous system and appetites with one’s perfect spirit?



WEIGHT LOSS TIPS FROM MARIANNE:

1. Connect with a Higher Power

If you have a connection with a higher power and want to create a shift in your weight, your health or your life

this practice may be the missing link. In Marianne's view all problems have a spiritual root and as she candidly told

Oprah Winfrey "If you could do it by yourself you would have done it already".

By sincerely and consistently connecting with what is sacred to you, and praying for assistance with your weight and

health, Marianne says that you can create miracles in your life.

2. Marianne's Short Prayer for Weight Loss

Please feel free to customize this prayer in a way that feels the best to you.

"We turn now to the divine creator of all

and we place in God's hands the burden that is so hard for us to bear.

This place where we feel time and time again,

dear God, that we fail and yet and we know that in you is all success.

We pray for a miracle.

We pray dear God that we'd cut the cord

that binds us to dysfunctional patterns of any kind.

Defeat, dear God, our self-hatred.

Defeat our self-sabotaging.

Defeat the forces of self-hatred that lead us to betray ourselves time and time again.

And so it is, dear God, that we pray for a miracle and assume that is on the way and so it is.

Amen."



3. Start a Weight Loss Journal

In your personal weight loss journal; write journal entries about issues that you feel are connected to your weight issues, or write letters to other people who you feel have hurt you or to God to ask for help, healing and guidance.

By writing about your challenging emotional experiences you will begin to gain deeper insight and understanding about yourself and the situation.

None of the letters need to be sent, unless you feel it's important, because you're using this journal writing to facilitate healing and integration within yourself.

4. Build an Alter in Your Home:

If you want to cultivate a deeper connection with what is sacred to you Marianne recommends building a simple alter in your home. This alter will serve as a beautiful reminder of your connection to the higher power and is a great reminder to give thanks and pray more often.

In the words of Marianne, "After you build it, every time you pass it, then you're reminded of something and anything you do that reminds us of the divine within us, actually lifts up above the dis-eased within us."

How to Build Your Alter

- Find a location in your home that you can go to quietly, sit without disturbance and is easy to access
- Clear a space in that location and construct a table or floor mat
- Gather objects and artifacts that mean something about what is Divine or sacred to you
- Place these sacred objects and artifacts on your cleared space

In the words of Marianne;

"After you build it, every time you pass it,

then you're reminded of something

and anything you do that reminds us of the divine within us,

actually lifts up above the dis-eased within us."





Marc David

**Shape-Shifting the Body
with Sacred Metabolism**



MARC DAVID

SHAPE-SHIFTING THE BODY WITH SACRED METABOLISM

In this life-changing interview Marc David, takes us deeper into the sacred, cutting through all the chaos and confusion in the field of nutrition, and pointing out that we are at a profound crossroad.

Medical science has finally recognized the important role of diet in optimal health, yet something is clearly missing. Obesity, overeating, pain around body image, emotional challenges with food, digestive ailments,

fatigue and diet-related health concerns are with us more than ever. People have access to all kinds of nutrition

information, but need to search long and hard for true healing wisdom.

Far too long, people have struggled without real answers. In this interview we learn what Marc has culminated in

the 3 decades he has been educating, consulting, researching and gathering a body of knowledge that finally

addresses the root of this collective affliction.

As the title hints at, Marc David is shifting how we understand food, weight, body image and nutritional health.

He inspires and invites us to learn a better way to heal our relationship with food, body, planet, and soul.

What You'll Learn In This Session:

- How calorie burning capacity is fueled by inner transformation
- How metabolism is empowered by trust, love, and forgiveness
- Weight loss and Soul Lessons
- Toxic Nutritional Beliefs and their impact on metabolism
- Weight Loss Science into the Future



WEIGHT LOSS TIPS FROM MARC:

1. Foods Marc Recommends to Avoid for Weight Loss

Sugar

Probably the easiest is to cut down on your sugar, sugar as kind of refined carbohydrates, all the typical store bought pretzels and chips and muffins and crackers and cookies and cakes, et cetera. It tends to be the excess sugar and the excess carbs in our diet that can be pretty problematic. If food is, indeed, influencing us, that's often, times the issue. If somebody is too high in refined carbohydrates generally what that means is they're too low in high-quality protein and they're too low in high-quality essential fats.

Most people, well I should say many people, fat in food is going to equal on their body. Then that might be true if it's poor-quality fat or trans-fats or synthetic fats. Indeed, the true high-quality essential fats that you may get from avocados, from nuts and seeds, from a good-quality olive oil, olives, fish, et cetera, that's, oh, where the action is and will empower metabolism as opposed to detract from it.

We tend to run into problems with most of the commercial meat and dairy products will have hormone residues in them, the hormones that are fed to cows are designed to fatten them up pretty quick. Those hormones do not degrade fully in the processing of the dairy and the meat so they get into your and will do the same thing to you that they do to the cow, which is fatten you up a little faster.

2. Foods Marc Recommends for Weight Loss

Fiber

If you're the kind of person that's eating low fiber and if you're the kind of person that maybe has a history of diabetes in their family, or you've had a lifetime of eating a lot of sugar, then increasing the amount of fiber in the diet will tend to modulate blood sugar and insulin levels and sometimes can be a very interesting way to sort of turbo-charge weight loss.

Now that doesn't work for everyone, but again, there's a large number of people out there, again, as I say don't have a lot of vegetables in their diet and/or have a long history of eating a lot of sugar, a lot of low-quality carbohydrates and/or have a family history of diabetes. Even if you take a fiber supplement that can often yield a very dramatic effect if one truly has weight to lose.

Also a little bit out of the food realm, what's really great for weight loss is to sweat. Sweating means you've inspired body chemistry to a certain place. Even if you don't exercise, there are a lot of people who are doing infrared saunas now. Or if you have a health club that has a dry sauna or wet sauna and you can go in there and begin to sweat, that is a great way for many people to jump-start metabolism as well.



3. A Physical Exercise or Activity Marc Recommends for Weight Loss

Oxygen & X-Factor

Anything that helps you get more oxygen into your system will help you lose weight. I tend to focus less on exercise and more like to inspire people to do movement, i.e., what do you love to do as opposed to what exercise do you think you should do? Any kind of a movement that really speaks to you, that makes you happy to be here. Indeed, just getting outdoors and getting connected back to nature. There's an X factor, I think, that happens when you start to walk in

nature, hike in nature, get with oxygen, get with air, lots of negative ions, connect with the trees and the plants and the sun, there's something magical, something else that happens that when we've been disconnected from that, there's a reconnection that happens that I think has yet to be described, but I think it's there and I think it's important.

4. Other Advice from Marc for Success with Weight Loss Goals

Your Own Unique Way

I would love for each of you to feel really inspired, just about even one thing that came out of this conversation that we just had. If there's one piece that inspires you that you can explore or act upon, I would say, "Go for it," and follow your heart and follow your intuition, and if you're the kind of person that yourself is interested in losing weight, start to ask yourself what would be my unique way to lose weight approach, but if I had a unique way that was truly in alignment with who I am and with how I am in the world and with what I'm about and with how I express myself and with what gives me inspiration and excitement and pleasure, what would that be?

Please take a moment and write out Your Unique Way to Lose Weight:





Gabriel Cousens

Spiritual Fasting & Cleansing:
Lose Weight, Transform Your Health
and Reverse Diabetes



DR. GABRIEL COUSENS

SPIRITUAL FASTING & CLEANSING: LOSE WEIGHT, TRANSFORM YOUR HEALTH AND REVERSE DIABETES

The Greek physician, Atheneus once said, "Fasting cures disease, dries up bodily humors, puts demons to flight, gets rid of the impure thoughts, makes the mind clear, and the heart pure, and the body sanctified, and raises humanity to the throne of God."

In this session Dr. Cousens shows you how cleansing and spiritual fasting can help you lose weight, transform your health and ignite your spirit. Based on the wisdom of the world's ancient healing traditions and the latest breakthroughs in modern science, Dr. Cousens shows you how you can create exceptional health while building a sacred relationship with yourself, the living planet, and all its inhabitants.

What You'll Learn In This Session:

- Learn how a plant based diet can transform your health.
- Discover how you can reverse and heal diabetes.
- Learn how a conscious approach to fasting can strengthen your body and expand your awareness.
- Discover how to cleanse and recalibrate your body, mind and spirit with living foods and organic juices.

WEIGHT LOSS TIPS FROM DR. GABRIEL COUSENS:

1. Foods Dr. Cousens' Recommends to Avoid for Weight Loss

High Fructose Corn Syrup & MSG

High Fructose Corn Syrup would be the number one thing; it spikes blood sugar and insulin levels causing overtime, insulin resistance which contributes to diabetes

MSG or monosodium glutamate is number two because it creates two responses in the body that affect our weight.

It disorganizes the hypovolemic focusing and creates lesions in the hypothalamus. This in turn creates overeating, in animal studies.

It stimulates insulin secretions which secretes what you know what. As Dr. Cousens' suggests in this session;

"When we move to organic choices in our life, we to move out of the culture of death and all the packaged foods, and move into a place where they're going several degrees of organic."



2. Foods and/or Supplements Dr. Cousens' Recommends to Take for Weight Loss

Irvingia gabonensis (African Mango)

Dr. Cousens' while researching in Africa, Nigeria, Ghana, and a little bit of Tunisia and discovered no diabetes.

It was here they learned of a Bush Mango, whose technical name is, *Irvingia gabonensis*, and it was discovered it in Cameroon.

This plant has very unique qualities that no other thing in the world, herb or pharmacological has. These are:

- Reverses leptin-resistance.
- Stimulates weight loss. In a ten week period, in a major study done in Cameroon, there was on the average a 13% decrease in body weight and body fat went down by 18.5%.
- It decreases inflammation which is a key in obesity.
- Decreased cholesterol by 26%
- 32% of the fasting sugar,
- 27% decrease in LDLs, low-density lipoprotein cholesterol,
- Decreased to 52% in C-reactive protein which is
- it increased enzyme which is very important for breaking down and decrease body fat called glycerol 3-phosphate fassil, dehydrogenates. By increasing this enzyme to help break down fat and increased the secretion of adiponectin, makes the body more insulin-sensitive, so you're not insulin-resistance.

Insulin-resistance means you're secreting too much insulin and the body gains fat, because you're getting higher amounts of insulin. And it inhibits amylase which breaks down complex carbohydrates to simple, so this is an incredible herb not, you know, and it really directly, I mean we're more interested for diabetes, directly speaks to us in the weight loss issue.

It's called Bush Mango, but here in the essence called *Irvingia gabonensis*.

It also decreases leptin-resistance that's where the most important thing for losing weight and, you know, beside thyroid and all that, but from the way we're talking.



3. A Physical Exercise or Activity Dr. Cousens' Recommends for Weight Loss

Rebounder (Mini Trampoline)

A rebounder is very, very good for weight loss. It moves the limbs, you can 16 minutes for five times a week and you're getting a very good workout, and you're getting an anti-osteoporosis workout, because you're flexing, you're stressing your bones, and you're getting a good cardiovascular workout.

So I think that's the simplest while, you know, walking is great. But it's kind of cold, wet, windy day that may not be your first choice, but here's something you can do consistently and it takes up very little space. So, I tend to recommend natural people as the simplest, because I'm looking at practicality.

Well this guarantees you have it, and you have it in your house, so as long as your ceiling isn't too low and you bump your head on it, you know, which I've done. It's really easy.

4. Other techniques and practices Dr. Cousens' Recommends for Weight Loss

Living Foods

When you cook food, you lose 50% of the proteins coagulated, 60%-70% of vitamins and minerals, and up to 95% of high in nutrients.

Now, the math of that roughly is you can eat half as much if it's raw and get the same amount of nutrients.

So naturally, you can see where I'm going. You're getting half the calories and full nutrients, so it's a very nice way to lose weight, because you're eating half as much, you're eating 50% of the calories, but you're not having any restriction, and you're really full. So that's I think an important piece to the story.

Again, alpha-fructose don't make it your goal, just live this way, and it will happen, and so that's how I really advise people—I think you can think too much about it and it kind of gets in the way.

So, it's just part of life, part of getting healthy, part of enjoying life is kind of living this way. You have so much more energy, so much more vitality, you feel like exercising, you know. You just feel like moving and being alive, because that's what live foods do that makes you alive.

Create a community for support. You can just share what's going on for you and your life. And that's important and we have part of our network, I'm just explaining, is support. It's nice their levels of support, and you'll find it, and then you have your life of gatherings, your potlucks, they're just many, many levels, but at least you're in a framework where support is there. And people try to do a little bit, and we do we'll do it for sure, because people have, you know, levels of—your struggle levels and motivation, but it's a lot easier with the social support.





Jena La Flamme

Little Known Secrets to Natural Weight Loss



JENA LA FLAMME

LITTLE KNOWN SECRETS TO NATURAL WEIGHT LOSS

In a world where magazines and diet books will have you think that *limiting* your pleasure rather than *indulging* in it is the key to weight loss success, the secrets of pleasurable weight loss are little known indeed. Join Jena la Flamme, who herself struggled with emotional over-eating for 10 years before eventually losing 20 pounds permanently when she discovered this feminine approach to slimming.

What You'll Learn In This Session:

- Why you're still stuck in old eating patterns, even though you're a smart, capable woman and you "know better" – and how to transcend this
- How to trust in the wisdom of your body-even if you've never trusted your body before (or actively distrust it now)
- A new, scientific understanding about your body, your cravings, and your metabolism, and how to use the "wisdom of pleasure" to lose weight forever
- How to move in sensual, pleasurable ways that feel REALLY good and tones your body at the same time...
- Eating tips you can use to really savor every bite of your food and have it stimulate your built in "appetite control" (Did you know you can tell a lot about a woman by the way she eats her food?)
- How to find your pleasure and feed your pleasure. And why doing this is the only way to lose weight permanently

WEIGHT LOSS TIPS FROM JENA LA FLAMME:

1. Foods and/or Supplements Jena Recommends to Add to Your Diet for Weight Loss

Chia Seeds

Chia seeds are a favorite of mine. They're very good for digestion. They're a property of chia seed of fiber and it's like the flax seed in the sense that it has a texture that really promotes good digestion and great bowel movements. And great bowel movements are important. If you're constipated, it's not good for weight loss.

So a chia pudding for example, bananas, ground up chia seeds, cardamom, ginger, cinnamon, some water, lemon juice, pinch of salt and a diced apple. Basically, you blend everything except for the diced apple. You have this delicious banana spicy chi chia pudding and you put that diced apple in at the end for crunch.



2. Foods Jena Recommends to Avoid for Weight Loss

Gluten

Gluten is found in different foods, including meat. It's the most popular one. It's a gluey protein. The word gluten, the root of the word is glue, meaning to bind. They're very binding and sticky. It can cause digestive issues and inflammation and mind fogginess and weight gain. So gluten is definitely something I recommend all my clients to test taking it out.

Take it out for two weeks and then on the 15th day eat a lot of it, and you'll see if you're better off with it or without it. I had a client the other day told me she lost 15 pounds. I said, "Really already?" She said, "Yeah." She had been following her pleasure, sensuality, getting more into your feminine, and all foods gluten free. Clarity is incredible, I'm into clarity.

3. A Physical Exercise or Activity Jena Recommends for Weight Loss

Belly dancing

It gets you into your feminine energy, the movement, the undulations, the figure eights, the circles, the shimmies, that compare naturally to a woman's body and give a lot of flexibility, incredible toning to the abs, to the legs, cardiovascular fitness component as well. I've tried everything. I've tried yoga, Pilates, and I've had the best toning of all of it from belly dancing. Now I'm beginning to teach belly dancing in the programs actually.

4. Other techniques and practices Jena Recommends for Weight Loss

Bragging about your pleasure

To feel one's pleasure. One little practice is bragging. I learned this from mama Jena, the author of Mama Jena's School of Arts and bragging is when you share with going well with you. Usually we hide it. We have a pleasure, "Oh I don't want to tell her because she'll be jealous or she'll judge me." Throw that out the window.

Riding tides floats all boats, that your success, your little achievement, no matter what it was. "I managed to eat lunch in a relaxed way today without criticizing myself." Wow Excellent. Share it. Brag it. Boasting is when you say something in a way that therefore I'm better than you. That's not what I'm recommending. Bragging is we share it with a spirit, and you can have this too.

The context I'd like you to think of is the Pleasurable Weight Loss Movement that we're really building a movement here so that girls in the future when they go, "Oh gosh I need to lose weight," they realize that means I have a deficiency of pleasure, rather than that means there something wrong with me and I need to starve myself. So being a movement needs to spread. And how it spreads is by you taking a stand for the pleasure of your sister or your friend, your mother, anyone, by encouraging their pleasure but bragging about your own, and by stopping to criticize ourselves and others simply for enjoying.





Daniel Vitalis

**ReWild Yourself! Ancestral Nutrition
and Lifestyle for a Modern World**

DANIEL VITALIS

REWILD YOURSELF! ANCESTRAL NUTRITION AND LIFESTYLE FOR A MODERN WORLD

In this inspiring session Daniel Vitalis dispels many of the common diet myths that actually perpetuate the epidemic of weight gain and obesity around the world. With his unique understanding of nutrition and passion for wild foods he shows you how to navigate through the maze of processed and fast foods back to a natural, ancestral diet that nourishes your body, mind and soul.

With his unique wisdom and candor, Daniel demonstrates step-by-step how you can realign with the cycles of Nature to easily lose weight while dramatically improving the quality of your life.

What You'll Learn In This Session:

- How we got here, the shocking history of human diet and nutrition!
- How the modern "Diet Trap" can lure us into a life long struggle with our weight and how to overcome this with real food!
- Never be fooled by food marketing again! How to make food choices you can trust for a lifetime!
- Reversing the Calorie to Nutrient ratio for more satisfying meals that leave you leaner and more comfortable in your body.
- Identifying the good fats from the bad. Know your oils for a healthy metabolism.

