

# Paleo Diet

From the beginning, our ancestors ate only what they could kill or gather. There were no fruit orchards or fields of grain. **Their diet was mainly animal meat and fat, with *some* nuts, roots, fruits and berries.** Fossil records show they were very healthy with none of the diseases that plague modern man. Isolated tribes who still eat the Paleo diet are much healthier than “civilized” societies of today.



**“The future of our health, is the diet of our past.”**

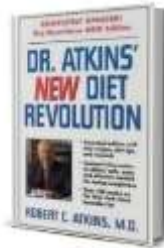
About 10,000 years ago, people started cultivating grains and starchy plant foods such as potatoes. Most people are not genetically designed to eat these new foods and so began the decline of mankind’s health.

Cultures like Eskimos and North American Indians continued to eat the Paleo diet until very recently. They didn’t suffer modern diseases such as gum disease, obesity, arthritis and cancer. They had strong bones and teeth, thick, beautiful hair, strong, healthy bodies and lived longer than “civilized” people of their day.

## Dr. Atkins Was Right

Cardiologist Dr. Atkins was demonized for 40 years for advocating a diet of fats and proteins.

*Turns out he was right after all*



## Eat only 3 meals per day

Do not snack between meals, as this upsets the natural rhythm your body has to burn fat. The last hour before your next meal is when your body has nothing to burn but fat!

## The 50-40-10 Calorie Plan

**Eat 50% animal protein and fat  
40% vegetables, nuts, seeds  
10% fruits and berries**

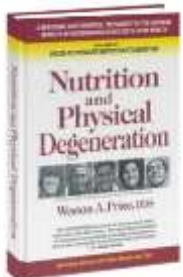
At special occasions like parties, enjoy anything you want, and go back to the Paleo diet when you get home.

**Average male can release 10-12 lbs. per month  
Average female can release 8-10 lbs. per month**

*This is easily achieved without strenuous exercise or going hungry!*

Not only will you quickly get to your desired weight, but you will easily stay there the rest of your life.

## Fat: The Original Health Food



**DR. Weston Price**, called “The World’s Greatest Dentist” traveled the world documenting the destructive nature of grains on mankind. In his book, ***Nutrition and Physical Degeneration***, he states that the traditional diet of meats and fats provided far better nutrition than the diets of tribesmen who moved to the city and ate the “modern” diet of grains. Not only were their teeth healthy and straight, but over-all health and vitality were better than their city cousins. Dr. Price had a team of over 60 researchers on his staff.

Most tribes had special high-fat diets for both parents seeking to have children. Lactating mothers and growing children also were given this special diet as growing brains need animal fats to properly form. The Weston Price foundation was established in 1999 to spread his research. **WestonAprice.org**

The Eskimo (Inuit) diet was 80% blubber and 20% red meat, with absolutely no vegetables, fruits or grains, yet they were not over weight and lived long, disease-free lives.

Note: I don’t recommend people eat this diet today. Most people’s livers are too sick to release enough bile to digest this much fat. See page 30.



Europeans who first encountered natives in the new world were astounded at how tall and healthy they were; no tooth decay, no diseases.

**Pemmican**, buffalo fat mixed with dried meat was a staple food, and was traded to white men who claimed it superior to any other food.





# Foods to Eat: Paleo Diet

The healthiest meat has the *most* fat because protein needs fat to be properly metabolized.

**Meats:** Meats of all kinds. Don't trim *any* fat or skin as this has flavor and nutrients. Restrict hot dogs, cured hams and luncheon meats (read the labels; they have corn sugar) Cook beef medium rare, or rare (never well done) for best taste and nutrition. 4oz meat per serving is all you need (about the size of your palm)

**Eggs:** Hardboiled, fried, raw, or scrambled. Eggs are one of nature's perfect foods

**Salads:** Chopped chicken, shrimp or ham in a salad with grated cheese, chopped egg, nuts, cottage cheese. Use olive oil (most commercial dressings have sugar) You need only a little lettuce for a salad. Use more meats and make a meal of it

**Seafood:** Fish, shrimp, lobster, oysters, and crab any way you like, with lots of butter

**Vegetables:** If green in color, they're usually OK. Onions, mushrooms, avocados Also cook lightly in butter, bacon fat, coconut or olive oil (coconut oil is best!) Steam-cook vegetables with butter and spices (don't overcook; should still be crunchy)

**Fruits/Berries:** Berries are better than fruits because they have more nutrients and less sugar (frozen fruits and berries OK). Blackberries, straw berries, raspberries, lemons, limes. Ripe bananas, watermelon, grapes, apples, pineapple have the most sugar so limit these.

