



Top 5 Ingredients That are Sapping Your Energy, Clogging Your Liver and Filling Your Fat Cells

Your body was designed to live in a clean environment. The massive pollution, processed foods, chemical exposure - all while lacking your friendly force field of bacteria - sets you up to get toxic, tired, groggy, and gain weight. Cleansing removes toxins that are stored in fat cells and floating throughout the blood which eases the load on your body making your energy levels rise.

Cleansing is a 2-way road. It not only requires that you improve your ability to facilitate toxins out that are trapped in your cells, but also *slow down* the stream of toxins coming into your body in the first place. This report is designed to help you do the latter - slow down the toxins coming in. I'll talk about untrapping the toxins later and give you my resources for doing so.

This will send you well on your way to make your body run like a well-oiled machine. You may notice less mental foggy, more energy, and ease in your moods. Slowing down the toxins coming in is relatively simple, but requires reviewing how you do things now.

These toxins are also hard on your intestinal bacteria. Your intestinal bacteria are an *essential* part of your life. What kinds of bacteria are in your belly determine whether you are happy or sad, stressed or joyful, diabetic or healthy, arthritic or athletic.

I'm sharing this list of ingredients. Notice I'm not calling them food. They are not food. They are poisonous ingredients that have shown to wreak havoc in the body sometimes so severely that it produces chronic irreversible long-term illnesses. I want to serve you in reaching your highest energy levels possible, improving your memory, and detoxing the cellulite and fat cells filled with toxins - and that means removing hindrances from your life whenever and wherever you can!

If you read through this list and aren't eating any of these chemicals, KUDOS! I'm happy you took the time to read through this. It shows that you care about yourself and prioritize your health.

If you read through this and notice that you still imbibe on some of these items (like non-organic wine or those sweet potato fries from your favorite restaurant) then you still have some work to do. Restore your resolve in being 100% healthy all the time and learn ways you can splurge without hurting yourself so badly.

If you haven't even stopped to consider these items and still eat french fries every time you go out and chew that sugarless gum with abandon, no worries - you'll see the biggest changes of anyone. You can jump in 100% and eliminate these nasty toxins now or you can take it slow. Your choice. Which is the best way for you? If you want to go slow, start with the things you rarely eat. Print out this sheet and write down the alternatives you will have instead. Put this list in your wallet and pull it out every time you go shopping and out to eat.

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1. High Fructose Corn Syrup

Found in:

- beverages & yogurts
- breads & crackers
- cereals
- candy, ice cream, cookies & cakes
- condiments (ketchup, mayo, etc.)
- cough syrups
- canned veggies and fruits
- meat

2. Trans Fats or Partially Hydrogenated Oils

Found in:

- Crisco
- deep fried products from restaurants (fries, onion rings, poppers, chicken, fish, etc.)
- doughnuts & candy
- chips & packaged snacks
- highly processed foods that are expected to have a long shelf life

Many products still have 0.5 grams of trans fat per serving. This does not legally have to be labeled. Therefore, avoid processed foods and foods that use plant oils that are supposed to be shelf stable for a long time.

3. Preservatives (aka disinfectants)

Found in:

- wine
- meats
- packaged, processed foods
- a lot of things on the shelf in the grocery store

Names:

- calcium propionate
- sodium nitrate
- sodium nitrite
- sulfites (sulfur dioxide, sodium bisulfite, potassium hydrogen sulfite, etc.)

4. Artificial Sweeteners

Found In:

- gum & candy
- soda & other drinks
- sugar-free anything
- little colorful packets
- salad dressings

Names:

- saccharin, aspartame, sucralose, neotame, Splenda, and acesulfame potassium

5. Artificial Colors and Flavors

Found in:

- many colorful foods
- salmon
- cereals
- jello
- highly processed foods
- icing
- desserts

Names:

- FD&C # is the term to label any coloring not found in nature
- Also called Lakes, or Dyes
- MSG