WEIGHT LOSS TIPS FROM DANIEL VITALIS:

1. Foods Daniel Recommends to Avoid for Weight Loss

Vegetable Oil

When you touch a bottle of vegetable oil, that's been opened and you can feel that sticky rancidity that's around the cap - that sticky rancidity is what rips up and clogs your arteries. When you hold a bottle of vegetable oil; that is made from 4 ingredients, you always see on the side - contains one or more of the following: Corn, Cotton, Canola and soy which are the most genetically modified ingredients that exist.



Over 80% in most cases over 95% of all of those 4 crops growing in the United States are genetically modified. This is so rampant and epidemic.

If you're eating vegetable oil, you're eating genetically modified food. If you go to a regular restaurant, you're eating genetically modified food because that vegetable oil is what they're using to cook everything. If you're eating processed food, it's got this vegetable oil in it.

Vegetable oil is a crime against humanity no question. The fact that people were convinced and are still convinced it's good for them is a crime. These are the most rancid trans-fats. They completely destroy the tissue quality of your body.

2. Foods and/or Supplements Daniel Recommends to Add to Your Diet for Weight Loss

Green Vegetable Juice or Green Juices

We call them green juices, they can have apple, they can have lemon, they can have orange but they have chlorophyll in them. The power of green vegetable juices, is that you will just feel great after drinking one. Green vegetable juices are so hydrating, refreshing and so alkaline.

In the words of Daniel Vitalis, whose favorite weight loss food is a green drink,

"When you drink one, you feel like you just had a blood transfusion."

Elk Antler Velvet

A great supplement for weight loss is Elk Antler Velvet, as it tunes the metabolism in a really unique way. They help us lose body fat, they help us to build lean body mass, avoid wrinkling, to regenerate, and increase our libido, they even help our fingernails, skin and our hair look better.

It is considered the number one, most regenerative substance in Chinese medicine - a system that is 5,000 years old.

This is the top supplement in all of the Asiatic health systems and has been for a really long time.

It is important to note that with this kind of supplement, you get what you pay for and all Elk Antler Velvet is not produced the same. Surthrival.com produces a very high quality ingredient, working with elk from the United States, using the most humane methods to harvest the elk antler tips. The integrity levels is extremely high, including using an organic alcohol of their own extract medium and stored in miron, the highest quality glass bottles that exist anywhere.



The miron, protects the inner product from light damage. Survival bring a very high end product to the market.

3. A Physical Exercise or Activity Daniel Recommends for Weight Loss

Walking

People walk, people used to walk and we don't really walk anywhere anymore. It's amazing how little we walk.

We are a species, we're bipedal. We walk and we run. In fact, human beings are the best runners of any animal in the world. A lot of people don't realize that. But we're walkers. If you don't walk, you should start walking.

In Daniel's research, he notes that;

"Indigenous people which are some of the fittest people in the world, the average indigenous person has the muscle mass of our elite athletes.

They don't work out. They just do their daily tasks. Because our lives have become so sedentary, I think getting out for a walk is great and if you're more ambitious than that, interval training is fantastic."

4. Other techniques and practices Daniel Recommends for Weight Loss

A New Lifestyle

It's actually an old lifestyle that's become new - but it's not about secret tricks and little tips. This is about a complete lifestyle reformation and we all have access to it.

It's really easy to do, it's really fun to do, you'll feel so good if you do some of these things. So, yeah, you've got all the knowledge you need right in your genome which we're all lucky to carry that with us.

So we can start this, it's easy but it's a lifestyle thing, shut your TV off, take a walk, drink some green juice, sit in a sauna.





Donna Gates

**The Biggest Weight Loss Mistake:
Why Conquering Candida is Essential**

DONNA GATES

THE BIGGEST WEIGHT LOSS MISTAKE: WHY CONQUERING CANDIDA IS ESSENTIAL

An interview with one of the most loved and respected authorities in the field of nutrition and digestive health, the legendary, Donna Gates.

In this session, Donna shares the proven health strategies that she uses to help obese children and adults, release their unwanted weight and return to peak physical health.

Her work is empowering on so many levels and it is shocking how this basic wisdom about our bodies seems to have been forgotten. Her unique approach blazes a new path to self-healing and weight loss through balancing what she calls our “inner ecosystem”.

What You’ll Learn In This Session:

- What are the Body Ecology Diet has lasting success with weight loss & why so many other diets cause yo-yo dieting
- What is the inner ecosystem and how does it become damaged
- How does an impaired inner ecosystem & candida lead us to hold on to weight and toxicity
- To lose weight, it is essential to repair the inner ecosystem. How to heal it and what types of foods feed candida
- Why food combining is so important to healing digestion

WEIGHT LOSS TIPS FROM DONNA:

1. Donna Recommends an Important Principal to Weight Loss

Food Combining

We pretty much have a culture where we eat what we want to eat. The waitress comes to the table and as soon as she said, “What do you want?” We pick something from the menu that looks very good. We haven’t been really ever trained to tune into our body and say, “Hmm. Right now, I need ... I’m a little sick, I can tell. I need some minerals. I’m going to have some cultured vegetables,” which you can’t get those in the restaurant.



Anyway, and I need some protein right now. I'd like to see everybody start to train themselves to tune into their body and say, "Okay, what do I need ...". Because we don't that, we've been raised in these very complex meals.

We grow up with cereal and milk with sugar in it. We have a sandwich with bread and tuna fish. Anyway, these complex meals – bacon and eggs, orange juice and toast, and so on; our digestive tract was never ever designed to be able to digest food like that. It doesn't digest it.

We end up with a lot of gas, a lot of bloating, a lot of food that isn't digested properly and that travels through our digestive tract causing all kinds of problems, causing us to gain weight and be bloated-looking. Many people have said to me over the years, "I was doing a lot of these things already that you're teaching, but wow, that foodcombining principle really made a difference? All the gas and bloating that I had went away."

When we eat, we really need to choose the food in our mouth. We're so busy today that some people chew, chew, chew and swallow. The reason we have teeth in our mouth is to take the food and chew it up really well. We have taste buds in our mouth, so that while we're chewing it we're supposed to really get this wonderful enjoyment of the food.

Dogs, they don't taste at all. They only smell. Here, we can do both; smell and taste. We should chew, chew, chew; keep the food in the mouth as long as you can, reduce it really to a liquid, then send it down into the stomach. That would help if we're not going to do food-combining to at least chew it.

If you just simply put your proteins like fish, chicken, eggs, whatever you're having with vegetables; don't have it with rice or bread, or pasta or anything like that, you're going to lose a lot of weight.

I've always been amused by these weight loss programs that don't teach that. It's expecting them to teach that, and I'll go through with their meals which they're sending out to people. They are still poorly combined meals.

Gosh, if you want to lose a lot of weight really fast, just follow the food combining roles. Put your proteins with vegetables.

If you're going to have rice for example, have it with vegetables. Don't put the protein and the starches together.

The other important food-combining is if you're going to have fruit, eat it alone. Make sure your stomachs

completely empty, because fruit digest really quickly; like in some fruits in ten minutes and some fruits in 20 minutes, but then it leaves the stomach.



If you've just had fruit and you've also just had a sandwich, let's say, then it's stuck in there with the sandwich, the rest of the sandwich. It wants to get out of the stomach, but it can't.

There's going to be a lot of fermentation, and gas, and bloating and all of that starts to occur. That's one major ...and it's really, really important too. I would put that up there at the top of the list for people that want to lose weight quickly. I would say food-combining is going to give you great results.

One of the things I would highly recommend is do food-combining and you'll love ... Even if you're going to still eat pasta, let's say you'll eat rice, at least eat it with vegetables. Then you eat your protein with vegetables and already you'll begin to lose weight.

On the website, we have a really simple chart that shows you how easy it is that your body ... can't you eat this, this is what you eat. In the book, they can copy that page that's got the food-combining chart on it and put it on their refrigerator with a piece of tape. For a week or so, just keep looking at it. You have to check in with it in the beginning and say, "Wait, does this go with this?"

It needs to be real second nature. I've been doing it for at least 20 years, maybe 25 years, but I think it's one of the reasons that I don't look my age or feel my age, or ask my age is the food-combining. I think it's also very, very antiaging to do proper food-combining.

When I'm out in a restaurant with people and they're eating that way, and I order a dessert with a real fruit or whatever it is, I'm thinking, "How can they do that and still be comfortable?" We're not supposed to feel our digestive tract. We're not supposed to eat until all this gurgling, and gas and bloating at all," and I know they're going to.

People will say, "Gee, you're able to eat a lot of food." You can eat more quantity if you want when you properly food combine. I'm actually so busy all the time that sometimes, I will skip a meal, and when I sit down to have the meal and I'll eat more of it.

I always food-combine. I want to be able to get up from the table, I also take digestive enzymes. I want to be able to leave and not even remember my digestive tract anymore. It's no longer bothering me. For some people, they're pretty miserable after they eat.

2. Three Major Body Ecology Diet Principals Donna Recommends to Increase Weight Loss

Fats, Fermented Foods & Sugar

The most important thing to remember is change the fats that you're eating. Only eat good fats; no more vegetable oil, no more canola oil and so on. Those fats are bleached, refined. It's got to leave the diet.



Be careful with saturated fats. Now that we have the ability to test everybody's genes, most people do not have the genes for digesting or having it metabolizing. Not suggesting even though the metabolizing saturated fats.

Very small percentage of people can handle that butter, and cream, oil or any amounts of it.

The other thing now ... One is fat. Two is the thing I would focus on is adding something fermented to your diet, really getting into fermented food, really embracing them. The third thing I'd say, is start avoiding sugar and start by adding Stevia or something, one of the good sweeteners that you're drawn to.

The most important of all of them is adding those fermented foods, because those microbes help you digest the fats and they take away your desire for sugar, so you're not craving it, and they eat sugar, the center of food like the foods on our diet. But that would be very low in sugar, it will be the berries, lemons, limes, grape fruit, the low sugar fruits and even in vegetables. There are actually sugars in carrots and onions, believe it or not.

There are some, like if you take sweet potatoes and just grate them and put them in a salad, they're not sweet.

By the way, they're delicious in a salad, but if you bake them; now, you're concentrating ... all that sugar is concentrated. Basically, it's very, very sweet and we wouldn't eat those any stage of Body Ecology while we're bringing the yeast under control.

3. Other techniques and practices Donna Recommends for Weight Loss

Step by Step

I hope people don't feel overwhelmed. One of our principles is the principle step-by-step. Just pick up a tool or two that sounds interesting and do that. Later on, come back and pick up another couple of tools. It's really not hard to do if you do it that way. Tiny little increments; that's another principle of nature. The sun comes up in tiny little increments and goes down in tiny, little increments. That's our way too.



4. Final Advice from Donna for Weight Loss

Self Love

I was talking with Louise Hay, who owns Hay House publishing. I'm sure many people know who she is. I won't go into that, but we were talking the other day about willpower. She said that really and truly, she thinks it's all about self-love. People who really care, really do ... the more you love yourself, the more you are going to take care of yourself. I thought that was really, really great advice.

I have taken care of myself very well at certain levels and at other levels not so well; I work too much. I don't get out and exercise as much as I should and would love to. Really, I'm looking at that and thinking, "What part of me doesn't love myself enough to take the time off, to take a 30-minute walk once or twice a day or go to a yoga class?" She just told me that a couple of days ago, so I've been thinking about that a lot - watching myself and I'm asking myself that question.

Part of my problem is I've got all these things in the schedule. Absolutely, I've already started telling everybody, "I'm not doing that, I'm not doing that. I'm not doing this. In April, I'm lightening up and do the things I really love doing most."

That's one good thing about getting older, I will say, is you become more authentic and you do know yourself better, you do like yourself better. Time you get old, you feel better about yourself and you did when you're young.

I hope a lot of people listening to this are young and they are interested in learning all these important tips about growing old very, very slowly; not aging, detoxifying and learning to love themselves.

I would say that's the most important thing I would like to have people remember, is that it's all about self-love. Love yourself and it will get a lot easier





Shawn Stevenson

Cracking the Fat Loss Code



SHAWN STEVENSON

CRACKING THE FAT LOSS CODE

There is a little known, but BIG difference between losing weight and losing actual unwanted fat mass.

Your body runs very specific programs to determine how much fat you're getting rid of and how much fat you're storing. I'm going to train you on what some of these specific systems are, and how to maximize your ability to burn fat at its highest potential!

What You'll Learn In This Session:

- What organs are responsible for regulating fat loss.
- How your main fat loss organs get damaged through day-to-day life (and what to do about it!).
- A powerful training technique to help you burn more fat for up to 72 hours after your workout.
- What group of foods are CRITICAL to your unique body type to help you burn maximum fat.

WEIGHT LOSS TIPS FROM SHAWN:

1. Foods Shawn Recommends to Avoid for Weight Loss

Grains

We want to avoid grains at all cost and the huge spike in blood sugar that we get from that. Of course, we're talking about insulin resistance, associated with continually spiking the blood sugar, but we're also talking about that gut damage, leaky gut syndrome.

This condition is a very real thing and it's from putting food into our body called neolithic foods, that haven't been around that long, these are new foods. We can look back historically, and see that as soon as agriculture was introduced, we can see our bone structure begins to change and we became smaller framed. Basically, the degeneration of the teeth and the bones, or cancers. In there we look at archaeological spots where 30,000 years ago there is robust health, and very rare traces of cardiovascular or cancer or whatever could be found.



Then when we started farming grains, we can see 8,000 years ago what damage that it's taken on our bodies. It sounds crazy because we came from this paradigm, learning about meat, whole grains, but guess what – if you look around you, how many people are healthy and they're following this?

So we've just got to take a real gut check and just eliminate grains. Do it for 30 days and see how much more vitality you have and how your waist begins to get smaller and how much inflammation goes down.

2. Foods and/or Supplements Shawn Recommends to Take for Weight Loss

Vitamin C

When your body is in a state of inflammation, and this is another take away that you're not overweight, do not call yourself overweight again, you're over-inflamed. You can call it that or you can say that I'm over acid. You got to change that voice in your head and how you're responding and talking to yourself.

Again our bodies are doing these processes to actually protect us and your body is in a state of chronic inflammation. That's what this stuff is - its inflammation. When your body is in a state of inflammation which is a form of pain actually, a lot of stress goes onto our organs.

What's been founded is that you need actually about 30-50% more Vitamin C to actually deal with this inflammation. So you need Vitamin C more than anybody, if you're wanting to get rid of weight because it's like a buffer, it's a very powerful anti-oxidant responsible for several biochemical processes. Of course it's critical for your immune system and all that stuff and your immune system is actually going to be fighting with fat because it's like a foreign invader and that's a whole other topic.

Vitamin C and in the form of whole foods, super foods if possible -things like camu camu berry, I don't know why they said it twice but amal berry is another one. What else we've got, acerola (cherry) that's another great one. So you can get these cold-processed super food powders, makes a little fancy lemonade drinks with them and add it to them and get a super dose of Vitamin C and that can help you to lose weight and inflammation.



3. A Physical Exercise or Activity Shawn Recommends for Weight Loss

Non-Competing Muscle Group Super Set

This is the basics and you can do this—there's a beginning, intermediate, advanced levels. Beginner level is doing a form of a press exercise followed by a non-competing muscle group which would be something with your legs. So you can do a body weight squat which there are several, you can do an air squat, you can do a prisoner squat, T-squat, there are a lot of videos for all this stuff. But just the basic body weight squat with proper form and intensity, that's a big key followed immediately go into a press which can be a push up, it can be a long push up if you're not that strong yet, it can be an elevated push up if you're not that strong yet but you're a little bit stronger.

So you do these things back to back very intensely and you've got to be able to change the speed as well and then you rest. And then you repeat it. So that's one thing, people can literally as soon as they get off this call stand up, warm their body up, walk in place or whatever, do 20 body weight squats and immediately go into whatever form of push up you can do. If you're not that strong yet you can find a counter or a table or something that's sturdy.

Be cognizant, you don't want to hurt yourself and you can do some pushups right now focusing on developing your triceps, your anterior deltoids and your chest muscles. And all those really are powerful muscles for burning fat. We just do a simple curl we're working only one muscle, well mainly one muscle. If you're doing a compound movement like a push up, you're working three really strong muscle groups and the more muscle that you're getting to work, the more fact that you're going to burn.

4. Other techniques and practices Shawn Recommends for Weight Loss

Community

Another one of those things that this is the most important part which is very important in the weight loss process, is community. To have individuals who are not just holding you accountable but care about you and that are supporting you, that are showing you love and appreciation for you taking better care of yourself, it's so important. And it's not that you have to have it, it's not many things in the world that we have to have but it just makes the process so much more graceful and enjoyable.

Whenever you do run into a roadblock, a community helps you to transition through that thing, develop a new quality and feel better than you had before. So that's very, very important - being a part of a strategic community, and you will see how the community has a very powerful, profound in what everybody is teaching is very valuable. So community is tops.



Laughter

Practice laughter. Laughing is actually an anti-inflammatory process. We require happiness, we require laughter and this actually turns on certain genetic expressions and it releases certain endorphins to be happy and joyful and to laugh.

Touch

The last one is touch. The human being, the human entity requires touch; we require exposure to love and affection.

What's been seen in many studies is that babies who are born premature, when they're kept in incubators and fed through just random bottle feedings and that's that, they wouldn't develop properly and many of them would actually die according to the studies.

What they found is that the ones that were held and touched and carried by the nurses more thrived and actually developed like twice the body size of the ones who weren't exposed to that touch. And these studies are kind of messed up because touch all the babies, take care of them; we get real profound information that touch is very

important and it doesn't stop when you become a so-called adult.