**Drinks:** Water, unsweetened almond milk

**Cooking Oils:** Coconut oil is by far the best, butter, lard (bacon fat) Olive oil only for eating cold or low heat cooking

**Soups:** To chicken broth, add: chicken, shrimp, pork, eggs. Beef and vegetable soup. Chili con carne (no beans)

**Refried Beans:** Pinto or black beans

**Snacks:** Olives, pickles, onions, piece of cold meat Raw vegetables such as sugar snap peas, avocado Raw egg, hardboiled egg, 1/2 apple, 1/2 orange Nuts and seeds of all kinds (not peanuts or cashews) Slice of cheese, cottage cheese, bowl of raspberries with crème

*Lose 1/2 lb. a day and not be hungry!*

## Coconut Oil for Breakfast

Melt about a tablespoon of coconut oil in a glass of warm water or tea. Coconut oil is "brain" food and one or two glasses will provide all your physical and mental energy until lunch time. Most fat is burned while we sleep, or "fast", so do not eat right before bedtime.

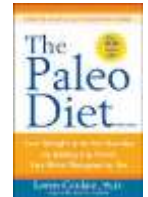
During your fasting period the body is burning stored fat and cleansing itself. Morning, with just a tablespoon of coconut oil is also the best time to exercise as you'll be burning stored fat instead of glucose as you would with regular breakfast.

*Read more about this on page 18.*

## Healthy Flour

Almond and coconut flour are very good for making pancakes, muffins, cookies and other tasty foods.

Mix with baking soda, unsweetened almond or coconut milk, eggs, butter, coconut oil.



*Search the internet for Paleo recipes!*



### Blender, not a juicer!

With 2 cups of water, blend **frozen berries** and twice that amount of fresh greens such as spinach, kale or romaine lettuce. Blend not juice, as juicing removes the important fiber.

## The 50-40-10 Calorie Plan

**Eat 50% animal protein and fat**

**40% vegetables, nuts, seeds**

**10% fruits and berries**

At special occasions such as parties, enjoy anything you want, and go back to the Paleo diet when you get home.

**Do NOT bring party food home!**

### Eat only 3 meals a day

Do NOT snack between meals. The last hour or so before your next meal you're burning all fat, and snacking stops this process!



# Foods to Avoid

**You have to realize that the pain of being sick and over-weight is greater than the pleasure derived from eating unhealthy foods.**

Limit these foods to parties and other special occasions.

**Breakfast cereals**, donuts, pastries, bread, anything made from grains. Potatoes, yams, peas and other starchy foods quickly turn to sugar.

**Sugar:** High fructose corn syrup (HFCS), brown sugar, molasses, honey, pure cane sugar, alcohol

**Note:** Sugar and alcohol affects your skin's collagen which leads to more wrinkles. Sugar feeds cancer!

**Fruit juices** of any kind (too much natural sugar, causes weight gain and tooth decay)

Pineapple, watermelon, ripe bananas, grapes, raisins and all dried fruit (too much natural sugar)

**Soy products of any kind:** Too many problems to list here

**Milk** and other dairy products. Today's processed milk lacks the required enzymes for calcium to be absorbed, so drinking milk will not prevent osteoporosis. Processed milk is taken from cows pumped full of hormones and fed an un-natural diet of GMO grains.

**If it comes in a bag, a box or a can, you probably shouldn't be eating it!**  
Fresh fruits and vegetables are best, with frozen ones coming in a close second. Avoid fruits and vegetables packed in cans.

**Vegetable oils:** Margarine, canola oil, soy oil, corn oil are man-made chemicals found in most baked or fried foods. They cause free-radical damage and emit cancer-causing chemicals when heated.

**Peanut butter:** The peanut oil is replaced with cheap, unhealthy soy oil and added sugar

**Legumes:** Peanuts, Peas, Lentils, Soybeans (Legumes are similar to grains in that they contain phytic acid and lectins that irritate the gut and inhibit absorption of nutrients)



Whole wheat bread is worse than white bread because it contains more anti-nutrients!

