

JENNY HAWKINS

**BOX**  
*Diet*

**7 STEPS TO DIETING SUCCESS**

**Easy. Simple, Proven.**

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# INTRODUCTION

**The 30X Diet** may be one of the best, most accurate and successful ways to lose weight fast, that is also safe, effective and now with the help of this report, easier than ever; why? The 30X Diet works better than existing diets.

So what is the 30X Diet in its most basic concept? What makes it better than any other diet plan? Simple.

The 30X Diet uses **the very BEST attributes of ALL of the top successful diet plans** and reconstructs a hybrid version of the top mechanics, the best detoxification steps, and a powerful diet plan that is unique, tailored to you and what you need to be successful for both immediate and long term weight loss. We also cover the right kinds of exercise.

Losing weight, adding lots of muscle (don't worry girls you won't bulk up unless you want to) and knowing how to eat, **what to eat** and how and when to exercise, is foundational and proven to finally help you gain health and wellness back, once and for all.

Instead of using any one diet plan, doesn't it make sense to use the very BEST steps from some of the top plans, personal trainers, and dieticians?

That is the heart of 30X:

**1. The preparation** – without the correct preparation, your “diet” is doomed to fail. In fact, most typical diets (mainstream) FAIL as high as 95% of the time in the long term and can actually damage your health.

**2. The detox process** – are you aware that if you are struggling to lose weight, you may NEVER be able to do so because of TOXIC OVERLOAD. Toxins, endocrine disruptors, glyphosates, artificial sweeteners all damage the body’s ability to stay thin. If you doubt this look around at the exploding levels of illnesses and obesity. You are being POISONED each and every day. Without strong and ongoing detoxification, you may never be able to lose weight.

**3. The diet plan** – I should actually call this section, the “Liveit” (not a Diet because you die on it) multi –dietary plan. We have taken several of the best plans like the Paleo, the Warrior’s Diet, blood chemistry diet, the Adkins, just to name a few. We combine all of the best portions of these diets

**4. The exercise** – We consulted some of the very best personal trainers and asked exactly what people should be doing for exercise; **and let me tell you it is NOT what you might think!** In fact, most people are doing exercise all wrong. There are a rhythm and series of overlapping steps you need to fully understand. Best of all we fully explain the exact levels of intensity, what forms of exercise go best with your body as it changes. One size does NOT fit here! Exercise should evolve with you.

# THE 7 STEPS TO 30X DIETING SUCCESS

The steps in this guide are additional details about the 30X Diet plan. Of course, there is significantly more information available with the support guides, but there is enough information in this report to get started and actually begin to see some real results.

By following the steps in this report, you will begin to understand the real power of **the 30X plan**. This is because each of these steps is essentially an introduction to all the other important information that you can then follow up with, and everything makes sense, overlaps and works together.

The single most important part of this process is that you **actually follow the steps** and do exactly what we tell you to. After several weeks following the steps you will begin to see some impressive progress and you will begin to feel better than you ever have.

I believe that by giving you a taste of **the 30X Diet Plan**, you begin to see the wisdom of following it completely.

Each of the steps below will lead you in the right direction so why not get started right now?

## STEP 1 – REDUCE CARBOHYDRATES TO A MANAGEABLE LEVEL

One thing that most diets have in common is that they attempt to reduce carbohydrates that you might be consuming to a manageable level.

Depending on what it is you do for a living, (i.e., Construction worker vs. office worker) will also determine the amount of calories that you should be consuming as well as what kind of food combinations for optimal health.

While there are generalizations based on body type, age and physical demands, ***The 30X Diet Plan*** really delivers here because you are able to determine the exact kind of food you should be eating, the amount, the timing, and how to safely reduce empty carbohydrates and start replacing them with better ones.

Preparing your body for the *30X Diet* requires that you begin to slowly reduce the number of carbohydrates that you are eating. Here is a crash course in what can also be found in ***The 30X Diet Plan***:

**Step one** – **SLOWLY Eliminate EMPTY calories** - this includes any type of food that is not specifically geared towards improving your health and wellness. You must simply stop eating these kinds of foods because all they do is keep you overweight and make you sick.

**Empty calories are also linked to health issues** such as diabetes and cancer as well as a whole host of other diseases that are also environmental and food-based. You are what you eat!

**Step two** – once you stop eating empty calories, start with adding superfoods based on your blood chemistry, and dietary plan.

By adding the right superfoods, you now have lots of choices for health inducing nutraceuticals; this includes quick snacks that are delicious and super good for you and even quick meal plans in a flash.

