

Becoming Indestructible

4 Principles
for
Weight Loss
and
Lasting Health

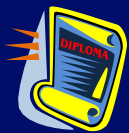
“After all, the light is seductive. The longer we stay up, the more we learn. That’s why Americans are the brightest and the best as well as the sickest people in the world.”

TS Wiley and Bent Fomby
Lights Out: Sleep, sugar and survival
page 105

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About Me



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Becoming Indestructible



The Keys

- 🔑 Food
- 🔑 Sleep
- 🔑 Stress
- 🔑 Exercise

Food

Eliminate

- Wheat and ALL wheat products
- Vegetable oils (liquid @ room temperature)

Be Careful with

- Safe starches (white rice, potatoes)
- Protein (Anything wild, **beef, the ocean**, pork then chicken)

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Food

Eat Freely

- Above the ground vegetables

A Lone Category

- Sugar

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Sleep

Work up to...

- 7 hours per night in summer
- 8.5 hours per night in winter

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Sleep

How to do it

- Completely dark
- No electronic light 1-hr before bed
- Cool room – need covers

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Stress

Physiological

1. Food
2. Exercise

Psychological

(*behavior*)

- Yoga
- Get Organized!
- Cold showers
- Music

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Exercise



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What to Expect?



No more of this



NONE of these*



A LOT less of this

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Special Offer

FREE Evaluation (\$195 value)

- Just fill out the form and I'll be in touch

If you'd like to learn more

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