**Sport drinks** are loaded with sugar, drink WATER!

**Rice** has the least amount of anti-nutrients making it the "healthiest" grain. People of Asian ancestry can tolerate much more rice. After you reach your ideal weight, you can eat meals with a little rice. Make sure you add meat, fats and vegetables to help slow the digestion of the rice.

**Processed meats:** Lunch meat, sausage, hot dogs have added corn sugar and preservatives.

**Alcohol:** Beer, wine etc. Any healthy stuff in wine is canceled out by the alcohol.

**Vegetable juice:** Whole vegetables are better than just the juice



**Use smaller Plates**  
Your plate looks full and you eat less!

**All soda pop:** (diet or regular) causes your cells to become too acidic.

Your body must maintain a proper pH and does so by increasing the size of fat cells.



## Artificial Sweeteners Linked to Obesity

Artificial sweeteners interfere with microbes in the gut, causing you to gain weight. Your cells become glucose intolerant, causing a rise in blood sugar. This excess sugar is then converted to fat cells in order to maintain proper blood sugar levels.



**Fruits with most sugar:**  
Grapes, apples, bananas, kiwi, melons, cherries, oranges, raisins, prunes, blueberries, grapefruit, peaches, pears.

## Limit the amount of fruit

The fruit your ancestors ate had far less sugar than today's genetically-modified fruit, and they only had it in season.

**Keep these foods out of your house so you won't be tempted to eat them!**

# Grains: The Other White Sugar

**Myth: Eating grains are part of a healthy diet to lose weight**

**Fact:** Grains are the *worst* food if you want to lose weight. They quickly turn into glucose and cause an insulin response as bad as white sugar. In order to maintain proper blood sugar, excess glucose is turned into fat. Eat grains, get fat. Eliminate grains, lose weight!

**Myth: Corn comes from plants so it must be good for you**

**Fact:** Corn is loaded with a sugar called fructose. Fructose has replaced cane sugar in soft drinks and most other foods. Cattle are taken off their natural grass diet and fed corn to fatten them up just before slaughter. The same happens to you when you eat grains!



Cattle are fed corn to fatten them up for slaughter.  
**The same happens to you!**

**Myth: Humans need a diet high in grains to be healthy**

**Fact:** Humans need absolutely no grains to be healthy. Grains are a relatively new food first cultivated only about 10,000 years ago. Humans (and animals like cows) have not had time to adapt to this new food and it's making us sick. For hundreds of thousands of years prior to agriculture, people ate absolutely no grains and lived much healthier lives than people today.

At least 95% of corn and soybeans are Genetically Modified Organisms (GMO). Their DNA has been altered to resist herbicides. These "Frankenstein" foods have been implicated in many health problems in animals and humans, so severely limit your foods made from grains for this and many other reasons.

**Myth: Grains are loaded with vital nutrients**

**Fact:** Of all the food groups, grains have the *least* amount of nutrients! Grains also contain gluten, phytic acid and lectin, anti-nutrients that block the absorption of vitamins and minerals from your other foods.

**Myth: Whole wheat bread is better than white bread**

**Fact:** Whole wheat flour has almost as high a glycemic index as white bread, and like all wheat, it contains phytic acid and lectin, anti-nutrients that interfere with the absorption of vital minerals. Wheat also has gluten, which may cause reactions in many people, including autism, depression, dyslexia and Leaky Gut Syndrome. You don't need to have full-blown celiac disease to have symptoms.

Just because it's "gluten free" doesn't mean wheat is healthy. All modern wheat comes from dwarf wheat, a genetically modified strain created by scientists to feed the world. This new super wheat also has a new super-starch called amylopectin-A. It raises your blood sugar faster and higher than even white table sugar. The bread our ancestors ate was much healthier (but still bad) than today's bread.

**Myth: Soy beans are a modern day miracle food**

**Fact:** Soy is one of the *worst* foods ever invented by man. Soy was grown only for its oil to be mixed into paints and other industrial products and the leftover mash was fed to animals. Then the soy industry began to market their waste as a protein health food. Soy has such poor protein and so many anti-nutrients that soy milk should be banned for sale as a baby formula. It's loaded with phytoestrogens, a female hormone-like substance that causes many problems. It blocks the synthesis of thyroid hormones and the absorption of iodine required by the thyroid. Soy oil is added to almost every processed food.