We're just big versions of babies and kids anyway. So if you don't have a significant other who you trust and who cares about you in this fashion, treat yourself, get a massage, oh my goodness it could be so valuable at healing and also getting rid of a lot of emotional stuff and working out as far as your lymphatic system, getting your body clean and clear to be able to lose weight. And that's that.





Mike Chang

**The “No Excuse” Home Workout:
How to Maximize Fat Loss
& Core Strength**



MIKE CHANG

THE “NO EXCUSE” HOME WORKOUT: HOW TO MAXIMIZE FAT LOSS & CORE STRENGTH

Six years ago, I was overweight and out of shape. Finally, one day I made the decision that I was going to learn how to find a way to lose my belly fat and and create real core strength — no matter what.

When I first started, I made every mistake in the book. But with the help of a few fitness mentors, I finally learned the exercise and nutrition strategies that get you into great shape.

Once I learned this stuff, I got into shape surprisingly fast. It made a huge difference in my life — And I just felt way better about myself when I got up in the morning and every time I looked in the mirror.

In this Session, I'll show you how to get an amazing work out at home using only a towel, yes that's right a towel! I will show you simple exercises to burn fat belly , develop incredible core strength and sculpt the body of your dreams.

What You'll Learn In This Session:

- Build your core strength with these 9 bodyweight exercises to build a stronger, firmer core.
- Beginner ab exercises to start laying the foundation for your abs. I'll show you how you can work your abs safely, and how to minimize the risk of back pain or injury.
- INTENSE advanced ab exercises that experienced guys can use to build ab muscle, and see that full six pack.
- Tips for women to build tastefully defined, feminine abs. I'll show you the 4 exercise adjustments to make to the program to build a toned, feminine physique with real abs – without building excessive muscle or bulk.



WEIGHT LOSS TIPS FROM MIKE:

1. Foods Mike Recommends to Avoid in Your Nutrition for Weight Loss

80/20 Approach

Okay, this one is really not one to avoid at all costs but when someone is trying to reach their goal of losing the weight this is one of the ones that is really common and are actually commonly mistaken as a healthy food.

Everybody knows that you're not supposed to eat burgers, fries, cakes, things like that. It's more common sense nowadays. But the first one is very counterintuitive. It's actually juice, fruit juice. The reason why, it's not that juice is bad for you because it's fruit, fruit is good for you.

When you're drinking let's say a glass of orange juice, just imagine how many oranges it took to squeeze into one glass of orange juice. Someone actually did it before. We did an average size orange and you squeezed all the juice out, you're probably going to get about an inch of juice in a regular 16-ounce glass. It's not too much. Imagine if you get an actual, regular tall glass of orange juice. That's probably at least six oranges. Can you imagine how many people sit down and would eat six oranges? Not too many. It's like overeating, right?

Every time you drink a glass of orange juice, a whole glass of orange juice, you're overeating. You're over-eating the calories. It's not intuitive. It's a really good tip when it comes to losing weight because nobody thinks about the amount of extra calories that's in that juice but also the amount of sugars. When you eat an orange it's not bad because the calories are not too high and there's not that much sugar in just one orange, but if you times it by six now these oranges are not that good for you anymore because you're just eating too much of it. It's what's equivalent to a glass of juice is.

Another thing is you're not getting the fiber in the juice that you do when you're eating an orange. You're not getting amount of that component of the fruits, for the fiber. You're only getting hand on that part. That I would say would be something to avoid. When you reach your goal or when you're having you're quote-unquote cheat meal or when you're going out, it's okay. Drink juice, have a glass of wine like I do all the time.

Just that, people should understand that something like that is not going to help you when it comes to weight loss, that they need to be wary about just understanding. Once they do, they'll know. "Hey, next time if I drink this juice I know that this going to be a little extra calories and have more sugar than what I need. If I do decide to drink it I may need to make some adjustments later on throughout the day because I'm drinking something that's not the best for you."



2. Foods Mike Recommends to Add to Your Nutrition for Weight Loss

Vegetables

The number one food I think that would help people lose weight would be vegetables. I got to be honest, I didn't eat vegetables for a long time. Periodically, but I'd never bought it at the grocery store until ... Here's a funny thing. Once I felt I'm losing the weight, I realized that's because I started incorporating vegetables. It's funny because when you're building up muscle, you talk to an average guy, they don't really like vegetables. "I just like meat and potatoes, steak and potatoes." They don't really eat a lot of vegetables. I grew up with that mentality.

Looking back, that was a major turning point for me when I started incorporating vegetables. I got to thank my business partner Dan. He ate vegetables like crazy. When we first met he was much leaner than I was. I couldn't really figure out why, because we did very similar workouts. When I looked at what he eats, wow. About 50% of his meals were vegetables.

I realized that's because there's so much nutrients, so much fiber in vegetables. Also, it's so low in calories. There's really not much sugar in it at all. The fact that it's just so low it's not going to hurt you. The vegetables, I would say, is the only food that you can eat as much as you want and not worry about weight gain. Everything else you would have to really be proportional, but vegetables you can really eat as much as you want. If somebody would incorporate that, let's say, incorporate a cup of vegetables in every single meal, that alone is going to help them lose the weight plus get them all the nutrients and fiber they need.

It helps fill up that one-half fifth size of new portions because a good amount of that could be vegetables a day. I would say that would be one of the best things to eat and to have that in every single meal.

If I only knew those years ago I would have dropped the weight so much faster. Now I know which is why I make sure everybody else knows that. That has really been a huge change for me. Some of my old buddies back in the days are still don't eat any vegetables. Now look at their bodies. They got big muscles and they're all bulky, but they also have a big belly to go with it.

They always complain about what to eat to lose weight. I'm like, "Just eat some more vegetables." "I don't like vegetables." You actually learn to like it. I've actually grown to liking that. Now I really enjoy eating my vegetables. as far as the food goes there's a lot of tricks that I've learned that make healthy food taste really, really good. I didn't know it back then, which is why I don't want to eat healthy food. Honestly, it tastes like crap. It's dry, it's tasteless. Every meal, "I don't want to swallow this. I don't want to chew this anymore."



Once you realize how to prepare it the right way and you have a couple of tricks to make it taste good and actually use some good fats to make the food taste juicy but yet it's good for you, before you know it it's like, "Wow. It's actually ... our healthy meals taste really, really good." I don't really have an urge to go out to eat anywhere because I'd rather eat my meals because they taste that good. I talk about it in the eating program. That's really helped a lot.

3. Advice Mike Offers for Physical Exercise & Activities for Weight Loss

Burpees

If I could take just one exercise to help them lose weight, I would go with the burpee. The burpee is basically a combination of your basic standing in place. You're going to squat down so your hands touch the ground and then you extend your legs out like it's in a plank position, almost like you're about to do pushups. You can do a burpee with the pushups. If you don't want to or if it's a little tough for you, then you jump your legs back in. You stand up and jump up just a little bit. That's a full burpee.

The reason why I'm recommending this one exercise as pretty much one of the best exercises, it's because it burns ... It uses the most amount of your body parts all at one time and it's not very fancy to do. They use burpees all the time in the military, in the Navy, things like that. The reason why is because they understand when they're trying to get in shape they're not worried about how do their chests look, how their biceps look or how toned are their legs. They just want them to be in physical shape, to be lean and healthy, so they do a lot of burpees.

Honestly, burpees are probably one of the most amount of exercise that I do for body weight. I'll always incorporate burpees in almost every type of body weight exercise that I do. For the fat, it would be the most effective. Burpees alone, if someone just did let's say 50 burpees a day, I guarantee they would drop weight faster than probably any other stuff they've done in the past. Fifty burpees a day.

Burpees are a little tough. It takes a little while to get really good at them but they can start off really slow and just take their time. They can modify it to make it easy to where they don't have to jump up high, or when they come down they can come down one step at a time. It doesn't have to be explosive. It could be really slow. I have that in a lot of my videos too. That is a really, really a great exercise.



4. Other Activities and Techniques Mike that Further Support the Weight Loss Process

Mindset

The major advice is when it comes to losing weight it's a shift in mindset. Somebody has to be able to look at weight loss and go, "Am I losing weight because I'm trying to get ready for this cool party or get ready for this wedding or get ready for some events? Or am I losing weight because I want to do it for myself and not for any other person?"

Because when people are doing it for events, they're doing it for special occasions, they're not losing weight for

themselves. They're losing weight because they want to look good for other people. If they weren't going to go on a vacation or they weren't going to take off their shirt at the pool or be in a bikini for other people to see, they wouldn't do it.

That's what a lot of people's mentality is, which is why people fail when it comes to losing weight. They'll do it for somebody else. The moment they've been in the event they're like "Whew! Great. Now I can go ahead and splurge, eat all the foods that I wasn't able to eat earlier because I just finished the event and now it's over."

If someone really looked down deep inside and they go, "I'm tired of being this weight. I want to be fit. I want to be healthy because that's how I imagine and that's how I envision my future to be, being this healthy, fit person." When they do that, they'll never stop. They'll continue to exercise, they'll continue to eat healthy.

At that point, after they've been doing it long enough they don't have to be so extreme and not be able to eat this and that. I had like six doughnuts the other week. I loved it. It tastes great and it's okay. Once you're in this healthy, fit lifestyle, you'll find that you can really push that 20% limit and eat the foods you like.

That's really encouraging for a lot of people starting off, because it's so tough for people to think, "Wow, I'm not going to be able to eat this food that I've liked for the rest of my life if I decide to do this." It's totally untrue. If someone just goes and sticks to it for this short period with minimum cheating and they reached their goal, once they're at their goal and they're happy with the way they look, happy at the way they feel, then they can slowly start to introduce all of the foods that they're eating before that were maybe a little bad. They introduce things slowly and they balance it out with a new healthy, fitness lifestyle. Now they have the best of both worlds. They eat the foods to enjoy and they look and feel great.





David Wolfe

**The Simplest Natural Weight Loss
Secrets Revealed**



DAVID WOLFE

SIMPLEST WEIGHT LOSS SECRETS REVEALED

Losing weight is not meant to be confusing or hard, in fact after you listen to this free interview, you will realize it can be even faster and easier than you think! Is it really possible to lose weight WITHOUT starving and depriving yourself of the foods you really enjoy? Best-selling nutrition author David Wolfe says you absolutely can.

Contrary to what you might think, losing weight and burning fat doesn't have to be difficult...

In fact, people who lose weight and keep it off, don't use starvation diets, struggle with motivation, take dangerous fat burning pills and

supplements, or count calories. They also don't spend hours and hours in the gym every day.

What You'll Learn In This Session:

- Strategies to lasting weight loss and how you can use them to quickly trim your waistline and boost your energy
- The little known truth about weight loss and why dieting is a complete waste of your time
- 1 simple trick to boost your metabolism and allow your body to shed weight naturally
- What super foods & supplements ignite your metabolism to burn fat in your sleep

WEIGHT LOSS TIPS FROM DAVID:

1. Foods David Recommends to Avoid for Weight Loss

Soda Drinks

The sugar and the phosphoric acid and the acidosis and the water retention caused by soda pop is crazy and it's even worse if it's diet soda and it causes more weight gain than regular soda.



Factory Farmed Meat

Factory farmed meat is labeled with so many chemicals, antibiotics, all of the pesticides that have worked their way up the food chain and are present in the animal's meat which are estrogen forming substances for example DDT is in the food supply and we are getting contaminated with it from our food.

Strangely enough even though that's been banned since 1970 it's still in the food supply and it worked its way up and concentrates higher up in the food chain. DDT is a bad estrogen. So it automatically causes Syndrome X, cancer, all kinds of different problems, metabolic problems and that's not the only one.

There are dozens of common pesticides like that or metabolites of pesticides like that that are in our food chain that are estrogenic and they're causing this epidemic of weight gain because the food supply is so polluted that it's overwhelming our ability to deal with it.

2. Foods and/or Supplements David Recommends to Take for Weight Loss

Raw Cacao

Raw chocolate, raw cacao is amazing because it's so mineral rich. It connects you back to a sacred food and what chocolate really is before it's been processed to death. It also has very powerful appetite suppressants in it.

Chlorella

A super green food like chlorella because that gives you protein to chomp on. So chlorella is pure protein, 65% protein. You can get them in tablets, there's no filler or binder, it's just pressed chlorella. It has a very unique flavor and taste. If you never had anything amazing like this before it's like completely different but because it's so high in protein it keeps your blood sugar stable.

So every couple of hours you eat chlorella, it's essentially no calories and you eat chlorella and you just keep going and going and going so you don't get the blood sugar crash because your protein has gone too low.



3. A Physical Exercise or Activity David Recommends for Weight Loss

Sprinting & Running Stairs

It's going to be like running, sprinting. Nothing is going to take weight off you like a sprint. It's the most powerful thing, it just strips everything right off of you. So sprints would be number one, running stairs would be number two.

4. Other techniques and practices David Recommends for Weight Loss

Saturation

Saturating yourself with the appropriate types of media. Instead of TV tell you what to do you flip that around and you tell your media what you want and then listen to that all the time.

For example have in your mix of songs on your iPod, and all kinds of lectures by success speakers and incredible philosophers and just incredible stuff so every now and then there is a ten minute piece on like how you can succeed, how setting goals is important, all that kind of stuff.

Setting Goals

This is probably the biggest thing to recommend for anybody at this point. If you're trying to lose weight, weigh yourself, put a date down on paper, get a little journal going, put your goals in there as to what you want to weigh and by when, you set a goal, you get a goal and then take it from there.

Writing things down is very powerful in getting that conversation out of your head and onto paper in front of you because you can see where you're going and what your target is.





Dana James

**The Art & Science of
Weight Management**



DANA JAMES

THE ART AND SCIENCE OF WEIGHT MANAGEMENT

Go beyond the usual nutrition realm with Dana James. As a bridge between the world of science and chemistry she can connect us with the underlying emotional and behavioral aspects of weight loss.

She is a master of what the biochemical needs of our bodies are and she reveals to us simple strategies for emotional eating and teaches us about what can be blocking our ability to lose weight.

What you'll learn:

- Learn how our body burns fat and why calorie counting doesn't work
- Discover what food sensitivities are and how they block fat loss
- Understand the difference between environmental control and behavioural control
- Transform your energy by eliminating what takes an enormous amount of energy that could be better utilized elsewhere
- Educate about what role emotional triggers, (positive and negative), play in our personal transformation

WEIGHT LOSS TIPS FROM DANA:

1) Heal your Thyroid

If your doctor has already prescribed you to a drug for hypo or hyper thyroidism, the aim Dana suggests for weight loss goals is to first repair, and then eventually work appropriately with a holistic approach to either come off that medication or you can at least reduce the dosage.

1.1) Stay on the dosage while you continue to take steps to healing your thyroid under the supervision of a holistic doctor or advisor.

1.2) Realize the thyroid regulates your metabolism's balance. There's an important difference to learn about between environmental control and behavioral control that will help you with balance.

Environmental: it's setting your environment up so it works for you and not against you. To help with this aspect you will need to shop in advance, and fill your pantry with good health options. Then every meal is in a way thought out for balance, and you take something with you to keep balanced in your day. That's controlling your environment.



Behaviorial: The behavioral piece will over ride your best intentions! So you want to be able to use your discretion and say yes or no, no matter what is going on, no matter how chaotic it is.

Dana shares an example of a controlled behavior best scenario in her talk. What do you think is going to help your thyroid?

You're traveling and your plane gets delayed. Do you:

- a) Go have that burger over there and watch the news on the tv?
- b) Find an omelet or vegetable soup and sit down to enjoy?

If you guessed the latter, you are on your way to staying balanced with your metabolism and healing your thyroid to further help your weightloss.

2) Releasing Negative Emotions

As Dana shares with us, when we "go into" what has been kept in the shadows of our lives, when you start to face your own shadow and own this part of you, it's so liberating.

To see something kept in the dark of our awareness about ourselves, can play out in our deepest desire to lose weight.

Finding a way whether tools you can use on your own or working with others, that allow you to start to reflect, and to face any negative emotions, and how they can sabotage your weight loss goals is a first step to releasing them.

2.1) Acknowledge your negative emotions that surface around your weight loss goals

2.2) Decide you want to release negative emotions. Make this a new goal! Once you start to release these emotions, through journaling, through music, or working out. The idea is to fully channel the energy of these emotions constructively. This

2.3) Ceate a different habit. If you are an evening eater and you're sitting down to popcorn at 10:00 am, or half of packet of cookies or something like that, you want to commit to breaking that habit, and saying to yourself, "Okay," and replace this habit with something else.

Decide that you are going to do something different, and that's exactly what you do. You do something different, focus on doing the same habit for 21 days.

Here Dana suggests journaling as a habit. It is a great way to actually process those emotions and start to allow them to come out.

2.4) Do something that makes you feel happy combined with the intent of releasing and letting emotions go from your mind. Take a bath with a wonderful oil in it is just so special. Clarify what are we doing when we do blood work? What do we ask for, to get a clear picture?



3) Get a Bloodwork test

There are six things to take a look at, that are standard to biochemistry analysis. Please note Dana is suggesting to analyze from a wellness perspective, not a disease perspective. There will be slightly different cutoffs compared to what an allopathic physician might have.

3.1) Vitamin B: Raise your Vitamin B levels to 50 or higher. The reason for that is vitamin B enables the thyroid hormone to communicate more effectively. If your vitamin B levels are low, it's ultimately going to slow the metabolism.

3.2) Fasting glucose levels: Lower to under 80 and if you are over 80, you really want to cut down on carbohydrates. You want your carbs to be coming principally from vegetables.

3.3) Thyroid test: For most standard thyroid testing, they look at something called TSH first. Dana suggests here anything over 2 there's an issue, and you will want to have a discussion with your physician.

Dietarily what you want to do is you want to take out things that are going to inflame the body. You know what does that? It's gluten.

If anybody that's listening to this call has Hashimoto's, then absolutely take gluten out. There's no question on this. It doesn't matter whether you have a gluten sensitivity or not. Gluten just triggers inflammation within the body, so take that out.