Here is a small list of some of these great foods:

<http://greatist.com/health/25-greatist-superfoods-and-why-theyre-super>

The next time you feel hungry grab one of the super snacks / foods above!

Of course, if you also know the correct combination of superfoods when it comes to matching the health and wellness ability with your specific body type and chemistry, you will go from just reducing empty carbs to a real health plan.

**Now slowly REPLACE empty calories** - with real foods from the list above.

For example here is your breakfast today:



**Breakfast** – Bacon and eggs (4 bacon, 2 eggs), biscuits and gravy, coffee and toast. It looks ok but is it really?

**Now Breakfast becomes** – 2 strips of turkey bacon, two eggs over medium, half a grapefruit, half a banana, a handful of blueberries and a veggie smoothie (Kale, green apple, carrot) to wash it All down with.

Here we see that biscuits and gravy, although tasty, is a whole lot of calories, saturated fats (very bad for you) and no real nutritional value (see more at the link below):

#### Nutrition Facts

##### Calories in Biscuits and gravy

Serving Size: 1 serving

Amount Per Serving	
Calories	370.0
Total Fat	21.0 g
Saturated Fat	12.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	5.0 mg
Sodium	1,280.0 mg
Potassium	7.0 mg
Total Carbohydrate	39.0 g

Source: <http://www.sparkpeople.com/calories-in.asp?food=biscuits+and+gravy>

If you visit the link above, you will see that there is also a list of all of the nutrients and vitamins further down on the page. There is essentially no nutritional value to this food!

This means you could eat this kind of food all day long, and have no health benefits whatsoever except for calories.

**The 30X Diet Plan** takes your current eating habits into consideration. Your job is to slowly start replacing poor food choices with better ones as a start.

This is not just about losing weight, but also part of the detoxification process.

## STEP 2: GET RID OF ALL PROCESSED SUGARS AND TOXINS

Processed sugars are among some of the most destructive food additives that you can consume. If you doubt this, **almost all forms of debilitating illnesses are now being linked to food additives, processed sugars, pesticides, and other toxins that are in our food supply.**

Refined sugar is perhaps one of the worst things to eat because the human body can only process about 5 teaspoons of sugar per day. This means that every excess teaspoon of sugar that you ingest, begins to accelerate disease in your body, much the way a diabetic can have uncontrolled disease because of high blood sugar levels:

**"Death by sugar** is not an overstatement... Evidence is mounting that **sugar is the primary factor causing not just obesity, but also chronic and lethal disease.**

There's really no doubt anymore that excess sugar can be toxic to your body, and it's only a matter of time before it will be commonly accepted as a causative factor of most cancers, in the same way as we accept that smoking and alcohol abuse are direct causes of lung cancer and cirrhosis of the liver." –Dr. Mercola, a world expert in health and wellness.

Source:

<http://articles.mercola.com/sites/articles/archive/2011/05/02/is-sugar-toxic.aspx>

It is absolutely critical that you begin to eliminate sugar from your diet! Unfortunately, almost every form of food that is processed contains abnormally high amounts of sugar along with many other toxins.

**Just eliminating sugar from your diet alone, it is possible to recover from most forms of chronic disease** or at least greatly reduce their impact on your health and wellness. No diet in the world can help you if you consume large amounts of processed sugar.

I'm sorry but if you truly want to regain your health, the elimination of sugars, almost entirely from your diet **must be done.** This includes almost all forms of unnatural sweeteners because these two cause major health issues and can keep you overweight and unhealthy. If you

absolutely must have a sweetener then use [Stevia](#) as it is plant derived.

## 3: STOP DRINKING AND EATING POISONS!

Now that you're aware of just how dangerous excessive sugars are, you probably already know what I'm about to say. Under no circumstances should you be drinking any type of soda, energy drink, carbonated beverages, Starbucks coffee, and anything else that is made with high amounts of sugar and other types of unnaturally based additives. These 'treats' are killing you slowly!

Again I must apologize because if you are like me, you certainly enjoy that cup coffee. Unfortunately, if your health is poor, you are overweight, and overall feel unhealthy, you're almost certainly toxic. You **MUST** completely stop consuming all types of beverages and foods that contain these toxins. I know it is hard to do but your LIFE depends on it.