One bottle of soy formula equals the phytoestrogen of 5 birth-control pills. It can damage the baby's brain and retard the development of male sex.

## The Glycemic index is a scale of 0-100

The higher the number the faster your blood sugar rises



Banana 54



Candy bar 55



White sugar 68



Whole wheat 71  
(Yes, whole grain)

# High Cholesterol Hoax

## **Myth: Cholesterol is bad for you**

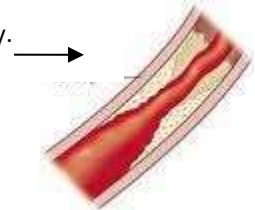
**Fact:** Your body produces cholesterol, a hormone-like substance that every cell in your body absolutely needs, so how can it be bad for you? The myth started back in the 1920's when researchers hired by a vegetable oil producer fed rabbits a strict diet of cholesterol (rabbits are vegan and shouldn't eat cholesterol) and they developed heart disease. A similar study done with dogs failed to get the same results, and this study never saw the light of day. Ever since, the vegetable oil industry has used those flawed studies to promote their toxic oils.

## **Myth: High cholesterol causes heart attacks**

**Fact:** Wrong again. 50% of heart attack victims had *normal to low* cholesterol before their heart attack. Too much *inflammation* causes heart attacks because cholesterol adheres to the arterial wall as a means of protecting the inflamed artery. Heal the inflammation and the artery will clear itself.

Chronic inflammation causes plaque to adhere to the artery.

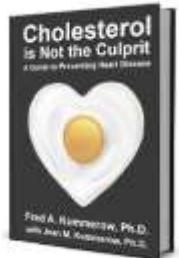
Stop the inflammation and the artery will clear itself.



A better indication of heart disease would be elevated triglycerides. The American Heart Association's recommended low-fat, high carbohydrate diet will *raise* your triglycerides, increasing your chances for a heart attack. The only solution is to go back to our ancestor's diet of meats, fats and green vegetables - the Paleo diet.

## **Cholesterol is Not the Culprit** by Dr. Fred Kummerow

For over 50 years he has been saying that cholesterol and saturated animal fats are required for a healthy body.



## **Myth: Eating foods high in cholesterol causes high blood cholesterol**

**Fact:** It doesn't matter the amount of cholesterol you eat, your liver will automatically make more or less to maintain the level it needs.

## **Myth: Taking a cholesterol lowering drug will prevent you from having a heart attack**

**Fact:** The *only* thing a cholesterol drug will do is damage your liver and heart, *if you are lucky!* Statin drugs actually deplete CoQ10 and vitamin D, vital nutrients your heart muscles absolutely must have. They often cause memory loss and high blood sugar, and are linked to Alzheimer's, Parkinson's and type-2 diabetes. Your brain needs *lots* of cholesterol to be healthy and statin drugs deplete cholesterol.

## **Myth: Having very low cholesterol is healthy**

**Fact:** Just the opposite. Fat people, skinny people, it doesn't matter your weight. Too low means you are at a much higher risk for heart attack, cancer, depression, stroke, Alzheimer's and much more.

## **Myth: Taking a cholesterol drug will unblock your arteries**

**Fact:** Cholesterol drugs only shut down your liver's ability to *make* cholesterol. The drug may lower the amount of cholesterol in your blood, but it does NOT clear plaque already stuck to the artery.



"I'm prescribing a statin drug. It won't do you any good, but it keeps me from being sued".

**"For the first time, a normal level of a vital body substance is considered a disease"**

Malcolm Kendrick, MD,  
British cardiologist



Heart disease runs in my family, so I had my arteries checked. The company, *Life Line Screening*, says I have very clear arteries, no plaque!

**Note:** Nine of the ten doctors on the panel that developed our current cholesterol guidelines were actually taking money from drug firms that sell cholesterol drugs!

# Big Fat Lie



**Myth: Fast food is unhealthy because of all the fat**

**Fact:** Fast or slow, any meal that has a bun, fries and soda is unhealthy. It's these *carbohydrates* that cause poor health, not the fat. *Fried* fast foods such as french fries are made even worse because the unhealthy vegetable oil they use emits cancer causing toxins when heated.