Instead add kale to your diet. Kale is an incredibly nutrient dense vegetable. It's very, very hardy, and you can have it raw or you can you cook it as well. It helps convert detoxification as well, so it might help clear out some of those seven toxins and seven fats.

3.4) Free T4 and Free T3 levels, and these are the thyroid hormones, and the free T3 is the active thyroid hormone and that's what boots the metabolism.

If this is low but everything else is normal, then this explains why it can be really challenging for you to lose weight, because metabolism is being down regulated. You want to work on boosting that up.

Dana suggests for balancing these levels you might want to first assess your energy levels (adrenals) and either do some type of high-intensity interval training to help burn up the extra adrenaline, extra body fat as well. You don't need to do that for long, maybe 20 minutes. It's how ever you feel like.

Or if you just can't get up in the morning and you drag yourself through the day, you probably want to do yoga. The reason for that is yoga is very healing to your adrenals, so go with that.

Even if the yoga isn't cardio-based, it will enable you to lose body fat, because your fat tries to restore some of those fat burning hormones.





Cynthia Pasquella

3 Simple Secrets To Transform
Your Body and Life While Helping
Others Do The Same



CYNTHIA PASQUELLA -

3 SIMPLE SECRETS TO TRANSFORM YOUR BODY AND LIFE WHILE HELPING OTHER DO THE SAME

When it comes to reshaping bodies and transforming lives, Cynthia has plenty of academic understanding, perhaps more importantly she has over 20 years of hands-on, real world experience.

However, what really makes her special is that she has x-ray vision. She can see through the self-doubting, self-loathing, frustrated with where you are on your path (or beat down by where you've been) you to the real you. The you that lives a kick-ass, take names kind of life empowered by your own conscious choices.

What You'll Learn In Today's Session:

- The #1 thing that changed the way I went about losing weight and keeping it off for good
- The one principle that has been key in up-leveling my health, my business, and my life that you can start doing TODAY (and it's 100% free to do but the majority of people don't do it!)
- What roles psychology and spirituality play in total transformation and how you can use them to empower yourself in ALL aspects of your life!
- The two ways you can help others transform their lives in a BIG way while creating a career and a life that you love!

WEIGHT LOSS TIPS FROM CYNTHIA:

1. Foods Cynthia Recommends to Avoid for Weight Loss

Processed Soy

One is to eliminate soy from your diet that would definitely be a food or an ingredient that I would avoid for many different reasons. We know that over 90% of people have an intolerance to soy, which can cause weight to stick around different issues, skin issues, mood swings, fatigue, fuzzy headedness all of those types of things.

Soy is also a goitrogen, which blocks the iodine uptake, which is obviously not a great thing if you're looking to lose weight and again make you hold on to weight longer.

Naturally fermented soy products like Nado or tempeh I think in small amounts are fine for people. I think it would be important for people to see how they personally respond to them to make sure they're not having an adverse effect but processed whey way for sure I always recommend people avoid as well as dairy.



Dairy

Most of us are lactose intolerant; the majority of people have an intolerance to dairy whether or not they know it. It's highly inflammatory to the body and can also cause issues with your hormones.

Alcohol

Alcohol it turns to sugar in the body superfast. It's highly inflammatory. It wreaks havoc on our hormones as well as our waist line.

2. Foods and/or Supplements Cynthia Recommends to Take for Weight Loss

Plant based diet

I don't think that everyone has to but what I see having just a huge impact on people who are looking to lose weight and slim down and see results you know, without having to wait six months to see results and also to avoid plateaus is just really increasing the amount of plant that they have in their diet.

Plants, really fill you up. They have a ton of fiber in them. They have a ton of phytonutrients that you're getting healthy and really nourishing the body so you can let go of weight, which is important, but plants are huge.

Hemp

Hemp has all of the amino acids. It is super rich in essential fatty acids to help us release fat, clear up skin, moisturize from the inside out so that we look awesome and beautiful while we're losing weight. It also has the most perfect ratio of omega-6 or of omega-3 to omega-6 essential fatty acids.

Typically we're really high in omega-6 and not so much in omega-3 and this has the most perfect ratio of any food that we know about. In fact, hemp is considered the world's most perfect food. If you ate nothing else but hemp, you would lead a super healthy, energized, slim life.

3. A Physical Exercise or Activity Cynthia Recommends for Weight Loss

Burst training

Burst training is meant to have maximum results in minimal time. Because we're all super busy these days. So here's how you do it. You can choose an exercise, any exercise and problems going all out like going 110%. Something like running stairs or running uphill or sprints or something that you can just do over and over. You want to do that exercise starting out at about 15 to 30 seconds whatever you can manage. You go as hard as you can go with the workout. Like run those stairs until you literally cannot take another step for the 15 to 30 seconds.



Now if you can go 16 seconds or 31 seconds you're not going hard enough. Okay? 30 seconds needs to be the maximum amount of time that you can do this. If you can do it longer, you're not going hard enough. Then what you do is you recover for 60 to 90 seconds. You want to breathe deep, completely rest and recover from that last burst.

Your heart rate should be back to normal before you return again and then you do it again and then you repeat that ten times okay. Your overall goal is to be able to burst train for up to 60 seconds, recover for two to three minutes and continue doing that for 20 minutes, never longer than 30 minutes. Within 20 minutes it doesn't seem like a good workout.

The advantages of burst training is increasing fat burning and fitness levels compared to aerobic training, also increase growth hormone, which helps to improve healing and increase energy. It can help increase levels of testosterone, which increases muscle tone and energy.

It decreases inflammation. It improves insulin resistance and sugar metabolism which is great for so many of us and you have less impact on the adrenal gland so you don't have your adrenals getting completely exhausted and suffering from adrenal fatigue which we typically see in people who are working out for an hour or two hours and do that seven days a week, you know?

Our adrenals get exhausted and then we're doing more damage because our body is producing more cortisol, restoring more body fat, more belly fat. So that's what makes burst training so beautiful. You don't get that, you get all these benefits and you're doing it for a maximum of 20 minutes a day.

4. Other techniques and practices Cynthia Recommends for Weight Loss

Be here now

We get so caught up in going through the motions and doing and doing and doing that we forget to be.

As we talk about losing weight and improving our health and having these beautiful journeys of transformation, we can't hear the messages that are coming and let our bodies tell us what they need if we're never taking time to listen.

So whether you're sitting down to eat a beautiful meal or whether you're driving home from work, just being really present and really focused to allow yourself time and the space to hear those messages and to receive the things that you're supposed to receive and know what you're supposed to do. You know, in those moments of being quiet and being here now you can think wow, that food I ate that dairy that I ate at lunch really isn't agreeing with me. I'm feeling this now. I'm feeling the tummy issues. I'm seeing I'm a little more foggy headed but you're completely present.

When you sit down at a meal and you recognize the meal and you look at the food and you smell it and you have this moment where you're completely focused and you're thankful and grateful for the journey that this food has taken to get to your plate and for all the people that have had a hand in that. Studies show that you end up feeling more satisfied when you're eating mindfully, when you're present. So if there is any other technique or practice that it can encourage people to do, it would just be to be here now.





Seane Corn

**Unleashing the Power of Yoga,
Chakras & Subtle Energy
to Transform Your Weight**



SEANE CORN

UNLEASHING THE POWER OF YOGA, CHAKRAS & SUBTLE ENERGY TO TRANSFORM YOUR WEIGHT

In the second session renowned teacher, author and spiritual activist, Seane Corn will share about her inspiring journey of transformation and offer powerful insights about how you can use yoga, the chakras and your subtle energy to restore your weight and health to perfect balance.

Seane brings her common-sense approach to living a healthier, happier life through her detox yoga flow process and provides critical information about how to make well-informed and conscientious choices for your weight loss goals, the health of your body as well as the sustainability of the planet. She teaches us how we can integrate this ancient practice regularly, so we affect the magnetic core of our energy systems and change our relationship with literally everything including what is at the root to our weight.

What You'll Learn In this Session:

- Understand the interdependence of the mind and body; how our thoughts and emotions are an essential pathway to optimal health.
- Explore how making conscious and responsible choices – in all aspects of our lives- can help purify our body-mind for weight loss.
- Discuss how yoga affects the energy systems of our body and ties into our relationship to food, self-confidence and self-esteem.
- Learn about the importance of releasing stress, tension, and negative patterns and how that relates to the body, weight-loss and health.

WEIGHT LOSS TIPS FROM SEANE:

1. Foods Seane Recommends to Avoid for Weight Loss

Corn syrup

Get rid of it right away, anything that has, anything you look on the label where there's corn syrup, get away from it. It's refined. Your body cannot break it down. Sugar in general, refined sugars, your body can't break it down. It's going to turn into fat and yet it's so addictive and we as a culture eat more and more and more of it in a way that we never did back in the day.

Anything with the word OSE at the end of it, fructose, glucose, all of that is a variation or a derivative of sugar. So when you look at your labels just go through, you'll see it like nine different times you'll see OSE. Just get it off your list.



Gluten

Within four days of removing gluten, just the water alone the body has absorbed seems to release.

2. Foods and/or Supplements Seane Recommends to Take for Weight Loss

Water

Drink water, stay hydrated as best you possibly can and for a lot of people don't drink enough water. One of the ways you can tell is when you go to the bathroom and you pee. If the color is really bright, you're dehydrated. If the color is more like a wheat color again it's hard to tell if you're taking supplements like vitamin C but if it's more of a wheat color then you're getting good water intake. That's really important for your organs to operate optimally for everything to break down the way that it needs to.

Amino Acids

Making sure it's not necessarily an ingredient but our body needs a mean amino acids and we don't really get enough of them and so introducing amino acids into your diet is also really, really good for you.

Color

Making sure that if there's a lot of color in your plate, meaning the fruits and the vegetables that you eat, mix it up. Get reds on there like peppers and yellows like peppers and tomatoes. Get the greens and keep as many different variety of colors. When you do that you know then you're getting all different varieties of nutrients and mineral

3. A Physical Exercise or Activity Seane Recommends for Weight Loss

Sun Salutations

Modify some salutes where you're linking a movement with a breath. There's this absolute physical salutes and so you can kind of build up to it. It moves all the different parts of your body. Because of the deep breathing, it begins to increase the circulation which has an influence on the lymphatic flow. It creates heat in your system from the inside out kind of like a microwave and that internal heat also helps to release the toxins, helps to create more elasticity in the muscles, the joints, the connective tissue.

There's a variety of movements in sun salutes that includes stretching the shoulders, the spine, forward bends, very gentle back bends. If you're doing sun salutes B there's subtle twists. So the whole body is being worked rather than isolating the poses and so to get some movement in, I would recommend sun salutes.



4. Other techniques and practices Seane Recommends for Weight Loss

Gratitude

My hope is that every day at the end of the day after a long day of being conscientious about diet, about doing whatever you're trying to do as mindfully as you can, in that process is going to be days of great success and days of great frustration, days where you've hit the mark and others where you fell off the wagon. It's important at the end of the day to take a moment, put your legs up the wall or just lay flat on our back, close your eyes, let your nervous system ground.

Sit up, take some deep breaths and take a moment of gratitude for that day for your own personal commitment to health and wellness to celebrate the moments of success and forgive yourself for the moments that you perceived as a failure. To make a commitment not to self-beat, not to compare and not to think you should be anywhere other than where you're at in that moment.

That in the process of losing weight it's a very emotional experience that can be very, very triggering on a lot of different levels and we need to be really kind to ourselves and really check in with why we're doing it, what's our intention. Is it to feel better? Is it to create health or is it to get approval? Is it to fit into some sort of an ideal?

You have to get really honest and make sure that we're checking in so what we're doing is really balanced and healthy. Seane's hope is that it's not to fit into some kind of an ideal because again that's not sustainable.

The diet will never work and odds are you'll have a mindset that no matter how skinny you get it will never fit that ideal. So there's deeper emotional work that has to continue being played out. So taking time at the end of the night to check in with your intention to make sure that you're still on the right path and that that path is sustainable and it's really feeding your soul that is essential.





Trudy Scott

**Emotional Eating Solution:
Amazing Amino Acids to
Eliminate Comfort Eating**



TRUDY SCOTT

EMOTIONAL EATING SOLUTION: AMAZING AMINO ACID TO ELIMINATE COMFORT EATING

Our first session, we talk with “food mood” expert, Trudy Scott author of the Anti-Anxiety Food Solution. In this fascinating interview, she teaches us the how and why to eat whole foods, to find natural solutions for mood problems related to weight imbalances, and finally banish sugar cravings (and not feel deprived)!

Her emphasis is on educating successful women about a healthy and balanced lifestyle, dietary choices based on a whole-foods approach and individualized nutrient supplementation as needed – so you can be your healthiest, look your best and feel on-top-of-the-world emotionally™.

You'll learn how and why to eat whole real foods, find natural solutions for anxiety and other mood problems, finally banish sugar cravings (and not feel deprived) and find answers to your health issues. Discover the Emotional Eating Solution: Amazing Amino Acids to Eliminate Comfort Eating, Improve Mood and End Anxiety! No deprivation! No willpower!

What You'll Learn In This Session:

- How can eating real food and even red meat can help when it comes to emotional eating
- Why is sugar so bad for us and why there is NO such thing as moderation or “healthy sweeteners”
- Which is THE most important meal of the day
- How bad gluten really is, how it make us sad and how addicting it is
- THE most powerful supplement for stopping emotional/comfort eating immediately – with zero willpower required and no feelings of being deprived

WEIGHT LOSS TIPS FROM TRUDY:

1. Foods Trudy Recommends to Avoid for Weight Loss

Sugar

You know, how much information do we have out there about how unhealthy sugar is? There is so much information out there and we still got this society of overweight people who are battling with trying to lose weight and willpower keeps getting the better of them.

But if we address the underlying deficiencies then they're not going to have this sugar problem. We know that sugar stimulates parts of the brain that's involved in reward and pleasure and it's addicting.



So if we can get rid of that underlying brain chemical imbalance and you're not going to have that problem. The big issue is that in the mainstream world of medicine it is not that well recognized.

You know, there was a professor from North Carolina State University said junk food and sugar is not addictive. There's no bad foods. You can have certain foods in moderation.

If we are drawn to sugary things, if we are wanting something sweet whether it is Stevia or molasses or maple syrup or whatever it is if we're drawn to something sweet that's showing us that we've got this brain chemical imbalance and this is where the amino acids lack the DPA and the glutamine and all of these wonderful other amino acids can help to balance the brain chemistry so we're not looking for something sweet.

2. Foods and/or Supplements Trudy Recommends to Take for Weight Loss

Amino Acids - DPA

There's biochemical individuality. So not everyone may benefit from amino acid supplements. Amino acids are building blocks of proteins and they are used to help make brain chemicals. There is one particular brain chemical called endorphins which can actually cause you to have these symptoms which results in big time emotional eating.

So you will crave comfort foods and you will just love to have this reward or this treat. An example is chocolate you know, or love for chocolate chip cookies and when someone says with that amount of passion and the little tear in their eyes, I love something. I deserve it you know. This is an emotional connection to food.

Low endorphins is a factor, as well as this emotional connection, you may have physical pain and you may cry or tear up easily.

The amino acid that actually completely turns us around so you don't feel the past, so your comfort level is not affected so you don't have to use willpower is an amino acid called DPA and it stands for d-phenyl alanine. It's an individual supplement and like the other amino acids you take it between meals. What it does is actually gives you an endorphin boost. Just like if you go for a run and you get that endorphin high, you will get an endorphin boost from this amino acid called DPA. The wonderful thing with the amino acids is you get results right away.

What the DPA actually does is it destroys an enzyme that breaks down the endorphins. So in a sense it's raising your endorphins and it will make you feel good. Now this is one amino acid. I work with five of these – there's five different amino acids that I work with but this is a big one when it comes to emotional eating.

There are some other things that actually raise endorphins. Exercise raises endorphins, giving actually raises endorphins or you give of your time or services or gifts, it raises your endorphins. Think about how good you feel when someone surprise you. That actually raises your endorphins.

So you know, you can achieve it with the amino acid, the DPA and you can also achieve it by doing good things in your life.



3. A Physical Exercise or Activity Trudy Recommends for Weight Loss

Do What You Love or Burst Training

Do something that you love to do. Too many people feel like exercise is a chore. If you don't exercise you do want to find something that you love to do and then you're going to do it. So rather that you were doing something that you absolutely loved and you got to feel a lot of love and you were having fun rather than doing exercises or chores.

There's a lot of research showing that burst training is very helpful so doing short bursts of exercise have been shown to help with reducing weight rather than long intense exercise regimens – if you want to do something quick, and you don't have time to do something you love during the week for example then get a jump rope and do burst jumping or get a little exerciser and do some running on the spot or something like that. So you can do something during the week and then maybe go dancing on the weekend or go rollerblading or back riding or hiking or something that you really, really love. If you can do it outdoors that's fantastic.

Do some backcountry skiing or something that's going to get you out of nature and you are going to get the benefits of some sunshine and fresh air and just going to raise the endorphins and raise your serotonin level so you can feel great and lose weight at the same time.

4. Other techniques and practices Trudy Recommends for Weight Loss

Reducing stress

So just like you've got an exercise plan you've got to do something constructive to reduce stress. Yoga is wonderful. Taichi is fantastic. If you find that you don't have time, get a little HeartMath application and put it on your computer or put it on your iPhone and do some biofeedback where you're starting to reduce or slow down your breathing and reduce your stress levels. It's fantastic for addressing adrenal health and just helping you to lose weight. So that is something I think is so important.

So many people are so stressed out, getting your adrenals in good health while doing something to reduce your stress. Obviously there's a nutritional component as well can make such a big difference.

Sleep

Too many people do not get enough sleep and it plays a big role in your stress levels and certainly in weight loss. If you're getting less than 8 hours a night you really need to look at your life.