You might be wondering how you can do that. Well it's really pretty simple. . . STOP eating all of this garbage! **If man created or processed the food product then you should not eat it!** That goes for foods that are enhanced, even though they appear to be natural. For example, many people love potato chips as they are flavorful and enjoyable to eat. They are also very unhealthy; chips are cooked in man-made fats, and different types of chemicals are used to

both flavor and season the chips. So the next time you think about picking up a can or bag of potato chips, you might want to [read this article](#).

## STEP 4: START EATING MORE BLOOD-BASED FOODS

Not only must you avoid sugars, empty carbohydrates, food additives, artificial sweeteners and other types of chemical-based toxins, but be aware that certain types of food interact with your body chemistry.

For example, if you have **type 'O' blood**, you are considered to have one of the oldest blood groupings that ever walked the Earth. People with this blood group do extremely well not only by eating the exact same diet that our primitive ancestors did, but understanding your genetic history means that you should **avoid certain types of foods** and only eat highly beneficial foods that interact well with your body chemistry.

Eating highly beneficial foods, the same way our ancestors did, guarantees that your health will significantly improve, and when you add to this the right type of exercise and timing of specific types of foods, you are well on your way to a stronger, leaner body that is completely capable of meeting any demand in your life.

Another consideration is that some foods that actually are beneficial to one's body and blood type can be HARMFUL to

others! **This is why many people fail on other diets because they are actually eating the wrong kinds of foods** and many people do not understand how certain foods that seem healthy actually harm their health.

## STEP 5: THE ONLY RIGHT WAY TO DETOX

Most people are beginning to understand the importance of detoxification. In dieting, without proper detoxification, you are less likely to be able to purge body fat and regain your health. This is because **toxins force your body into a survival mode, (and breakdown mode) whereby every excessive calorie, even in small amounts, is automatically converted into fat** and your body has a much harder time getting rid of fat deposits. In some cases, you can NEVER lose significant weight if you neglect detoxification. This is why so many people stay fat and get fatter.

There are many steps to doing proper detoxification. The best detoxification plan is the **30X** and it is superior but requires additional elaboration beyond the scope of this simple report.

What I'm going to suggest is a very powerful **herbal tincture** that can be taken orally and can help your body detoxify naturally. Don't recommend using any of the over-the-counter products for detoxification because many are harsh and can actually damage your intestine!

Herbal remedies have been and will continue to be strong medicine for people that need it. Please have a look at this link: <http://www.globalhealingcenter.com/cleansing.html>

[Dr. Group is a pioneer](#) and has developed some of the most potent, well respected and proven ways to detoxify. If the detox kits are a bit pricey for you, you can always use another product called **deep cleanse** – Dr. Group developed this incredible product, and it works almost as good as the other detoxification combos he promotes:

Deep Cleanse: [http://store.infowars.com/Deep-Cleanse\\_p\\_1579.html](http://store.infowars.com/Deep-Cleanse_p_1579.html)

Dr. Group developed **deep cleanse** to help people detoxify specifically from toxins that are in food, water, man-made beverages, etc.

This product has received almost 5 stars from MILLIONS of people.

I devoted several years to investigating some of the top detoxification products, and deep cleanse is affordable, and can be taken every day and will help remove everything from heavy metals to dozens of different toxic poisons.

Of course, **this is only the beginning of the correct steps of detoxification**. You can use deep cleanse, to begin the entire process of detoxification. You won't believe how much better you will while taking this product but let me be clear; detoxification can be difficult to achieve unless

properly done by specific guidance from longtime holistic doctors like Dr. Group.

**Of course we go into elaborate detail** about the overall best steps for detoxification, and we hold nothing back that you need to know. There is much more to this process.

In this short report we simply do not have enough time to effectively cover this process. So why not have a look at **Power Detox The 30X Way?**

## STEP 6: THE 30X DIETING PLAN

### – EAT, EAT AND EAT!

Once you have been detoxifying for approximately 2 weeks, and you been making positive changes for eating the right kind of foods as well as controlling carbs, it's time to discuss the **30X Dieting Plan** which consists of:

- ✓ Understanding what your body type is (it will change).
- ✓ What this body type means is that how you should eat and exercise are contingent on it.
- ✓ If or when you should **fast** and for how long.
- ✓ What food combinations work best based on your body blood chemistry and current weight.



- ✓ What genetic factors are important to understand and of course, practice.

While all of this may seem a bit strange to people who are dieting, it is actually critical information because the only way you're going to lose weight and keep it off, improve your overall health and wellness, is to completely grasp that each and every one of these issues above must be contended with or you will be fighting a losing battle.