Saturated fat such as butter contains essential acids: lauric, palmitic, stearic and butyric acid. You absolutely need these acids to absorb calcium and fat-soluble vitamins A, D, K, and E. Lack of these acids is just one reason vegetarians are so sickly. Mother's milk, nature's perfect food contains over 50% fat because growing brains especially need fat to develop.

Mother's milk is over 50% fat



**Myth: Fat has the most calories per gram so eating fat makes you fat**

**Fact:** Fat does have the most calories per gram, but it's digested slowly and gives you energy all day. Carbohydrates, such as grains, quickly convert to glucose in the body and must be stored as fat to keep blood sugar levels even. Even *whole grains* make you fat.

**Myth: Experts agree that a diet high in grains and low in fat is the healthiest**

**Fact:** Again, the "experts" are wrong. Thousands of years *prove* that eating animal fat is the healthiest diet. Eskimos who eat a traditional diet of 80% fat and 20% meat have no modern diseases. Those who switch to grains suffer the same diseases as white men. Northern Plains Indians could survive for months in the winter on nothing but pemmican, a mixture of fat and powdered meat. Plants were eaten only when meat/fat was not available. Hunting and fishing seasons were timed to when the animals had the most body fat as this was the healthiest part of the animal. These cultures and many more around the world were very healthy and trim because they ate mostly animal fat and red meat.

**Myth: Eating fat makes you fat, so a low-fat diet makes you skinny**

**Fact:** The body needs fat. If it's not supplied in the diet it will make its own. If you don't eat enough fat, a fat-storage enzyme called lipoprotein lipase increases, causing the little fat you *do* eat to be stored instead of burned for energy. Most weight-loss on a low-fat diet is usually due to loss of muscle, not fat!

**Myth: Dr. Ancel Keys proved in the 1950's that a high fat diet caused heart disease**

**Fact:** Dr. Keys developed the "K" ration (K for Keys) for soldiers in WW2. Keys published studies "proving" that dietary fat caused heart attacks. His studies had holes big enough to drive a truck through, but because of his WW2 work Keys had a reputation that matched his equally huge ego, and he simply shouted down anyone who disagreed. Once the American Heart Association bought his story (funded by vegetable oil producers), anyone who dared say otherwise would have their careers ruined.

**Myth: Animal fat is unhealthy, so trim all fat from meat and eat only fat-free dairy**

**Fact:** In order for protein to be metabolized, it must have the proper amount of fat along with it. In the 1970's, over 60 people died on a diet craze of non-fat liquid protein. Paleo man knew that eating low-fat protein was not healthy. They always hunted the "fattest" animals, and if none were available, they supplemented their diet with blubber or other sources of fat such as pemmican.

**Myth: Coconut oil is an unhealthy saturated fat**

**Fact:** Coconut oil is one of the healthiest foods you will ever eat! The vegetable oil industry unfairly demonized this oil so people would buy their man-made oils. Coconut oil has medium chain triglycerides which are very healthy for your brain. Coconut oil has a thermogenic effect on your metabolism, meaning it burns more calories than it contains.



Feeling tired? A spoonful of coconut oil will give you hours of energy!



"That low-fat diet I put you on twenty years ago gave you diabetes, obesity and heart disease. Oops."



**Cold hands and feet?**  
Eat coconut oil 3-4 times a day!

**"The Big Fat Surprise"** by Nina Teicholz details how shoddy science and huge egos in the science community led the American people to accept the fallacy that eating animal fat was unhealthy.



# Veganism: Science or Religion?



Vegans cruelly feed their carnivorous pets the vegan diet.

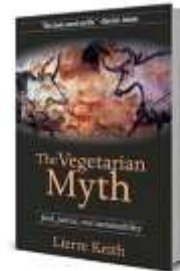
I believe in the proper treatment of all animals, including animals placed on Earth for the benefit of meat-eating animals like Man.

As participants in the "Great Circle of Life" it is our duty to respect all of God's creatures and raise and harvest them as humanely as possible.



## **Myth: The vegan diet is based on sound science**

**Fact:** The vegan diet is more religion than science. Vegans believe raising animals for food is bad for the environment. Like religious radicals, some vegans even commit terrorist acts because they believe they have a duty to save Mother Earth. The science does *not* support this diet as healthy for meat-eaters such as humans. In their attempt to "save" the planet, they are harming themselves.