The National Sleep Foundation actually did a study and they found that people who get less than eight hours a night crave more sugar, drink more sugary beverages, drink more alcohol, and smoke more tobacco. Because you're exhausted you know. So you're going to be craving those sugary foods that's carbohydrates so get that sleep.





Dr. Henele E'ale

The Secret Nutrient for Losing Weight



DR. HELENE E'ALE

THE SECRET NUTRIENT FOR LOSING WEIGHT

In this interview Dr. Henele, (referred to as Dr. H with his clients) shares with us what Energetic Health means for everyone serious about taking great care of themselves naturally! A perfect blend of proven science & time-tested wisdom.

Your body is designed to heal in ways some believe impossible. Genesis Energetic Health is the 'How To' How to make the impossible...possible. How to create a thriving lifestyle based upon Dr Henele's Principles of Energetic Health. How to make 'I Feel AMAZING!' your new everyday normal. Genesis Energetic Health is the 'How To' for building sustainable energy throughout your life.

What You'll Learn In This Session:

- Gain a new understanding of Principles of the "Art of Eating Healthy"
- Discover how our mitochondria is used for energy and how that turns on the whole system
- Learn the Cycle of Influencing Energy
- How much sugar does a body need?
- Understand how affection affects our weight

WEIGHT LOSS TIPS FROM HELENE:

1. Foods Henele Recommends to Avoid for Weight Loss

Dairy

So one of the things as a doctor I cannot recommend is I can't recommend dairy as a staple of a diet. As an indulgence from time to time, if it's organic and you want some ice cream you want some cheese, sure. Time to time sure. You know, taste, enjoyment of food matters and certainly, if there's a craving for it, go for it. But when you start talking about it in every single meal three times a day, two times a day you know, and hidden all throughout what we have to understand is that dairy to be rated grade A can have up to 750,000 pus cells/ml.

It's something that your immune system is going to have to attack even if you don't have a specific -- allergy area, your immune system still has to deal with pus.



So what we came up with were things like that, things like understanding that the pots you use to cook in that the stainless steel, nickel free stainless steel and cast iron are fantastic. That Teflon can lead to Teflon toxicosis, understanding that the way animals are treated if you are a meat eater that the way animals are treated matters. That there is a karma that gets by way of infection that transcends from the animal meat or byproduct (milk) into your body when you eat meat or have dairy from animals that have been mistreated at confined animal feeding operations. I can actually show this in the soft tissues in the myofascia of the body.

Meat with Infection

You know, if you've ever looked at a chicken, you might go into a conventional store and you look at a piece of chicken and you'll notice that the fascia which should be kind of this translucent you know, gooey kind of tissue between the skin and the muscle, you'll notice that sometimes it's very opaque. You may notice that when you go to the store there's a segment when you look in the muscle tissue that it should be very clear which indicates that the animal has actually been very clean and was taken care of very well.

You'll notice this if the animal is organic and has had access to the outdoors, has been free range. But if you look at a conventionally raised chicken for example you'll notice that the fascia is opaque and it's opaque which means a little bit white because of leukocytosis meaning there has been an immune reaction right before the animal was finished. So what that means is that animal was dealing with an infection, that animal was sick and if you're going to eat that, what you're inviting into your body is at the very least the remnants of that infection. Let's say that infection is virus, that virus is going to be able to withstand the preparation process and any ammonia that has washed over it.

But what you end up bringing in is an infection You end up bringing in all of the cleaning agents that they had to do to try to clean up the meat to make it edible. You know? So you might be saving a few cents but you're going to be paying thousands of dollars later in medical care.

2. A Physical Exercise or Activity Henele Recommends for Weight Loss

Perspiring

Getting into cardiovascular range and then maintaining that for 30 minutes okay. So the question becomes well how do I know, I don't have a heart rate monitor, how do I know when I'm cardiovascular range? Very easy way to know. The moment you start perspiring, you're in cardiovascular range.

So for some people that might be 80 heart beats per minute if you're significantly out of shape, if you're experiencing congestive heart failure and you start taking three steps up a flight of stairs and you start sweating, you're in a cardiovascular range for where your body is right there and that's fine.



So the moment you start perspiring continue that activity for 30 minutes whether it's yoga, whether it's cycling. You know, of course when you're swimming it's hard to tell. But in other activities when you're sweating you'll know. When you exercise the worst thing that you can do is exercise for three to four days in a row and then take three or four days off. Your body begins to diminish its mitochondrial populations and the enzyme production and therefore your hormonal output and your thyroid and your adrenals when you go longer than 48 hours without exercising in cardiovascular range.

What that teaches us is the maximum time off should be an every other day strategy. It's going to be long term much more productive for weight loss and then weight management and the management of energetic health in your life. It's going to be much better to do it every other day than it is to be exercising for three or four days and then taking another three or four days off. That's actually counterproductive at that point.

Emotional Connection

Emotion influences our anatomy. Anatomy influences how our body functions the physiology. Physiology influences how our cells perform the biochemistry and then and of course biochemistry being where nutrition can really make an impact, biochemistry influences our production of energy, our energetics.

You know, what flows through the meridians, what flows through the chakras, what creates our auric fields. I love it when people go well that stuff doesn't really exist. It's like oh really? So you're telling me that you've been driving and somebody has been staring at you from across the street and behind you and you haven't felt it and turned and met eyes with them? That's energetics.

The stronger, the cleaner your body is, the more in weight balance your body is, the better foods that you're eating, they all go into creating this wonderful, truly wonderful energetic output that comes out as people you meet and when you're around them, you just smile naturally because they're just warm. We describe them as warm right?

Those are people that are moving energy through their body and some of it's karmic of course but some of it is their lifestyle. If you have a good karma with you and a great lifestyle you're going to move a lot of energy. You're going to be able to make a huge difference in the world.

If you have some negative karma that you're dealing with, you know, bad things just seem to happen to you, you can still greatly improve your lifestyle and purge that karma and that's something we teach about throughout the program. But what ends up happening is the energetic output then goes full circle back to emotion.



Basically I can look at what somebody is eating and tell you what mood is likely to come out of them. Because I understand those connections, I can look at somebody's body and tell you which organ is likely problematic and then from there I know which foods are going to bring it back into balance.

That's the beauty of this though process is you understand how the body is connected and then you understand which natural therapies are likely going to influence those various aspects. So if I wanted to influence biochemistry, I'm going to focus more on organic clinical nutrition. If I want to influence anatomy, you know, somebody structures I'm going to focus more on myofascial bodywork. It doesn't really matter where I start as long as I just do something positive like say my name when I've done something good. Because it's all going to go full circle ultimately.

3. Other techniques and practices Henele Recommends for Weight Loss

Loving Yourself

I've worked very hard to get here. I think in healing and whether we're talking about weight, getting weight balance or healing a serous pathology it's the process, the mental process is the same.

Number one you got to believe you can do anything that you want to do but I think before you can really truly genuinely, authentically and I'm using these words purposely, before you can authentically believe that you're going to get there, you have to establish a loving relationship with yourself. Foods go a long way towards that. You know, when we eat alkalizing organic foods what we're putting in is love into our body. You know, when you put a food or vegetable for example with a ton of pesticide residue on it and all that drama what you're doing is creating chaos.

All that stuff does when it gets in the blood stream is that it discombobulates the nervous system. It throws off the heart rhythm, which people don't suspect is a big deal until your heart rhythm is off. Ask anybody who's got in the rhythm how they feel about the importance of heart rhythm. When the rhythms of the body are thrown off you know it creates chaos and it creates chaos not just throughout the physiology of the body but also in the neurophysiology, how we think and how we process information. How we think about ourselves, the words we choose to use.

So I think for your audience, the most important thing before you set up to lose weight, let's not reduce weight loss to just numbers on a scale and maybe numbers on a lab and if I do this amount of calories everything is going to work out fine. To me that's the over simplification of it all. If you're going to really be about losing weight, I'm going to assume that you're going to be about wanting to keep it lost so to speak for good.



If you're going to do that there has to be the development of a love affair with yourself. So the question really becomes where did you lose the love affair with yourself? What caused it?

And more important than that even because that's just retracing your steps, more important than that is what do you need to do to fall in love with yourself again? There is nothing more important to your exploration of health than being in love with yourself because there is no greater energy in our world than love.

You can only give out what you have to give. You're not spending enough time loving yourself. You're not cultivating your ability to send love out in the world and then attract it back because that's what love does just like the smile. Once you get to that point of truly learning to love yourself, notice I said learning. It's not a foregone conclusion. It's not something you are born with. Well let me take that back. It is something that we often are conditioned out of.

It's viewed as a weakness for some absurd reason or because we go through a series of bad experiences that cause us to distrust it. But the thing is where did you lose love and what do you need to be open to be loving again?





Philip McCluskey

**How I Lost Over 200 lbs and
Got in the Best Shape of My Life**



PHILIP MCCLUSKEY

HOW I LOST OVER 200 POUNDS AND GOT IN THE BEST SHAPE OF MY LIFE

In this inspiring interview we learn of an epic journey that one courageous man, Philip McCluskey, undertook 7 years ago. After reaching a breaking point in his life – and on the scale, at 400 lbs he made a personal conviction to rid himself of his excess weight by doing something radical – committing to a raw food diet.

He shares with us, how he awoke to the root causes of his weight gain and how this insight opened him to understanding himself in a truly holistic sense. Not only did he lose over 200 lbs naturally and safely, Philip learned how cleansing involved mental, emotional and spiritual growth. In his renewed life filled with energy, vitality, and happiness – he discovered a fitter, healthier self.

Here he inspires us to begin our own healing journey and not only lose extra weight, but gain vibrant health, mental clarity, a sense of purpose, and a renewed passion for life. Throughout this interview we are supported by his unwavering message that underlies each moment... that message is: "I believe in you."

What You'll Learn In This Session:

- Philip's remarkable transformation story and how he personally lost 215 lbs safely while gaining energy and purpose in his life
- What makes a diet fail or not, how to persevere
- 3 secrets to maintaining a clean body
- The importance of colonics, home enemas and good hydration for lasting weight loss
- Emotions change when you eat certain foods and why this sensitivity occurs

WEIGHT LOSS TIPS FROM PHILIP:

1. Foods and/or Supplements Philip Recommends to Add to Your Diet for Weight Loss

Juicing

Yeah, if you just look into incorporate ... having juice in your diet, I will definitely say, "Hey, start off, let's see if you can

do it 3x a week, just 1 juice. If you can get it to have a juice every day, that's awesome."



I've recently been talking back and forth with my brother who eats the standard American diet and he just started. The

only change he did, he is still having whatever he wanted for lunch and dinner. The only change he did was just had a juice in the morning and he lost 28 pounds, because it was just such a break from what he would normally have for breakfast and it was interesting.

If you can get into having a juice every day that would be really amazing; definitely in the morning before you've had any other foods, if possible. If you're looking to do any kind of cleanse or long-term cleanse, then you can have upwards of a gallon of juice a day. It's actually the only food that you're going to be eating throughout the day, that's kind of more plentiful. It doesn't feel like you're in any kind of starvation mode or anything like that. If anything, you might have a hard time getting down that much juice because you're just, "Hey, I'm full, I never thought I'd be full on juice."

2. Foods Philip Recommends to Avoid for Weight Loss

Processed Carbohydrates

Removing the processed carbs; if you have any kind of white sugar, table salt, white bread, white pasta, things like that.

Those things aren't there to serve you and the body doesn't really even know how to react too well those things, so I would eliminate those right away.

Second would be processed foods; anything that comes out of a package or a box. The body likes things simple. 10,000 thousand years ago we come from a people that generally hunt. You might be searching and found a strawberry bush and you might have just eaten strawberries. That's been it, you're having one food for your meal and now we have a packaged food that might have upwards of 40 ingredients in it. Some of them are dyed, some of them are genetically modified foods; a lot of ingredients might have had pesticides, or herbicides, or fungicides, or whatever it is. We're trying to get the body to recognize that and digest it. It doesn't know what to do and then often gets stored as fat.

So eliminating processed foods and going more towards the fresh fruits and vegetables and healthy fats; your avocados, your nuts, your seeds, some healthy oil; that's all fine to have, but moving away from some of those things. To be honest, if you're closer to your goal weight ... if you have a lot of weight to lose, all that recommendation stands if you're bit closer to your goal weight and you're trying to knock off the last 10 or 15 pounds or what have you; then you might even want to just slightly look at some of your nuts and cheese intake, and you can even try to keep that down to maybe about a handful a day.

In the beginning, it's not going to matter as much if you have a lot of weight to lose because the weight is going to just come off from making the change on its own, but later on if want to fine tune a little bit, it'll be that ... look at that. Of course, you have a lot of the things that people are allergic to, intolerance to any kind of gluten products. Some people have issues with corn, some with soy, some with dairy; eliminating those and first getting tested, of course; then eliminating those, more loss would be a dramatic change for the body, and a lot of things that don't process well.



My personal opinion is on things like meat, the body goes to eat that, and it just takes forever to digest. Generally we're having our next meal before that's even digested and so the next sitting on top of that, when that's causing gas and problems. Then we're having maybe even our third meal and the first meal still hasn't digested, and nor has the second.

Having things again - like high water content food, a high vegetarian diet, if that's possible - that's what's really going to help to speed up digestion and give you the energy you need. Not using all your energy digesting food all the time, but instead you've use your immediate energy so you can live life passionately and with purpose.

3. Physical Exercise or Activity Philip Recommends for Weight Loss

Lifestyle

The best exercise to do is the one that you're actually going to do. A lot of time, people losing weight, they get all handsup and, "Okay, I'm going to the gym and then I'm going do this many steps and this many reps", or whatever that may be; if you don't do it or if you only do it for a week until the high kind of wears off, it's not going to be beneficial. This is all about creating a lifestyle, finding foods that you can enjoy and eat for the rest of your life; finding exercise and movement that you can enjoy for the rest of your life.

The reason why diets generally don't work is because they're only met for a certain amount of time. A lot of people will get in shape because they want to maybe fit into a wedding dress or because Christmas is coming up or something like that; so they'll eat those packaged meals, so that diet program, or some crazy routine - no carbs but all meat, or whatever that happens to be, but it doesn't last forever. Then you end up going back to eating what you normally ate, the weight comes back on again and you feel discouraged again. We're thinking of things that going to really create a long-lasting lifestyle.

When I think about exercise, in the beginning, when I was 400 pounds, or even when I started exercising at 300 pounds, I had to really think long and hard about what I wanted to do. I knew I couldn't do too much because my knees were a bit sore from doing that weight. I didn't want to go running down the street, to be quite honest. I didn't want to be wriggling and jiggling all over every place and having people drive by me in a car ... When I'd be outside too, the sun would make me sweat so I didn't want to really be sweating so much.

Basically, it's finding some movement that's right for you and movement is the key word here. Sometimes exercise even brings about a negative connotation, but just getting into some kind of movement. Even if you're playing Ping-Pong; whatever that happens to be, find something that works for you and it's something that you can actually see yourself doing.



A lot of clients will get into some exercise, but just something simple, just with their pets, because they have to take their pet out for a walk. It might be just, “Hey, go an extra street for now,” and that may be it. Do that until it becomes a routine, a habit, just as routine as brushing your teeth in the morning and it doesn’t feel like a struggle; and then you can work on expanding that.

I always like to say, “Be a stairs type of person.” If you’re at a hotel or a building and it’s only two or three flights, try taking the stairs. Don’t always go for the elevator as your immediate go-to.

When you’re pulling into the parking lot, at a grocery store or shopping center, you don’t have to get the front row spot every single time. You can be happy with getting the back row spot and walking an extra 90 seconds or two minutes it takes to get there, and then you start to develop that mentality; you start to do that all the time.

You start skipping the escalator at the airport, or at wherever and you take the stairs next to it; now you just skip the elevator and you need to take the stairs, or you walk to the back of that parking lot and you get your movement in, in all the different ways in life.

Instead of sitting down watching TV all the time, you might be gardening, or you might play sports with your kids or having fun. It just starts to shift the way you think.

4. Other techniques and practices Philip Recommends for Weight Loss

MSM, Skin Brushing & Sweating

A couple of other things I’ll share that’ll be beneficial is when I started to lose weight, because I had so much weight to lose, I was really nervous about the condition of my skin. Would I be having lots of extra skin? I had seen people who had had gastric bypass surgery and the skin underneath their arms would hang down six inches, or their stomach might hang down below their genitals or something like that and I was kind of afraid of that.

When I hit on this raw food diet or lifestyle, I was eating such amazing clean food and combining that with having juice all the time; then I also added in a couple of other foods which I think would be beneficial for the listeners.

One is, I would take a product called MSM, which is a supplement you can find in your health food store; it’s a sulfur compound. It’s natural and doesn’t taste that great, but I started having MSM. It’s just a powder and you just mix it in your water and you just chuck it back and that helps to tighten the skin, that helps with any scarring, that helps to

improve the condition of your skin. Also, as a side note, it helps to improve your joints as well so a lot of other people might be taking it as well.



It helps the skin condition and makes your skin really baby-soft, so I attribute that to the way my skin looks now, and I've never had skin removal or anything like that. It's just amazing how the skin can go back to where it once was when you're giving it the right things.

The second thing I would probably say is skin brushing, I really enjoy skin brushing. You can google online for a skin brush. It's generally like a bristle brush and you can even find a YouTube video on line, if you just Google that. You can see it as a way that's just brush the skin; it helps to remove any dead skin cells, helps to improve the overall condition of the skin and, again, makes it baby-soft, if you're having any skin concerns.

I guess the last thing would be is - don't be afraid to sweat. A lot of times, depending on the experience you've had in life or the way that you have to lose this, there can be quite a fear of sweating, or you don't want to get too hot or sweaty. I want to switch that for people that are listening because sweating is key; it's helping release toxins from the body, you're losing weight, you're feeling good, you're getting your heart pumping. Whether that has to do with doing spurts of vigorous exercise, if you can't do a lot right now, go for a walk, and then maybe every five minutes in your walk you do a little 30-second sprint, or a 45-second sprint, or whatever your ability is. Incorporate a little bit of that.

