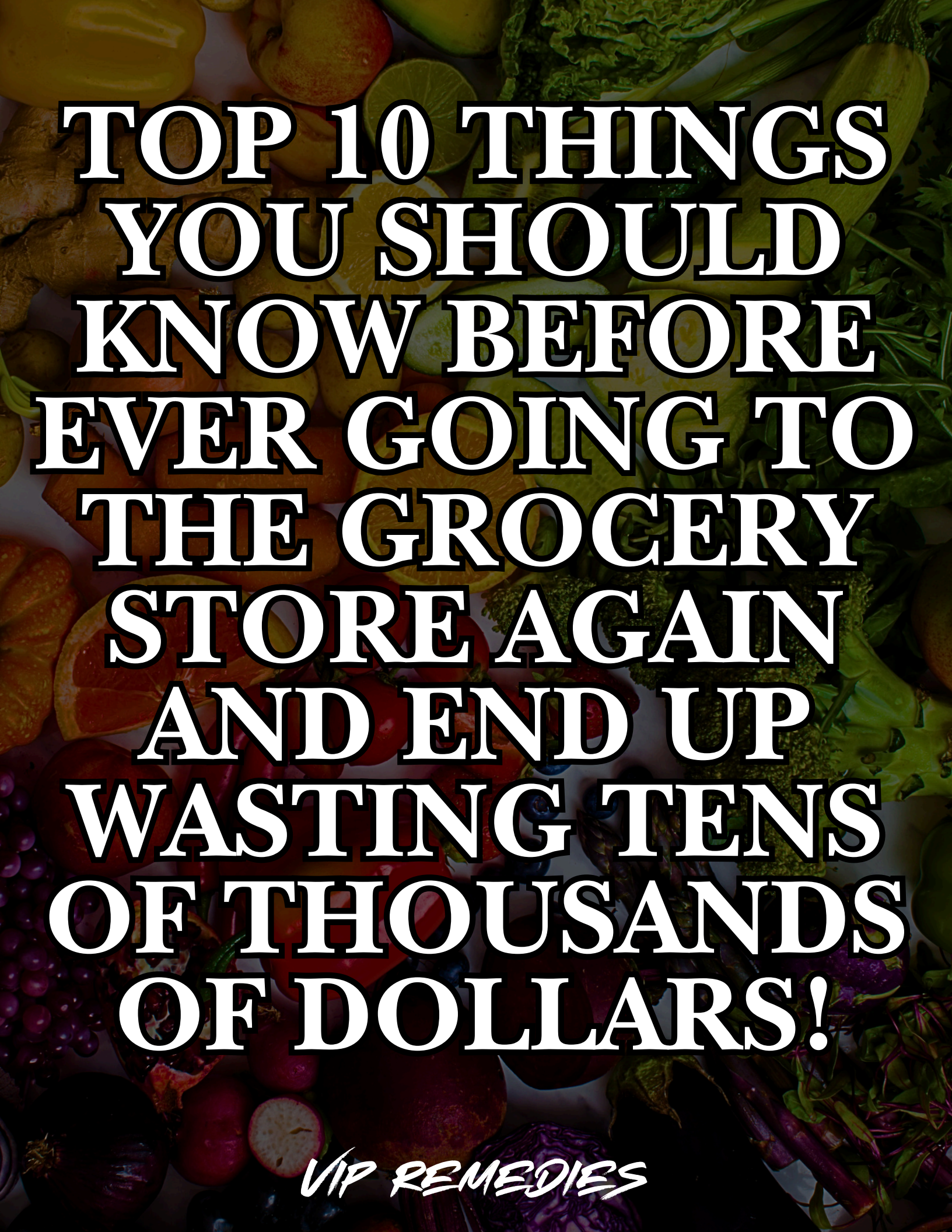

TOP 10 THINGS YOU SHOULD KNOW BEFORE EVER GOING TO THE GROCERY STORE AGAIN AND END UP WASTING TENS OF THOUSANDS OF DOLLARS!
VIP REMEDIES

Solution 1: The Water that YOU Drink is KILLING YOU!