## **The Vegetarian Myth**

Lierre Keith, a former 20-year vegan, exposes the belief that the vegetarian diet is healthy and better for the planet. She is often attacked verbally and physically by radical vegans for daring to express her views.

## **Myth: Nature intended us to be vegetarians**

**Fact:** We are genetically designed to eat meat. Your four pointy teeth in front are called canines. These "dog teeth" are meant for ripping meat off the bone. Our digestive tract is designed to process meat and fats, not the high fibers found in the vegan diet. Too much fiber causes bloating and gas, and can cause intestinal diseases. If we were meant to be vegans, we would have a mouthful of molars like cows.

## **Myth: The vegan diet is the most nutritious**

**Fact:** The vegan diet is the *least* nutritious diet. It's nearly impossible to get the eight essential amino acids and vitamin B12 found easily in animal protein, and it lacks the animal fats needed to absorb fat-soluble vitamins A, D, K, and E. Soy protein is an incomplete substitute for meat and has estrogen-like hormones. The diet lacks essential omega-3 fatty acids leading to all kinds of health problems. Fatty acids from flax seed are often rancid and are an incomplete substitute for animal-based omega-3.

Foods made from grains are of such poor quality that artificial vitamins and minerals must be added. The high fiber diet, along with the anti-nutrients, gluten, lectin and phytic acid found in grains block what little nutrients there are. Vegan women often have difficulty getting pregnant, and sooner or later suffer terrible osteoporosis.

The vegetarians of southern India have the shortest life-span of any society on Earth. Heart disease and diabetes is double that of meat-eaters in northern India. They are weak and frail and suffer Alzheimer's, Parkinson's, Osteoporosis and other diseases at an early age. The same for the Akikuyu tribe in Africa.

## **Myth: Studies prove that eating meat, especially red meat is the cause of modern diseases**

**Fact:** These studies always blame the meat. They never consider that the bun, fries, soda and vegetable oils are the real cause of today's epidemic of diseases. They have no response when confronted with the overwhelming evidence that hunter/gatherer cultures whose diet was mostly red meat were much healthier than people who eat today's diet of grains. Eskimos ate 80% fat and 20% red meat and had no modern "white-man" diseases. American Indians who were much healthier than white men, ate Paleo. Around the world, cultures that still eat Paleo are much healthier.



## **Myth: Eating meat and animal fat causes your body to become too acidic.**

**Fact:** No matter what you eat, your body will maintain its proper pH naturally. Eating acidic foods may cause your *urine* to be acidic, but not your blood. This is just another "myth" spread by vegans to stop people from eating meat.



## **Low Sex Drive?**

Men on a vegetarian diet have low testosterone levels, and women have difficulty conceiving. If you don't want to be a childless, "limp wimp", you need to be a red meat eater!

# Exercise: Do's and Don'ts

## More Muscle = Less Fat

As we age we lose fat-burning muscle. This is why it's important to do muscle-building exercises.

**Myth: You need to do cardio for 30 minutes to get into the "fat burning zone"**

**Fact:** We burn most of our body fat while we are *sleeping*, not exercising. The best way to release weight is to do short, intense exercises and eat the Paleo diet. Short, intense exercise promotes the release of Human Growth Hormone to burn fat while we sleep, and Paleo foods are burned as energy, unlike grains and sugars which are converted to fat cells.

**Myth: Extreme exercise like running marathons is especially good for you**

**Fact:** Humans evolved to run short, fast sprints, so extreme exercises like marathons are very hard on the body. Long-distance running causes the release of excess cortisol, a stress hormone responsible for inflammation. Short, intense sprints push your heart and lungs to be their best, while long-distance jogging damages your joints, increases heart disease and accelerates aging.



**Myth: People who are naturally slender don't need to exercise**

**Fact:** Exercise is NOT about losing weight; it's about getting and staying healthy. Your Paleo ancestors didn't run marathons or lift weights, but they were active all day just to survive. Exercise helps regulate blood sugar, reverse osteoporosis and builds strong heart and lungs, and studies show that exercise is very important in preventing brain diseases such as Alzheimer's.