If you have access to a sauna or if you have access to a steam room or something like that, definitely take advantage of that, let yourself sweat in that environment. It's really, really good for you and so if you can do it, that would be a little bit of putting yourself in the environment, or doing it yourself through exercise or just being out in the sun for a little bit, and enjoying getting that goodness as well into your body. Don't be afraid to sweat.

I think a combination of those three things to keep in mind would be another little technique that could help to further support weight loss and help to keep the skin in check.





Holli Thompson

Lose Weight and Look Younger
The Secrets to Ageless Beauty



HOLLI THOMPSON

LOSE WEIGHT AND LOOK YOUNGER; THE SECRETS TO AGELESS BEAUTY

Holli Thompson went from being a former Vice President of the fashion company, Chanel in NYC to meeting her Mr. Right – then moving to be with him in the quite country to live the simple life.

However, that dream came to a halt when the modern stressful lifestyle she had been living caught up with her, finding herself with a compromised immune system, weight gain, along with other serious health challenges.

She woke up to the fact that a major shift in her health was necessary. In this interview Holli shares with us how she has since then, devoted herself to a transformative re-education: culinary school, nutritional training...and lots of trial and error. Piece by piece, meal by meal, she discovered how to attune to her body's natural signals, and respond with loving attention.

What You'll Learn In This Session:

- Why your best friend's diet is not the right diet for you.
- The 3 popular foods that can sabotage your weight loss, and make you look older.
- The 3 foods that actually help you lose weight, and give your skin a gorgeous glow
- How discovering your own Nutritional Style, can create effortless weight loss that lasts!

WEIGHT LOSS TIPS FROM HOLLI:

1. Foods Holli Recommends to Avoid for Weight Loss

Dairy, Wine & Bread

Dairy is a big culprit all over the place these days but if I meet many, many women who come to me and I can ... if they eat a lot of dairy and really too much dairy, let's put it that way, I can see it on their ... I can see them wearing it. I can see it on their skin. I can often tell if someone eats a lot of dairy by looking at them. Dairy is ... I mean a certain amount of cheese in our diet or some yogurt or things like that, well, they're ancient foods. They've been around forever.

There is some health benefit to them for many people, especially if they are the fermented dairy, which is basically I think how they should be eaten.



In today's world, because of the money behind the dairy industry and because of the fact that we were raised believing that milk does the body good and that this has actually gotten into our government, into our nutrition standards, that at one point said that every child in America should have, I think it was something like a minimum of three glasses of milk a day.

There's nothing anywhere in the world to suggest that it should be the standard of nutrition. It was never ... it never was that way. There are cultures all over the world and people who have lived all over the world who don't do that, who are raising healthy, vibrant children who have enough calcium. I don't mean to ... I'm digressing into the children but dairy is one of those things.

Again, dairy has its place. I love dairy but if you're having it every day, if you're addicted to cheese, if you're having dairy several times a day, it can often add inflammation. It can often create a certain puff that I call it and you might want to look at it.

The other food is wine. Wine is ... can be high in yeast. It can be ... your body metabolizes it like a sugar so if many women are prone to yeast, having a yeast issue and that I don't just mean a yeast infection, I mean that if you are yeasted, if you are drinking wine every day, it's very likely that you are. That can create inability to lose weight. That can create a puff.

That and dairy alone can create an extra 10 pounds. Where if you are in that wine and cheese daily habit, get rid of that, you will lose the 10 pounds, trust me. I mean, fast. It will come off but many people don't want to. They are addictive foods. They're pleasure foods. We love them. I'm not saying that I never have either of them because that's not true but if I were having them every day and for many women to have them every day, it can be aging. It definitely can keep weight on you.

Third food I would throw in there is gluten. If you're eating bread every day, gluten is many women's "thing." It might be yours if you are drawn to eating bread. If you need to have that bread every day, if you need that bread with your dinner, if you need to have a sandwich every day, that is ... that might be your piece that says, "Hey, you know what, if I just take out the bread, I might lose ... I might just lose that 10, 20 pounds." Those three that I've seen are the biggest culprit.

2. Foods Holli Recommends to Increase Weight Loss

Chocolate, Avocado & Superfood Seeds

My number one food is chocolate. I think chocolate is a fabulous weight loss aid. Often, when you have this idea that they need to lose weight and, "Oh, this big struggle. It's all going to be miserable and horrible," and I found that ... I find that allowing myself I work with clients to say, "Have a piece of chocolate every day."



If you're eliminating some of these inflammatory foods or partially eliminating them, your body is going to be fighting back because your body is addicted to certain foods. You might not be blissfully happy as you go through this adjustment process and until your body adjusts especially I find that that sweet reward of a piece of organic dark chocolate or the reward of having something I call ... I have addressed it. I call it a Goddess Shake.

It's on my blog and it's a recipe for this really yummy delicious chocolate power-packed ... it's like a milk shake. It's not a milk shake but I make it with almond's milk. It is just so yummy and so delicious. I had it this morning because I knew I wanted to boost. I felt like when it's Friday, I want a little treat. I wanted some chocolate. I wanted the endorphins before I spoke to you all. It is so ... chocolate is so good. It's so good for you. It's high in antioxidants and just make it the delicious kind of chocolate. Go on my blog. Search for some chocolate recipes. They all use natural sugars. They're guiltfree and make up a batch as you go through your weight loss effort.

Allow yourself. "You know what, I'm going to have three of these chocolate truffles and I'm going to have them each night as I sit down at 7:00 at night after dinner and then that'll be my sweet reward." I found that's really key.

The other one is avocado. If you don't like avocado, I'm sorry and there are other healthy fats but avocado is just a wonder food. It's so good for your skin. It's so good for your digestion. It's just a good healthy fat. It's really important as you're trying to lose weight to not ... don't forget that you need a certain amount of healthy fat in your diet.

I work with many women who went through this low-fat, no-fat phase in the 90's. As a result, their digestions now are completely shut down because they became fat-phobic when all this low-fat, no-fat craze came out and everything was fat-free. Avoid fat-free items. Go for whole food and use a little bit of olive oil or use some coconut oil or use that avocado. Make sure you get in your healthy fat every day.

The third food that I would recommend would be take a look at some of these wonder seeds, some of these super food seeds, the food like chia I mentioned earlier, hemsps, chia, hemsps or flaxseed. I love all three of those. I use those. I use them in smoothies. I use them to top my salad. I use them as a very high quality protein source that is going to give me some of my essential fatty acids again and my omega 3's. They're great for your brain. They're wonderful for your skin. I love ... it's such a great, a wonderful protein source that are easily digestible so that you can cut back on some of the animal proteins, some of the more difficult to digest meat maybe that you might be eating and start substituting some of those.



3. Physical Exercise or Activity Holli Recommends for Weight Loss

Just Do It

I love the phrase, "Just do it." Whatever you are called to do, don't make it a big deal. If you are having a hard time getting to the gym or you keep thinking, "You know what, I'm going to do barre classes," and you're just not signing up and you're not signing up, walk out the door. Just walk out the door of wherever you are. If you're in the city or in the country or the suburbs, I don't care. Walk out the door. I don't care what the weather is like, just go for a walk.

I find for a lot of women, it's just that getting start that piece and listen, there are days when I don't feel like doing anything. I am exhausted. On those days, I would say, "You know what, I know that I'm going to feel so much better in every way holistically if I just don't make a big deal and walk out the door."

I tell myself, "You know what, Holli, even if you just go down, walk down the road and back, 20 minutes." Most times, I'll keep going further. I'll push myself a little, maybe get a little running on the way back. Most times it works that way because when you get outside, when you start moving, you start feeling better. Your body is meant to move. Just don't make a big deal about it. Don't even change your shoes. Don't even change your shoes. If you have flip-flops on, your Ugg boots, just walk out the door. Just go walk. Just go walk.

Put on your rubber boots, your snow boots, I don't care but don't make a big deal. Just move, move today and move tomorrow and keep moving. Before you know it, you'll find a way to connect them with some other forms of movement that you've been wanting to try maybe.

4. Other Techniques and Practices Holli Recommends for Weight Loss

Make Time For You

I'm just going to reemphasize this idea of taking the time out for yourself, whether you want to call it accessing your feminine and carving time out for your bath with your bath salts to help detoxify the day or whether it's just walking out the door and walk down to the next two blocks over and walk back, whatever it is, take that time out for you. It's really important.

With my cleanse, I refer to it as standing up for yourself. It's such an elementary way of putting it but stand up for you because nobody else will. You are often the person who's giving the most ... you are the person who has everything in their head for all those different facets of your life that you were trying to imagine.



You're the person who has ... your family, your parents, your kids, your best friends, your husband, it's all in there. Just let that go and step up for you. Own what you need to do today and just do it for you and whether that is ... today, it might be walking out the door in your flip flops and coming back 20 minutes later or it might be mean trying a smoothie from my recipe book or going to my blog and seeing what you find there and trying a little super easy something, something that's going to make you feel, "Wow, I did that for me today. I feel really good." You know what ... and you can wake up the next morning and say, "Oh, I actually exercised yesterday and that smoothie was really good. I think I'm going to try that again."

They're like little vitamin pills that as you continue to go, they will grow. They will grow. You'll begin to do more and more for yourself but it all starts with today. It all starts with one step that you're going to make today and make it as small as you want to. It doesn't matter because it will be ... it will grow each day.





Dr. John Douillard

**A Permanent Solution to Weight Gain,
Cravings and Emotional Eating**



DR. JOHN DOUILLARD

A PERMANENT SOLUTION TO WEIGHT GAIN, CRAVINGS AND EMOTIONAL EATING

Ayurveda is a Sanskrit word derived from two roots: ayur, which means life, and veda, which means knowledge. Knowledge arranged systematically with logic becomes science. Over time, Ayurveda became the science of life.

In this session, Dr. Douillard shows you how to lose weight easily by aligning with the cycles of nature. He skillfully translates the ancient science of Ayurveda into practical tools, tips and techniques to help you cleanse, lose weight and create holistic health.

What You'll Learn In This Session:

- How to control your weight, eliminate cravings and emotional eating.
- Why it is dangerous to eat six small meals a day.
- How to convince your cells that your life is not an emergency.
- How to finish your day with the same energy that you started with.
- Simple and profound Ayurveda tools for diet, routine, exercise, and herbal support to help restore balance and optimal health.

WEIGHT LOSS TIPS FROM DR. DOUILLARD:

1. Foods Dr. Douillard Recommends to Avoid for Weight Loss

Sugar

Get off the sugar, try it, see what happens, and then get off the sugar and just for week or month, challenge yourself and see if you can get off the sugar. I promise you that is our nemesis. One third of the American public as we speak today are pre-diabetic, that's 19 million people. We are going down the road of major, major blood sugar issues. The blood sugar in the morning should be between 85 and 90, pre-diabetes is 110. Most doctors don't even say anything to you until you are into 110-120. It is important, so insidious and we don't realize it, so please, really, tune into this sugar thing, our American diet is really is out of control with these hidden sugars.



2. Foods and/or Supplements Dr. Douillard Recommends to Add to Your Diet for Weight Loss

Vegetables

Typically, the fresh vegetables we have two stings of broccoli on our plate and the rest of it is just acidic foods.

We do not eat anywhere near the amount of vegetables we need to create good bowel movements and good lymphatic flow and all that. The interesting thing is when you eat a lot of vegetables that are in either a salad or just steamed, it takes a while to eat those vegetables you know, and you've got to eat a lot of them. So, it forces you to kind of chill and relax and make the meal count, but more greens.

3. A Physical Exercise or Activity Dr. Douillard Recommends for Weight Loss

12-Minute Workout

In his books and work, Dr. Douillard discusses exercise and how to exercise properly. He has one exercise, the 12-Minute Workout, which he calls Chasing The Rabbit, which is how the hunter- gatherers probably did it and if you can envision chasing a rabbit and the rabbit dives into the hole and some hop out and then you chase it again and it hops into a hole and you sprint, then you rest, you sprint and you rest.

What happens is when you do that, it activates what's called fast muscle twitch fiber in your body, so the fast muscle twitches are exercised. We have slow switch and fast switch.

Ask a 12-year-old and they go, "What do you mean? I ran over here as fast as I could." So, we don't use this youth twitch muscle fiber, we use this old twitch muscle fiber and so, becoming young again is an act of being young, start running as fast as you could lifting tuna fish cans up and down, if that's what you can do for a minute, and then rest for a minute, and do that four times and you're done, it's a twelve-minute workout, you walk up and down the steps, run up and down the steps in your house for a minute and then rest for a minute, do that four times with a two-minute warm-up and two-minute cool down of twelve minutes. Just start using your body go fast again, use those fast twitch fibers, yoga is great but its slow twitch fiber.

We need to become youthful again and there are lots of research that shows this increases growth hormone, it increases longevity, it balances blood sugar, it lowers cholesterol, just by using your fast-twitch muscle fibers, because your muscles are the ones that use that sugar and if you don't use those muscles, they don't know how to use the sugar anymore and the sugar increases in your blood and the body goes, ooh, get that out of my blood, make fat, belly fat, oh good idea, we'll do that, that's how it happens.



4. Other techniques and practices Dr. Douillard Recommends for Weight Loss

Check Your Blood Sugar Levels

Normal blood sugar for the last 50 years is 80 to 120. So there is this big gaping hole in our medical screening process that allows people to become – you're a diabetic at 126. Go buy a \$17 blood sugar monitoring, a computer glucometer at Walgreens for \$17 and check their first morning blood sugar, make darn sure it's between 80 and 85. If it's not between 80 and 85, then it's in the 90s, if you have between 85 and 90, your first morning blood sugar, your risk of dying of a heart attack or stroke is increased by 20% and between 90 and 95, it goes up another 25%, between 95 and 100, another 20%.

You're talking about major heart attack risk in your life and nobody says a word until you're at 110. So what happens between 85 and 110? It could be 10 to 15 years of you eating healthy sugars, and so many patients who are healthy junk fooders, they eat you know, berries and dried fruits date sugar and molasses, and you know, good, healthy sugars, and dark chocolate, and all these things we think of, but they're just sugar junkies like we all are, and it's the same injection to the bloodstream and when checking their first morning blood sugar, they are pre-diabetic and had no idea and that's the risk, 90% of us are knocking on that diabetic door and don't know it. This is such a major thing, that you need to be aware of and you can test yourself for \$17, you get this monitor and you find out where your blood sugar is so you can make dietary changes from there.

Mellow Out

The major thing in life is to realize the pace of our life in America, is really, really fast. The traditional cultures were mellow about everything. They're not racing here to there, here to there and although we have busy lives and we shouldn't stop doing the stuff we do, but there is a way of doing it that allows us to be more calm in the process.

One Minute Meditation

Dr. Douillard has a video called the One-Minute Meditation and its 30 seconds of balanced breathing with 30 seconds of being still. You can do it in your car while you're pumping, when your gas is being pumped, or right before you go into your office. It's very, very simple. If you watch the video and it takes two minutes to learn how to do the one minute meditation, learn how to pump more oxygen into your brain, when your brain gets oxygenated, it becomes calm. It allows you to create calm throughout your day and when the body is calm, it burns fat, not sugar.

So, so much of what we're talking about here is getting the "rev" to be reduced so we can be who we really are, not the protected version of ourselves, but the more authentic, joyful, loving, and most powerful version of ourselves.





Brad Yates

Tapping into Natural Weight Loss



BRAD'S YATES

TAPPING INTO NATURAL WEIGHT LOSS

EFT or Emotional Freedom Technique® is a unique style of mind-body psychology designed to release emotional energetic patterns in your body that keep you stuck in old, outdated behavioral patterns. It has been discovered that by tapping on certain key points on the body, known as meridians or acupuncture points, and verbalizing your emotions that you can help to release this old energy. When you release this old emotional baggage you are free to create the life and body of your dreams.

In this session Brad shows you how to literally “tap” your way into a more enhanced version of yourself, the self that you always knew were inside waiting to be free. Once you remove the blockages that are keeping you from experiencing the body that you deserve, the rest is easy!

What You'll Learn In This Session:

- An understanding of how we unconsciously block weight loss.
- A simple and effective way to clear these energetic blocks.
- How to accept yourself as you are, as well as deserving of even better treatment.
- Heal yourself from the inside out by healing and releasing limiting beliefs about your body.

BRAD'S EMOTIONAL FREEDOM TECHNIQUE FOR WEIGHT LOSS:

1. Tapping Points on Your Body

You will be tapping on the meridians that run up and down both sides of the body; these are the pathways of energy and the points run along these different pathways.

You can tap with either hand on either side of the body, however for simplicity, start with tapping only with your right hand; you'll tap with the index and middle finger.

Go ahead and tap these points as I describe them. The first point is the karate chop point on the left hand. So, on the side of your left hand between your wrist and your pinky, where you would make a karate chop, that's the first point you'll tap. And, we'd tap 5 to 10 times on each point. The next point we're going to tap is the eyebrow point and that's right there at the beginning of the eyebrow, sort of, in the center of the face above the nose.



The next point is the side of the eye. So, if you follow the eyebrow out to the outside corner of the eye, you tap there. And, following the edge of the eye socket around underneath the eye, right there under the middle of the eye, tap in right there.

Then, right between the nose and upper lip, tap it under the nose and tap it under the mouth and that's right there, right at the top of the chin, right between the chin and the lower lip. The next point is the collar bone point and if you feel that your collar bones come together, there's a little U-shape at the base of your throat.

Actually if you make a fist you can tap that whole area where the collar bones come together. Next point is under the arm, about 4 inches below the armpit, kind of, the bra strap level. I'm sure even the guys can figure out where that one is.