The water that you drink sucks. The tap, the filtered water, the bottled alkaline water, the reverse osmosis and distilled water, all bad. They are all acidic, oxidizing, and strips minerals from the body. The water that I drink helps me live longer, age slower, intracellularly hydrates my entire body, reduces inflammation and oxidation, loads my body up with antioxidants, improves my eye health, and helps me make tea three times as fast. Long story short, your body desperately NEEDS the right water.. It's best to keep up with your health like you do your car. Go here to Discover the 12 Life Saving Things You Shouldn't Know To Stay 20x More Hydrated

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Solution 2: Know What To Avoid!

Knowing exactly what to avoid and what to eat regardless of what you "like" is as straightforward as asking yourself "How much worse will I allow my life and health to get before I decide to make the right changes for my health? Health IS Wealth! We all talk of sustainability, but what is the human version of it? Homeostasis. And how do we maintain proper health? It all starts by what you consume, PROPER food and water. Download my FREE Complete Holistic Lifestyle List, and that will get you started on exactly what to eat and what to avoid, some ingredients to watch out for, places where you can buy the food I buy, and so much more! It's also FREE! I've also made a second resource to learn more about the side effects of toxic Ingredients. You can Download my FREE Side FX Secrets The Corporations Don't Want You To Know

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Solution 3: Understand The Grocery Store!

Most of us have been taught to buy without looking at nutritional facts and Ingredients lists on food. Especially me. I'll never buy anything without looking at the ingredients FIRST now. If you simply look up the side effects of said suspicious ingredient, you can simply find the truth for yourself. I've put a vast majority of those toxic ingredient side effects and how to properly read a nutrition facts label in a special resource mentioned in the Solution 2!

You might be asking yourself, well what do you buy? Knowing what to buy comes with knowing what to avoid.
90% of grocery store brands and their products are simply upsold poison. Even most of the organic and vegan/keto products. Start thinking SEEDED fruits and vegetables, from the farmers market and other solutions mentioned in my Complete Holistic Lifestyle List. The average tractor trailer travels about 1600 miles just to drop off food to the grocery store. Once produce is picked from the fields, it loses a vast majority of its nutritional value and density during its time traveling and being stored in warehouses before it ever gets put out onto the floors in the store for consumers to buy. there is also no such thing as organic and seedless. Don't let these corporations keep lying to you! I see the fake produce on the shelves, it's not real

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Solution 4: Mind Your Gut, Keep Your Mind!

My grandma told me that one time when I was younger. That makes Anxiety & Depression chemical imbalances. Same can be said for hundreds of issues actually. Did you read the ingredients of that snack you just ate? How many chemicals did you eat today? What did they do to your health that you don't know about? Why do people somehow believe humans are designed to run off manmade and GMO foods that are made of lab chemicals, sawdust aka cellulose, citric acid aka aspergillus niger aka black mold, toxins, and carcinogens?

When we eat these processed foods created with only TASTE and not our HEALTH in mind, our entire lives HEAVILY suffer within 10-20 years, sometimes sooner because of how long these chemicals and free radicals stay in the body. When the mom feeds herself toxic foods during her pregnancy and isn't eating healthy and clean whole foods, the baby comes out suffering from potential diseases and then they get labeled as genetic.

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Solution 5: Begin To Understand the Science Behind Weight Loss!

Weight loss is the easiest task once you understand the science behind why it's gained. The saying goes "the bigger the body the smaller the brain." It's unfortunately very true. Sugar is NOT the only factor as to why somebody may be overweight or obese. It's as simple as if people knew how to lose weight, it would have been done already. Parasites also have 4 weight symptoms, they can cause you to rapidly gain or lose weight, or prevent somebody from gaining or losing weight. Morbid obesity is usually a result of undigested waste which leads to inflamed and clogged colon, too many meals and not enough time between meals, and parasites from infested foods like processed meats and pork, and bacon. Anorexia is also typically caused by parasites granting the inability to gain weight, robbing the host (person) of minerals, and nutrients, often feeling fatigued, worn out, low energy, 'out of it', gets cold easily too. Parasites cause lots of problems. More on that in the resource mentioned in solution 2!

Solution 6: Unlearn and Relearn The Exact TRUTHS About our Health!