**Myth: Obese people can't lose weight because they're too unhealthy to exercise**

**Fact:** For years we've been told we must exercise the pounds away. This is true if one continues to eat a diet of grains, because grains are converted to fat cells. All this changes with the Paleo diet because fats and proteins are converted to *energy and muscle*, not fat cells. You'll naturally have more energy on the Paleo diet and the pounds just melt away – *without extreme exercise!* No matter how out of shape you are, you can still begin a weight lifting program, right?



**Too fat for sprinting?**

Weight lifting and riding a bike is great way to get fit and healthy.

## Interval Training

Sprinting for 30 seconds is natural and much healthier than jogging. Sprint, then walk until your heart rate returns to normal. Then sprint again. This can be done 3-4 times in about 15 minutes and you are done. Interval training improves your heart and lung capacity without all the damage of sustained jogging. "Sprinting" can be also done on a bicycle, treadmill or other machines. While you sleep, your body will produce Human Growth Hormone. HGH is like the fountain of youth, making every cell in your body healthier and younger, and you'll burn even more fat as you sleep!



### Interval stair training at work

Run up multiple flights, then slowly walk back down, repeat 3-4 times.



### Back Pain?

Simply rolling over a foam roll is a great way to stretch back muscles and safely "crack" your back.

Available at Target stores



### High and tight glutes?

Swinging a kettlebell back and forth 30 times does it!



### Rebounding is my favorite!

Anyone can benefit from this simple, effective form of exercise. With a pair of hand-weights you can get a total body workout in about 10 minutes.

- Easy on your joints, great detox
- Release weight, build muscle
- Pre-athletic warm-up
- Strengthen core, sleep better

### Bellicon Rebounder is Best

- No springs to break
- Custom bands for your weight

**Do not buy a cheap rebounder, they don't last and you can get hurt!**

[www.Bellicon.com](http://www.Bellicon.com)



### Interval Sprinting

You can do interval sprints on exercise machines or a bicycle

Start with one sprint, then gradually add more as your health allows.

Go as fast as you can for 30 seconds







You can't avoid getting older...  
but you *can* avoid getting old-age diseases!

# Dehydration

**Most have it and don't know it!**

Drink your water at room temperature because cold water shocks your system.



Our body is made up of 75% water. As we age, our ability to detect thirst diminishes. Even young people can be dehydrated due to consumption of alcohol, caffeinated and diet drinks. Prescription drugs can often cause dehydration. Chronic disease is usually accompanied by dehydration, and in many cases, caused by it. This is because cells need proper amounts of water to remove toxins generated daily by the body. Cellular toxicity leads to illness.

A dehydrated person retains water outside of the cells in order to remove toxins. A properly hydrated person actually will lose weight. Over time, dehydrated cells fail to signal the body the need for water, further leading to dehydration. After years of this, cells die more quickly and are replaced with weaker, "older" cells. You prematurely age for lack of water.

## Thicker Blood

Lack of water causes blood vessels to constrict, leading to high blood pressure. Blood pressure meds dehydrate the cells even more. Lack of water in the liver causes a buildup of toxins leading to gallstones. Caffeine, being a nerve toxin, causes the cells to release water in order to remove it. Alcohol dehydrates the cells, and over time causes brain damage. Even one glass of wine is unhealthy because most people start out dehydrated.

Alcohol and protein foods increases uric acid in the blood. Excess uric acid gets deposited in places that have the poorest circulation such as the joints and toes. Your stiff joints, arthritis and gout may just be a signal to drink more water.

## Your brain needs water

Grandpa may not have Alzheimer's, he's just dehydrated. Lack of water causes extra stress on the brain and nervous system, and staying hydrated is one simple way to relieve it. Alcoholics are often depressed, and lack of water makes it worse. Got a headache or hangover? Drink water!

**Water is our most important "nutrient", and it's almost free, yet dehydration is a contributing cause to many of our diseases.**

First thing upon waking, drink a large glass of water. Drink a large glass ½ hour before each meal and you'll eat less. An hour before bedtime, drink more water. If you wake during the night feeling hungry, drink water. If you weigh 200 lbs., you should drink 100oz. of water daily (A gallon is 128oz).



## Your ideal weight

Being dehydrated causes your cells to release toxins along with water into your main body. Your cells are dry but your body is bloated. Drink water, lose weight!



Dark yellow urine during the day indicates you are dehydrated.

**For every glass of alcohol or caffeinated drink, your body loses 3 glasses of water!**