And last point we're going to tap is the top of the head. And so, using all of your fingers, just tap around in a circle all around the top of your head. And then, you know, basic EFT, you can just tap through the points. If you're feeling stressed, you don't need to worry about saying words, you can just tap to the points to start clearing the energy and start to calm down. We're going to use wording here. In the basic form of EFT, you can say the same things over and over, you can repeat an affirmation over and over, you can hum a song if you want, whatever feels right.

So don't worry about the words but in this process I'm going to take you through and do some more elaborate wording. And, because I don't know who's listening to this and I don't know what's going on for you, I have to say that you must take full responsibility for your own well-being because as we mentioned EFT is like peeling the layers of an onion. So, if you're sitting on some heavy emotions, you've been repressing some stuff, that stuff might start to come up through the tapping so you might want to wait until you have somebody there to support you.

So, with that being said, everyone, close your eyes. Take a deep breath and hold it and let it go. (exhales) And, imagine looking in a full-length mirror and say, "I love myself." Go ahead and rate that on a scale of 0 to 10 in terms of how much you believe it. 10 being, (snorts), what's not to love? zero being, "Who are you kidding? How could I love this person?" And, just notice any physical sensations that come up around that.

Now, very often in EFT, we start off with a statement of even though, like "Even though I don't fully love myself" but just for the fun of it, for this demo I'm going to use a positive statement. So, Shelley, if you will be my echo voice, repeat back the phrases that I say and then I'll invite everyone else to just repeat what I say along with you. And, I'll tell everyone which points to tap and we'll move around.



2. Guided EFT Session

You ready?

Alright. So, tap in the side of the hand.
I choose to love myself.
And I choose to accept myself.
I choose to love myself.
And I choose to honor myself.
I choose to love myself.
Just as I am.
Right here and right now.
Without any conditions.
I choose to love myself right now.
And I choose to deeply and completely...
...love, honor and accept myself.

Tap the eyebrow point. I choose to love myself.
Side of the eye. I choose to really love myself
Under the eye. And I choose to clear whatever stops that.
Release works too. Under the nose. I might have a lot of reasons...
Under the mouth. ...why I shouldn't or couldn't love myself.

Collar Bone. Especially when I look in the mirror.
Under the Arm. How could I love that person?
To top of Head. But my higher self says...
Eye Brow Point. How could I not love that person?
Side of the Eye. What's not to love?
Under the Eye. There may be some things I'd like to change.
Under of a Nose. But those things don't make me unlovable.
Under the Mouth. There may be things about my body.
Collar Bone. That I'm not particularly fond of.

Under the Arm. But I love myself.
Top of the Head. And the more I love myself.
Eye Brow Point. The more I take better care of myself.
Side of the Eye. The less I love myself.
Under the Eye. The less likely I am.
Under the Nose. To really take care of myself.
Under the Mouth. And maybe I've used food to comfort myself in the past.
Collar Bone. So if I get myself upset with myself for how I look.
Under the Arm. Then I feel bad.



Top of Head. And I resort to the only way I know to feel better.
Eye Brow Point. And that makes me feel worst.
Side of the Eye. I am breaking that cycle.
Under the Eye. I'm finding better ways to nurture myself.
Under the Nose. And I deserve that.
Under the Mouth. I deserve self-care.
Collar Bone. I deserve love.
Under the Arm. Clearing the reasons I couldn't or shouldn't love myself.

Top of the Head. Clearing the mouth at a cellular level.
Eye Brow Point. Clearing the mouth all the way back through my past.
Side of the Eye. Back through all those times.
Under the Eye. When people told me I wasn't loveable.
Under the Nose. In some way or another.
Under the Mouth. Maybe they actually set it?
Collar Bone. Or I just decided that's what they meant.
Under the Arm. It was all a misunderstanding.

Top of the Head. Either theirs or mine.
Eye Brow Point. That any suggestion that I'm not loveable.
Side of the Eye. Is definitely a misunderstanding.
Under the Eye. And I'm re-educating myself.
Under the Nose. And I'm allowing myself to recognize.
Under the Mouth. It just how darn loveable I am.
Collar Bone. I am worthy and deserving of love and respect.
Under the Arm. And I'm treating myself with love.
Top of the Head. In body, mind and spirit.

And take a deep breath. And go ahead and close your eyes.
Imagine that mirror again and say, "I love myself."

And again, rate that on a scale of 0 to 10, see if that number's come up. Hopefully it's come up, hopefully in an ideal world; it's up to a 10 already. Go ahead and allow yourself to recognize perhaps even in that tapping round may be some specific reasons about why you couldn't or shouldn't love yourself that you have come up then you could do specific tapping rounds on that.

But as you clear that out, as we clear out these reasons we become aware of what is the truth which is of course we're lovable. We're unique expressions of divine light and love. We are magnificent children of the universe. We are absolutely worthy and deserving of love and respect.





Rose Cole

**How To Lose the Last 10-20 Pounds
and Double Your Energy... All Naturally**

ROSE COLE

HOW TO LOSE THE LAST 10-20 POUNDS, AND DOUBLE YOUR ENERGY... ALL NATURALLY

In this session Rose shares how just a few simple and subtle changes in your daily routine, will literally guarantee that you lose weight, dramatically increase your energy and be consistently happier and healthier.

Rose's authentic and practical wisdom guides you to deeply nourish your body, mind and spirit while cultivating your highest potentials.

What You'll Learn In This Session:

- How to Lose Weight WITHOUT Dieting.
- The Secret to Kicking Sugar Cravings for Good.
- How to Double or Even Triple Your Energy, so You Don't Have To Be Dependent on Sugar or Caffeine.
- What Role Your Emotions Play in Gaining and Losing Weight.
- How to Tap into Your Deep Wisdom and Knowing to Transform Your Health and Your Life.

WEIGHT LOSS TIPS FROM ROSE:

1. Foods Rose Recommends to Avoid for Weight Loss

Gluten

When people cut it out, it's the biggest, most dramatic effect in their life. From there, you're in the upward spiral on your life and you will feel good. So, if you're only going to pick one, gluten. Gluten causes inflammation in the body, it increases your cravings for other foods, it zeroes out your blood sugar, and the reason is that the wheat that people eat nowadays – gluten is a part of the wheat and some other gluten grains – the wheat that people are eating nowadays has been genetically modified.

It's not the same wheat that our parents ate 50 years ago. It has much higher gluten in it and it has much higher sugar and it creates a lot of inflammation on the body, and it's highly addictive, and it also will mess up your digestion and it causes depression and anxiety as well.



2. Foods and/or Supplements Rose Recommends to Add to Your Diet for Weight Loss

Chocolate

A lot of people misunderstand and think the chocolate is a junk food. The chocolate itself, cacao, is what chocolate is made of. Even if it's in most raw form, it's most natural state; it's one of the most nutritious foods that you can eat. It's full of magnesium and makes all kinds of raw desserts and can only take about 15 minutes to make. These desserts are so nutritious. They will actually help you to lose weight. And in that way you don't feel deprived.

So a lot of people misunderstand and think, "Oh, I'm going to have to give up dessert when I'm trying to lose weight."

And it's actually not true because it's not sustainable long-time to cut out all the foods that you love. At one point you're going to lean the other way, so find healthy alternatives.

3. A Physical Exercise or Activity Rose Recommends for Weight Loss

Yoga

Yoga is a total holistic approach. It really helps you quiet your mind and it really helps increase your consciousness and your awareness. But that's not everybody's thing.

Walking

Just getting out for a walk and getting fresh air, look at the trees and get outside. When humans are inside for too long, we start to kind of go crazy and the artificial lights are not exactly great for us.

One of the most healing things you can do is just get outside into nature, touch your hands on the grass, walk outside, get some fresh air that alone is enough to get a lot of people in to an upward spiral and to just create positivity in their life. And walking helps you get your lymph nodes system moving so you can start to move toxins out. Just walking is a really positive step for a lot of people in their life.



4. Other techniques and practices Rose Recommends for Weight Loss

Be In The Consciousness of Wellness

There is an energy surrounding a holistic health and holistic nutrition, the more you can; be in it, see it, hear it, experience it, talk about it, the more you're going to be pulled up into that spiral. If you think about if you go on vacation with your family, and let's say none of them eat healthy, and at the end of the vacation, you're probably going to be eating unhealthy or probably you're not going to be exercising . It's so hard to do when you're not around that consciousness, when you're not around the consciousness of wellness.

Whereas if you go on vacation with a whole bunch of people that are health conscious, if you join an exercise class or if you listen to a tele-seminar like this and you're hearing people talk about holistic health and wellness, you're going to gravitate more towards that. So, the more you can join a community or be around this influence is going to help to pull you up. So just be conscious of where you're spending your time and energy and who you're hanging out with and who you are talking with and try and surround yourself with people that are more holistically-minded.





Lars Gustafsson

**The Science of Losing Weight
and Creating Optimal Health**

LARS GUSTAFSSON

THE SCIENCE OF LOSING WEIGHT AND CREATING OPTIMAL HEALTH

In this session, Lars shares the tried and tested insights, techniques and strategies in the science of weight loss and optimal health. As founder of the Body Mind Institute, Lars has been pushing the boundaries of holistic health & the human potential over a decade. Through his research and teachings he demonstrates how the power of your intention can create miraculous changes in your health.

With his unique insight and knowledge, Lars shows you simple steps that you can take to reach your ideal weight and create radiant health.

What You'll Learn In This Session:

- Discover your 90-Day Renewal Process that will revolutionize the way you look at losing weight. Turning weightloss into a side affect while focusing on renewal and rejuvenation.
- Discover the 4 states of balance you must have in place for successful and permanent weight loss.
- Learn how the power of your mind and intention can transform your health. With the ultimate self hypnosis technique you can use every night before sleep that will revolutionize your life!
- Learn how to apply 5 simple shifts to spark energy metabolism in every cell in your body.
- Learn how to transform your attitudes towards food. Turning everything and every process into a simple shift that will last the rest of your life.

WEIGHT LOSS TIPS FROM LARS:

1. Foods Lars Recommends to Avoid for Weight Loss

Soda Drinks & Emotional Guilt

The one food that has caused the greatest amount of destruction inside the body is diet pop and sodas of any kind. The sheer acidity of that is just bizarre and what it does to the cellular systems inside of the body.



So there would be an avoiding of this, but on that note... If you do have this beverage, it's important that you don't ever feel guilty about it, that's the most important thing. Instead, if you do love like a can of pop a day and that's your thing, then you know go for it. Start adding in some of the healthier weight loss strategies and shifting up your attitude towards things, shifting to the attitude of gratitude.

Attitude of gratitude around that diet pop, for example, "I'm so grateful that I actually have this choice." You know and you're going to be empowered with a lot of information. Just focus on the things that you can add in and the positive things.

2. Foods and/or Supplements Lars Recommends to Take for Weight Loss

Probiotics

The most profound supplement is a living organism, and its probiotics.

Probiotics are a good bacteria that proliferate in our intestinal environment and enable the final digestion of food, the final production of vitamins, the healthy environment for the gut so that we can produce the 80 to 90% of serotonin which is made in the gut. And serotonin makes us happy and interestingly enough for women have seven times the number of serotonin receptor sites than men do. So seven times the ability to feel joy, and intuition, and the power of intention, and the power of emotion and things like that because of serotonin and that all comes back to the gut. So happy gut, happy mind and it's important to get a full spectrum wholefood probiotic that you can find it in any health food store.

Probiotics can be made or the probiotic capsules one of the most effective times I've seen to take it would be first thing in the morning because you're in movement all day, those probiotics circulate through, go through the whole digestive track and they have a very pervasive and amazing effect because it's not about how much good food you eat, it's the nutrition you extract from it.

Fermented Foods

If you take a fermented foods course; how to make kefir, organic kefir, yogurt or kombucha, or fermented vegetables like cabbage, fermented cabbage. Historically it's been shown that societies that ate a fermented food at least once a day have little or none of the disease factors of our modern era.

It's a very profound fact. A healthy intestinal environment is so important and becoming empowered how to make one thing like say kefir or yogurt or kombucha is so much fun, so tasty and something that you can include in your daily living. Making the food medicine.



3. Other Practices Lars Recommends to Avoid for Weight Loss

Chewing Your Food Thoroughly

There's a saying, "It's not the amount of good food you eat, it's the amount of nutrition you extract from it."

Chewing food is a very interesting practice. In fact, in yoga they say, "Drink your food and chew your water." But once in a while it is actually very interesting to take a mouthful and chew it and more significantly, every one of your bites to take the time and chew it carefully until it's just liquid. You will find an amazing effect. One, you won't eat as much. Two, you'll get more nutrition out of your food so you will feel better afterwards and that will have an ongoing cumulative effect of helping you be less hungry, craving less, and really effortlessly losing weight because you're accessing so much more nutrition from your food.





Justin Lord

Transformational Fitness & Nutrition

JUSTIN LORD

TRANSFORMATIONAL FITNESS & NUTRITION

Justin Lord is transforming the health and fitness field with his innovative philosophies and inspirational voice.

He is a passionate, nationally recognized authority on fat loss techniques which incorporate ultimate health and wellbeing breaking the path of yo-yo dieting and focusing on fat loss rather than weight loss, the key to long term results.

Justin doesn't follow the typical personal trainer story of 'I was once an overweight bullied teenager turned fitness professional'. He grew up learning about nutrition and exercise from his parents, both of whom were some of the first on the health foods 'scene' in the late 60's & early 70's. He used their knowledge, gradually evolving and perfecting their systems into a proven technique for optimum body composition and health.

What You'll Learn In This Session:

- What you should NEVER do ever again if you want to transform your body.
- High performance exercise strategies that you MUST know if you want to reach your goal.
- Why the media and industry want you to diet to keep you overweight.
- What you're really losing when you start a faddy diet... HINT, it's not much fat!
- Essential lessons from the pros on how to get the body you want.

WEIGHT LOSS TIPS FROM JUSTIN:

1. Foods Justin Recommends to Avoid for Weight Loss

High Fructose Corn Syrup

Whether it's a food or beverage, turn over the packet and have a look at the back of it. It's actually causing people to get fatter. It's in those foods for a reason.

Firstly, because it's cheap and costs way less than sugar to produce and it's in so many foods; in barbeque sauce, jam, yogurt, chocolate syrup, sodas – everything about there. And by looking at the back and saying, "Okay, there's no sugar in this but you see high fructose corn syrup, "Oh, okay, that must be fairly healthy if it comes from corn."



Actually, the process starts off with the corn kernel, and, yes, that corn is actually spun in this kind of high velocity tank thing and it's combined with three other enzymes so it forms this kind of thick syrup that's way, way sweeter than sugar. And it's just super cheap to produce. That's why it's a poured into a huge majority of these mass processed foods. But the syrup interferes with the body's metabolism so that a person can't stop eating.

So, when we're talking about weight loss, this actually goes right in the opposite direction because it interferes and it's so hard to control the cravings because high fructose corn syrup slows down the secretion of the hormone called "leptin" in the body. Leptin is a crucial hormone in the body that tells you that you're full and to stop eating. Now if you have no control over that and it's slowing the secretion of that, then you're going to find it very hard to stop eating. And that's why it's so closely associated with obesity. It's just like an addictive drug, and interestingly, it's actually been found in the presence of mercury as well. It's just awful. It has a horrendous environmental impact as well. So that would be my top pick.

If it's GM, not only is it genetically modified, it's going to have a toxic cocktail of pesticides. So, it's, again, another additional thing which, you know, those pesticides—there's only one place those pesticides get stored and that's in your fat until at such time the body has enough time when there so many toxins coming in that it can actually process it and eliminate it from the body.

2. Foods and/or Supplements Justin Recommends to Take for Weight Loss

Hydrochloric Acid

It's not how much you eat but actually how much food is absorbed into your body. We are so stressed nowadays. We not feel like we're stressed but actually we've got used to being stressed and feel like this is actually normal.

We also have a poor diet which is another form of stress. We're dehydrated. That's a stress to the body. Add that to work deadlines – another stress. Add that to poor sleep patterns – another stress. We're just stressed through toxins, sleep, relationships, diet, water – all of these sorts of things.

When we're highly stressed, this actually knocks down the hydrochloric acid which is actually naturally produced by our own body. The result of that is food isn't properly digested, it starts to putrefy and we end up with constipation, gas and all those sorts of things, and this kind of bloated feeling. So regular to all our habits, bloated feelings and we're getting poor skin, hair and nails because the nutrients aren't reaching there. The food just isn't being broken down so that we can be in receipt of all of these nutrients that we desperately need.



This is why hydrochloric acid is beneficial particularly in the early stages while someone is learning to deal with the poor stresses in their diet. The hydrochloric acid takes up space while we're learning to deal with stress and actually enables us to start breaking down that food. All of a sudden we find we go into the toilet regularly, gas is eliminated, we haven't got a bloated tummy, we're not getting this kind of small kind of cold and flu-like symptoms all of the time, our hair, skin and nails improves coz we're breaking down the cellulose with cellulose which is hopefully included in the product.

The way to test it is to:

- 1) go buy yourself hydrochloric acids with cellulose
- 2) start taking it midway through your meal, take two tablets particularly
- 3) See if 10-15 minutes after you've finished your meal, if you feel this warm feeling through your digestive tract like you've kind of drank a warm cup of tea. If you do, then actually you're not as deficient as you might have thought and then it's time to start cutting that down.

Now, if you do start on the two tablets, then you do realize that you actually start to lose fat because your body's receiving the tools, the nutrients it needs to be able to undertake that process. Your skin improves, your hair and nails, you're going to the toilet, you're feeling great – you might actually start feeling as your stress is reduced, that you start to feel that warm feeling, that's an indicator that your body is starting to produce its own hydrochloric acid again.