Brain-Derived Neurotrophic Factors (BDNF) are known as "Miracle Grow" for your brain. The BDNF protein helps regulate synaptic plasticity, which is very important for learning and memory. You will notice that a majority of anti-depressant drugs target BDNFs. Fasting and Exercise are the two main sources of BDNF production which influences a much healthier and less depressed brain!

Negative factors such as overwhelming stress, lack of exercise, oxidative stress from diet, and gaining weight will shorten our telomeres. A Telomere is the last 20% of your DNA. Each time a cell divides and replicates, the DNA at the end of telomeres shortens. Since cell division happens throughout life, telomeres get shorter as we age. When the telomeres run out, the cell becomes inactive or dies, which leads to diseases. Doing the exact opposite, helps to regrow those telomeres, this is considered Anti-aging!

VIP REMEDIES

Solution 7: Stop Consuming Red Meat, Seedless Produce, & Vegetable Oils!

Whether you want to accept this or not is up to you. But it has come a point in our modern Food World that most red meats, and even 3D printed meat is on the shelves in our corporate grocery stores. All of those low quality highly processed repackaged red meats are listed as a schedule 1 carcinogen. Stop eating prepackaged toxins, parasites and dead protein. You've heard of biohacking. That means we are bioelectrical beings. Low quality meat serves no value to our bioelectric bodies!!!!

Not to mention that the people running the corporate food labs are playing the role of God in our food supply. They have tampered with the natural reproduction of fruit and vegetable seeds. Imagine a seedless human. That just sounds so demoralizing. Infertility already exists. Imagine where it could possibly stem from(seedless produce and vaccine injury). The Terminator gene was invented by a company that forced farmers to rely on biotech companies for their supply.

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Solution 8: Change Without Complaints!

You have to stop playing Russian roulette with your health and stop thinking twice about investments in yourself and your health. The only thing preventing you from achieving your goals are the ideas you have been programmed to think. The ideas that have been taught to you will keep you where you are in reality. After the age of seven, the only time you can alter your reality is while you're asleep. You either pay the price at the grocery store or the hospital.

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Solution 9: Wake Up, Don't Eat, Let Your Glycogen Deplete!

Is breakfast the most important meal of the day? Neurogenesis, neuroplasticity, and BDNF are some key components in mental health and the overall longevity of the human brain. They love to preach that breakfast is the most important meal of the day but it's really not. When you wake up and eat right away no matter what it is, it spikes your blood sugar and completely halts your bodies fasting process while you were sleeping. You need to let your glycogen deplete for a few hours upon waking up. I never liked eating breakfast, not even when I was younger. I knew something was wrong about it.

Solution 10: Take Action On The MANY Different Avenues of Holistic Wellness!

The best place to start is to ultimately change your water! You can also start with an exploration of my wildcrafted herbal teas which offer a variety of flavors and an array of epic health benefits!! If you love food just as much as I do, these tiny, nutrient, protein, chlorophyll, and amino acid-packed microgreens are highly nutritious. They are an amazing addition to many dishes like salads and soups. There are so many different kinds of microgreens, my favorites are chia, hemp, arugula, and alfalfa microgreens. Not to mention, working out is great for you but if you are eating garbage protein powders and trashy foods with toxic ingredients and heavy metals and thinking it's benefitting you, you are doing it wrong. You are what you eat and what you eat determines your emotions and mental health as well. BUT if you do want to get into exercise the right way, get into Calisthenics. The only things I strongly recommend doing if you do that is eat quality food and drink quality water to properly replenish your body's repair process. If you want to dive right into a full body detoxification which is what all of you need, then it all begins where it ends...the colon! The colon is one of the most important organs to detoxify first because that's where the most toxins reside. In addition to all of that, incorporate Intermittent fasting and grounding into your daily wellness routines

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Action Points

- Learn about the RIGHT WATER
- Throw all of what you know about health in the garbage because its most likely wrong
- Know what food to eat and avoid
- Toxic Ingredient side fx research
- Learn how to read the ingredients list properly
- Understanding the grocery store
- Stop eating breakfast SO early!
- Stop complaining that its hard and just do what you can

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