In the second e-book, **The 30X Dieting Plan – Eat, Eat, Eat**, we go into detail about each of the steps above. Because this is only a short report, I'm going to give you a few tips that can get you pointed in the right direction. Even if you choose not to get the **30X Diet Plan**, understanding the factors above and below will make a huge difference and allow you to follow the advice of top people in the field:

- ✓ **What body type are you?** - There are many factors that influence your physique, but primarily these are your genetics. For example, taller people can carry more body weight than short people without appearing fat. Your current body type is part of the formula and must constantly be reevaluated and modified over the many weeks that you are on the plan.
- ✓ **Larger framed individuals or people who weigh more** require more energy to move so you must constantly adjust your caloric intake, your nutrients and the kind of foods that you eat that help improve your body chemistry. The same is true as you begin to

lose weight; will actually require less energy, so any good diet takes this into consideration.

- ✓ In addition, understanding the correct **food combinations** for all of the factors mentioned above is one of the few ways to properly organize and plan how food will now become your healing partner. This is because food combinations work extremely well depending on what factors above modify them.

Along with the factors above, **the 30X Diet plan** is going to help you understand how to adjust your eating, as well as every detail you need to do it.

## STEP 7: 30X POWER EXERCISES JUST 20 MINUTES A DAY!

One of the most misunderstood concepts when it comes to dieting **is getting the proper amount of exercise**. You also have to get the right kind of exercise, at the right time.

Exercise goals also frequently change as you become more fit. Without knowing the right kinds of exercise to do, most people tend to both **over exercise AND under exercise**.

You might be wondering how this is possible. This is because most people do not understand that they need different types of exercise at different times during the program:

**Flexibility** – exercise like yoga is highly effective at not only strengthening your body but massively increasing your flexibility which improves many things in your life.

**Strength** – we all need physical power to accomplish tasks and goals during our day. When you work out properly, you also gain physical strength. One effective exercise is weightlifting, however there are many caveats for people that go into weightlifting which we discuss later.

**Stamina** - we also need stamina so that we can last longer at a variety of tasks throughout the day. Increasing stamina can double or even triple your physical abilities and will be able to engage in activities that demand ongoing energy.

You might be wondering how long it would take working out to achieve these things especially if you've had any kind of health issue in the past.

What is most exciting about exercise is that if it is done properly, ongoing and at a reasonable level of intensity, your body will adapt, and you will become much more fit. Even though this process is different depending on many factors, here are a few suggestions that work in general:

- ✓ Start out slowly with gentle stretching and easy strolls.
- ✓ Work your way up to some type of intermediate level circuit training system, associated with. H.I.T.
- ✓ Vary your workouts so that you confuse your muscles because this allows for explosive growth.

During this entire process, and believe me this is not all there is to mastering exercise, you need to be concerned about the possibility of mechanical injury, becoming too stressed, and how exactly you are going to recover properly so that you continue to build your health and wellness.

## CONCLUSION

We interviewed dozens of **personal trainers** and put all of this advice and information in the guide, ***30X Power Exercises - Just 20 Minutes a Day!***

Obviously, I think it would be very wise for you to invest in **all three of these guides** because each one highly details exactly what you need to do to not only lose weight permanently, but keep it off forever and improve your health unlike any other time before. I think you can see that just with the information in this short report alone, you now have the ability to take care of at least a part of the problem you are experiencing.

You can also learn more information about each guide in the 30X plan by checking out the links below. Again, even if you don't want to purchase them, you should at least read the sales page so that you can see other factors that need to be considered to master your health and wellness all

**Check Out The 30X Diet**

<http://30XDiet.com>

Remember that the information provided is some of the most cutting-edge information on dieting and is not like the typical garbage is out there. Not only have we consulted some of the top professionals in the world before we put these guides together, but almost all of them unanimously agreed on the importance of this information.

There are a whole lot of people out there in the diet industry that don't want you to know these facts.

That's because the diet industry is a multibillion-dollar scam with everybody making money, even though the products and services do not deliver what they promise.

These guides do. Best of all you don't have to listen to a bunch of half-baked so-called dietary experts because we consulted all of the top people for you who have an almost 100% success rate with their clients.

Now in the privacy of your own home, you can follow this information, and you will not believe the results.

If you doubt this, simply start following the steps in this guide and even though this is not the entire diet, you will probably make more progress than you ever did before losing weight.

In fact, if you follow the steps in the 30X Diet plan, it's going to be hard for you not to prove your health to some degree.

Do as thousands of other people have done and join us today!

Warmest regards,

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P.S. Please feel free to contact me if you have any additional questions, comments or concerns.