4. A Physical Exercise or Activity Justin Recommends for Weight Loss

Four Minute Workout and Burn Fat for 38 Hours

For instance, squats, dead lifts, bent over roll, press ups or bench presses – the exercises that involve one or more joints and more muscle groups. So there for you get more bang for your buck. You get better structural balance and you get a higher rate of fat loss.

In the 4-minute workout what you want to do is - not focus on a number of repetitions instead focus on intensity. On a scale of 1 to 10; 1 being sitting down watching the television, 10 being the hardest you have ever pushed yourself in your life for you. Now reason this works is because it works for individually. One person's 10 might be different to their next door neighbor's 10 or your 10.

So it works within your own capabilities. Now work it at your individual 10 or between 8 and 10 for a given period for time and that time is 20 seconds at the fastest rate you possibly can so you fit within an 8 or a 9. And you want to feel in your body that you're working at 8 or a 9 for those 20 seconds.



Then you take a 10-second rest and you repeat it 8 times. So that's 20 seconds followed by a 10-second rest 8 times. Every single set needs to be your absolute maximum effort you possibly can, the fastest that you possibly can go.

For instance you need to pick an exercise which is challenging for you personally. There is one called, "burpees" and this is a whole body exercise so it fits with this compound multi-joint thing. If you're working at your hardest possible rate doing burpees for 20 seconds followed by a 10-second rest, 8 times, you aren't going to want to work out anymore but you really burn fat up to 38 hours after you finished that work out.

4. Other techniques and practices Justin Recommends for Weight Loss

Regular Detox

Really important that every season, like spring cleaning, no matter how great your diet is, there's always environmental influences out there and toxins are making us fat.

So if we want to follow a holistic weight loss process, a regular detox every season or every season of change - just like spring cleaning is absolutely fantastic way to support your health and your weight loss efforts. And there's many, many ways to detox but one favorite way to do it is to either invest in a home enema kit or get yourself out for regular colonics during the whole process, investing in dry skin brushing during the whole process.

Those things make the whole thing a lot more pleasant and can speed up the results and prevent you from suffering from those kind of signs and symptoms of detox like acnes as people might experience and skin rashes, feeling down, food cravings, all these kind of things that we feel during that process.

Another great strategy is to start the first two days with water only. First two days is good quality water and then from there on you need to last as long as you possibly can on juices alone.

Now the reason we say "juice" is you're getting all the benefits of the vitamins and minerals and all the phytochemicals, all the great stuff without the body having to work too hard to break it down. So, it's allowing your body to start to detox using all the beneficial ingredients from the raw organic preferably fruits and vegetables that help to cleanse and detox the body. Last as long as you can on that and then it's moving on to blended drinks.



Justin's 6 Steps to Detoxing:

- 1) 2 days of good quality water only
- 2) Juice organic fruits and vegetables, for as many days as you can
- 3) Include regular enemas or colonics during the detox
- 4) Sleep by 10pm in the evening
- 5) Move onto blended drinks (or smoothies)
- 6) Move onto organic raw foods

That process, about two weeks if you can manage it but certainly try and last that two weeks to begin. Take it further.





Eva Sefcova

Secrets to Long Lasting Weightloss

EVA SEFCOVA-GUSTAFSSON

HOLISTIC FITNESS AND LONG LASTING WEIGHT LOSS

In my first years in Canada I had very little, but I was always fueled by my constant focus on directing my thoughts and emotions.

Each day I would repeat the one word in Slovak that has become my deepest driving force... and I want to share it with you here. This word is the primer of the force in the Universe that has brought me tremendous gifts in friendships, success, and happiness. This word is... "Zazrak!" It means, "Miracles and Magic" in one word! I would say to myself when I woke up every morning... "Today I will experience Zazrak!" As often as I remembered throughout every day I would say... "Zazrak... Zazrak".

I believe that you can live this word by creating every day, every moment by expecting pure miracles and magic! You deserve the best!

Training goes far beyond the physical... ask any of my clients... it's all about who you are outside the gym, and when no one is looking. I will show you how to succeed in your nutrition, thoughts, beliefs and awareness. THESE will be your

TRUE support for a healthy and happy life.

What You'll Learn In This Session:

- Learn how to redefine "success" in your fitness goals
- Understand the top 3 nutrition and fitness tips to getting success in weight loss and obtaining your holistic health goals.
- The importance of focusing on happiness and what is in your heart
- Challenging yourself on all levels with lasting holistic results
- Learn why your state of mind is so important in creating success in your weight loss and health goals



WEIGHT LOSS TIPS FROM EVA:

1. Foods Eva Recommends to Avoid in Your Nutrition for Weight Loss

Tap Water

I want to go to the realm of food, but I will get into water. I experienced a dramatic change a few years ago when I was drinking tap water or Brita water and my body didn't respond to any foods or any healthy choices

I made. I just switched from tap water or Brita water to spring water and my body was back on track within a few days. It was amazing physical change and it brought my memories to my childhood when I was collecting water with my parents and my brothers. Back then, I enjoyed it. But when I moved abroad, I wasn't even thinking about it. But now, I feel like I'm back in my early age. Just that simple step, just changing the water, tap water or any water you drink into something natural like spring water.

2. Foods Eva Recommends to Add to Your Nutrition for Weight Loss

Mother Nature's Food

I like to make things very simple. There are different thoughts about and ideas about special food. But for parents or a person who is extremely busy in their life, I really suggest very simple solution: eat colorful foods, like veggies and fruit.

Eat food Mother Nature gave you or is providing to you, not man-made food. The more natural you can get the better.

Maybe you're asking, why fruits and veggies? It's so easy and simple, without any excuses, like I didn't have time to eat.

The fruit keeps your blood sugar nice and even during the day and if your blood sugar is even, you won't be snacking on unhealthy and high-carbohydrate meals.

I would suggest as well fermented food. In East Europe, back then when I was living there, the fermented foods are almost daily food. We were eating sauerkraut, pickles and kefir with almost every meal. Back then, I wasn't even paying attention to it because I was eating whatever my mom put on the table; but now I see our ancestors knew what they were doing.

I guess every culture have their own curing food. As we know, fermented foods are great for our intestinal flora, digestion and so much more.

So happy gut, happy thoughts, right?



3. Advice Eva Offers for Physical Exercise & Activities for Weight Loss

Daily Variation of Exercise

My tip or suggestion would be don't do every day the same thing. As I mentioned earlier, it is really good to bring into our life variety because in real life you are not doing only one movement, let's say like walking. Pick each day slightly different exercise, like stretching, biking or anything different, just follow your heart.

4. Activities and Techniques Eva that Further Support the Weight Loss Process

Follow Your Heart

I'm going to go again back to your heart. I heard so many times why do you lift weights, why do you do yoga, why do you do this kind of training? I just find that everyone has certain desire. Everyone has different hobby. Do what you love but with moderation so you feel good about yourself and you feel good about your body no matter at what point of life you are because there is so much more to come.





Brandon Gilbert

**Change The One Thing That
Changes Everything**

BRANDON GILBERT

CHANGE THE ONE THING THAT CHANGES EVERYTHING

The great Greek mathematician Archimedes said: "Give me a lever long enough and a fulcrum on which to place it and I shall move the world." This talk will show you how you can create that lever and fulcrum for yourself and change the one thing that changes everything.

In this session we learn from Brandon that when we "realize weight loss is about more than just diet and exercise, just like we are more than just diet and exercise." and that the ultimate outcome of this realization is that "we are on a path to reveal our own uniqueness and true self – and not to achieve some sort of contrived perfection."

What You'll Learn In This Session:

- Learn why so many get stuck and yo-yo on diets and what you can do to avoid that trap.
- How harmonize with natural principles can allow us to effortlessly break through mental and emotional blockages to achieve your goals faster and easier.
- Learn why movement is essential not just the physical, but more importantly on the mental and emotional levels.
- Understand why our programming towards food has little to do with food, but rather our sense of personal freedom, power, and control.

WEIGHT LOSS TIPS FROM BRANDON:

1. Foods Brandon Recommends to Avoid for Weight Loss

Hydrogenated Oils

Instead of avoiding foods, look at food in a different way and to actually consider eating real food.

"Real Food" meaning things that are actually real, those actually perish. So that would conclude, obviously, fruits, vegetables, nuts, seeds, grains and then the array of animal products.



What it excludes is processed foods; things from boxes, fast foods, all of these things. If you basically did that, just actually ate real food and eliminated all of the garbage; that would be a massive upgrade in your life. When talking about diet, when you look at diet, it's more about upgrading.

It's more about getting something better rather than getting rid of something.

So for example, if we're going to ask, "Okay. What's one thing to avoid?" It would be hydrogenated oils. It would be soy oil, corn oil, like all of these vegetable oils that are mass produced in all throughout our food supply. If we're using those or cooking with those, we say, "Alright. Let me upgrade. Let me get some extra virgin olive oil. Let me get some coconut oil. Now I'm buying factory farm garbage, like, butter and milk from the grocery store, let me get some organic stuff. Let me get some grass-fed stuff, see what that's all about."

So we just take what we're already doing and upgrade it and replace it with something better. If we're using sugar, we're using white refined sugar, let's get coconut sugar or palm sugar. Tastes pretty much the same but as far more health benefits and next to no-health detriments. But it's still sugar, it's still a sweetener. We're just replacing and upgrading.

Just that simple mindset and that simple idea of moving forward and in regards to diet, with a caveat that is always, always, always focus on quality no matter what you're eating. Quality. Even if you're going to go out for cake or ice cream with your friends, what's the best you can get? Are you going to go to

McDonalds and get drive-thru ice cream? Are you're going to go to the local ice cream place that has local grass-fed milk from local cows in the area. Which one are you going to go to? It's still the same thing, just a better option.

So, always, always, always focus on quality and realize that you are what you eat. I mean, what you put in your body, changes how you feel. So, you're basically creating yourself out of what you're eating. So, what do you want to be created out of?

2. Foods and/or Supplements Brandon Recommends to Take for Weight Loss

Fermented, Cultured Foods

The key food group would be fermented, cultured foods. And that's just something that people don't eat or if they eat it it's like, from a can, like, soaked in vinegar, "Oh, yeah. I eat sauerkraut." Actually, "No, that's not sauerkraut. That's cabbage soaked in vinegar. It has nothing to do with sauerkraut!"



So, if we're eating fermented foods, we want something, that's live, that's raw, and that's unpasteurized because it's containing a lot of amazing enzymes and probiotics, B vitamins, things that really support our digestion, our elimination, also our immune system and also our mood.

Most people don't realize that 90% of our serotonin comes from the gut, not from the brain, from the gut. Well, what's producing it? Our bacteria, our probiotics, which are what these fermented foods are rich in, is probiotics. So that would be the first, just the most high leverage. And even if someone said, "I'm going to change absolutely nothing about my diet. I'm just going to add this one thing in. This would be the thing."

So, things like sauerkraut, kimchi, kombucha, yogurt, keifer, whatever you can get access to, preferably organic. if you can but most importantly raw and unpasteurized because if it was pasteurized, it instantly kills enzymes and the probiotics which is what you want. It's really not that worth it.

And, sure we can buy these things in stores, but they're like dirt cheap and super easy to make at home. So, we can also educate ourselves on how to do that. That's a really powerful empowering high leverage strategy but we're going to have moving forward to really empower our health and just improve so many different aspects of our life.

Basically, a war will start to ensue with these good bacteria and they are going in and saying, "Hey, you know what? You guys are going to go. Your time is up. Your work is done. See you later." And they're not always so happy to leave because, just like us, they're organisms. They want to live, they want to exist, they want to reproduce and they don't want to be threatened or have their territory taken away.

So sometimes, people can get a little gas or an increased elimination but those things will pass, those things pass in time.

So, to me, that's the most important food group to add in for anyone. Whether you're trying to lose weight or gain weight or you're trying to be healthier or whatever, that's just really important food group.

3. A Physical Exercise or Activity Brandon Recommends for Weight Loss

Find an exercise that you like. That's what it boils down to. It's just finding the thing that works for you.



4. Other techniques and practices Brandon Recommends for Weight Loss

Dry Skin Brushing

It's a great thing to stimulate your lymphatic system and get that moving. Often times we're overweight and we don't really exercise, our lymphatic system just sits and we feel sluggish, we feel tired, we feel heavy. So, that would be a great thing to start off with. It takes, again, two minutes, cost you, \$8 to get the brush and that's a great thing. Especially for women, it's really great for your skin to exfoliate, keep your skin fresh and healthy just like regenerating. b. Saunas

A great way to help your body detoxify and stimulate metabolism as well as stimulate circulation, and

simply just to get things moving in the body. Saunas are a huge ally for anyone who's trying to drop weight or detox or cleanse or whatever.

5. Other Practices Brandon Recommends for Weight Loss

Contemplation

A great practice is just sitting down with ourselves and taking a piece of paper make note by looking at ourselves and asking, "Where am I stuck? Where am I not moving? What rigid conclusions and beliefs do I have about myself and about my life? And what am I really afraid of and afraid to let go of?" And just sitting with those and asking, "You know, let me just think about this for a little bit. Let me just shut off the cell phone. Let me just turn all of this stuff off and let me just spend five or ten minutes with me sitting in my own stuff, just being with me and being with my own thoughts." Just starting with that.

External Clearing

You can take a look at our external world and say, "You know what? Where is there just junk hanging out that needs to be gone or gotten rid of?" Whether it's a closet, a room, a basement, a garage, whatever – just get all of that crap out. Just unload it. And take a look at our closet, our clothes, all of our possessions and say, "What am I actually using here?" And usually people are only using that 20% of what they actually have.

The rest is just clutter and junk.



This ties in with our physical in a very obvious way because if you walk into a crowded room or you're in a space that's hard to navigate or if you're in your closet that's really disorganized, you feel stressed and you feel kind of annoyed by it, which is affecting you physically. And especially if you're doing that on a regular basis, you're just engraining that pattern even further.

So, just starting with that and you can take it further and look at your relationships. You know other people who are leeches, are there people who have encroached in your own personal space. Are there people who you've encroached in their personal space? Especially if it's women, women get really in to being the rescuer or the healer or they have to be there for everyone all the time and they sort of just give all of themselves to other people and don't actually nourish themselves and take care of themselves.





Mary Lane

Nature Has The Ideal Diet Plan

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NATURE HAS THE IDEAL DIET PLAN NATURE HAS THE IDEAL DIET PLAN

Nature Has The Ideal Diet Plan Nature has the ideal diet plan for every environment that balances our body mind and spirit. It balances our ability to “receive, and let go.” Receiving nourishment, and letting go of what no longer serves is necessary for health. It is necessary on every level of our being, not just the physical. The receptive, (feminine) aspect of ourselves, whether you are male or female has been shut down on a collective level. It has put humanity in scarcity mode. The body is responding to that and so holds onto everything, it can’t let go.

When it holds on to something past its usefulness it becomes toxic to our system. This creates stress, which in turn creates more holding on. People under stress have a much more difficult time with their weight. So nourishing ourselves aligned with the wisdom of nature supports us to balance this. It also heals our sense of worthiness to receive nourishment. It is not just about what we eat, but also, very much about our relationship with nourishment. It reflects how we feel about ourselves.

What You’ll Learn In This Session:

- The food we eat nourishes and affects us on all levels, not just our body, and supports optimum health and ideal weight for each individual.
- As we have learned that we need to heal the whole being, we also need to nourish the whole being.
- Our disconnection from the Earth and “receptive” quality of ourselves must heal if we are to be a healthy human being.
- If you are holding onto old beliefs that do not serve you to grow and receive the nourishment of life your body responds by doing the same. This can lead to being overweight, and diets that do not address this cannot be effective long term.
- First easy steps to eat seasonally and align with nature’s diet plan.
- Gratitude for the sacredness of the food we take in is a posture that opens our bodies to receive the nourishment.



WEIGHT LOSS TIPS FROM MARY:

1. Foods Mary Recommends to Avoid for Weight Loss

Processed Foods

Refined processed food and the wheat products and genetically modified foods. Anything that says wheat or sugar, anything processed just avoid it.

There is great information online, you can find lists of what products contain GMO so for the listeners,

if you want to eliminate GMOs right away just search online for something like a list or just information about that.

This is critical piece because it is the antithesis of Nature and so if we feel like we're disconnected from our food source now, that is taking it to the ends degree.

2. Foods and/or Supplements Mary Recommends to Take for Weight Loss

Green, Green, Greens

Seasonal greens of all kinds are food for the soul. The winter greens, the heavier greens, the lighter greens you know, this really supports the body and just steam greens with a little garlic lemon juice and olive oil and it is so incredibly nourishing to the system and gives you so many nutrients without adding weight.

Nettle tea/infusion

If there is one weight loss supplement it would nettle tea. It is so full of vitamins and minerals to support the usual mineral deficiency that simply people suffer from and this helps the metabolism in the hormonal system and so you can use it overnight for 8 hours.

Just take some nettle tea and add some oat straw to it that is good for the nervous system so it can calm the nervous system and pour boiling water in a mason jar overnight and let it sit on the counter and then strain it then just drink several cups of it during the day.

The roots are great for prostate problems. Both the female and masculine balancing, the answers are in nature. Absolutely, make infusions out of different herbs keep healthy.



3. A Physical Exercise or Activity Mary Recommends for Weight Loss

Walking

If you are overweight it's important to be gentle, so walking and hiking. Walking out in nature, serves both getting your exercise and you're connecting with nature. Go into the park if you live in the city and take that in, that is nice kind gentle exercise, it supports your metabolism but it is also infusing you with the energy of nature at the same time.

4. Other Practices Mary Recommends for Weight Loss

Go through your cupboard and let go of goods that are refined and processed. Let go of foods that have refined sugars and with so many people allergic to wheat and gluten - it adds weight. Also, just stop shopping in the middle of the store where all the fast foods are and go to the edges. That would have a huge impact, just that. So just doing that is a big start and start shopping in the produce section more.



THE COMPLETE HOLISTIC WEIGHT LOSS COLLECTION WORKBOOK

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