

Jenny Hawkins



30X *Diet*

PROVEN 30-DAY DIET FOR THE PERFECT BODY

Easy to Follow Manual That Actually Works

Disclaimer

The author has made every attempt to be as accurate and complete as possible in the creation of this publication/PDF, however he / she **does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet, dieting and other related contents.** **The author assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein.** Any perceived slights of specific persons, peoples, dieting plans or organizations other published materials are unintentional and used solely for educational purposes only.

This information is not intended for use as a source of **MEDICAL**, diet, legal, business, accounting or financial advice. All readers are advised **to seek services of competent professionals in the MEDICAL, diet, legal, business, accounting, and finance field.** No representation is made or implied that the reader will do as well from using the suggested techniques, strategies, methods, systems, or ideas; rather it is presented for news value only.

The author does not assume any responsibility or liability whatsoever for what you choose to do with this information. Use your own judgment. Consult appropriate professionals before starting a business. Any perceived remark, comment or use of organizations, people mentioned and any resemblance to characters living, dead or otherwise, real or fictitious does not mean that they support this content in any way.

There are no guarantees of promises of any kind, such as weight loss. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly. By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, that are incurred as a result of the use of the information contained within this document, including - but not limited to errors, omissions, or inaccuracies.

Contents

Introduction	5
Medical Disclaimer	7
It's a VERY Toxic World	8
Is Detoxification Really Safe?	12
Why It Is Critical To Detoxify The 30X Way?	14
What REAL Detoxification Can Do for You	15
Why the Medical Profession HATES Detoxification	17
Why the Food Industry Is in Collusion with the Drug Companies	21
The Weight Loss Industry Is a Scam	23
Eat These Foods for Daily Detoxification	25
Top Suggested Detoxification Nutraceuticals	26
Why Add Anti-Inflammatory Foods as Well?	28
Apple Cider Vinegar and Why You MUST Drink It Daily!	30
The Tincture / Detox Regime	31
How to Prepare the Detox Tincture	32
How Obesity Really Works.....	34
What Is Fat? Why Is This Important to Know?	36
Final Words on Detoxification.....	40
What Exercises to Consider if You Are Obese	42

Conclusion..... 47

Introduction



Detoxification is at the heart of the 30X Diet plan. This is because when you successfully detox, you change many things about your physical condition:

- ✓ You remove most toxins from your body
- ✓ Prevent chronic disease
- ✓ Improve immune system function
- ✓ Reverse premature aging
- ✓ Better mental and emotional clarity
- ✓ Restore balance to all of your system functions
- ✓ Improve energy and vitality

If these reasons are not enough to follow the steps in this guide, understanding how you will feel when you are done detoxifying might just be the best reason.

You might be wondering if you are you toxic. Almost all people in today's society are. This is because living in a modern world ensures that all of us are. Toxins in the body contribute to many health issues which include:

- Obesity
- Low energy
- Mental health issues
- Reduced sex drive
- I. B. S. / Digestive problems
- Skin issues of all kinds
- Reduced mental focus and lethargy
- Arthritis, joint pain, swelling, inflammation
- Allergies and over sensitivities to the environment
- Millennial diseases like cancer, diabetes, and autoimmune disorders.

There are more disorders than these but if you are suffering from reduced energy, lethargy and sluggishness you might just be days away from one of the conditions above.

Medical Disclaimer

In this series of guides we will be exploring information that is supported by many people and even holistic medicine . . . but not necessarily the medical, industrial complex.

Extensive research was consulted about detoxification, but **I am NOT a doctor**, and I do not understand your current medical condition.

You MUST consult a doctor before you attempt ANYTHING in this or any of the 30X guides.

To NOT do so can risk your life.

Even though our suggestions are natural "treatments," often practiced for thousands of years by Chinese herbalists, our current laws are not designed to seriously recognize this.

Therefore I Disclaim ANY liability you might have as this information is supposed to be used in conjunction with a doctor's permission FIRST and ONLY if approved by YOUR doctor!

It's a VERY Toxic World . . .



The world, our environment, our food, water even the very air we breathe is filled with toxins.

Some people feel that this is just the price for living in a modern society. Others say we should all be a bit more proactive when it comes to what we purchase because one true power we have as consumers is to shape the kinds of foods, beverages, healthcare and environmental products by voting with our dollars.

One thing we can all agree upon is that **our environment** is more polluted than ever. Not only does big business spend millions of dollars each day creating, distributing and eventually disposing of chemicals of all kinds, but it has also

actually become a big and very lucrative business. One growing and popular way for companies to get rid of industrial pollutants is to turn their industrial waste or effluent into products.

For example, chemicals that are created in the mining process are often labeled as "fluoride" and dumped into municipal water sources here in America:

"Water fluoridation around the world is achieved through the purchase of chemically contaminated toxic waste chemicals from China which are then labeled "fluoride" and dumped into public water supplies in local cities and towns. That's the conclusion of a shocking new mini-documentary (watch video far below) released today by the Consumer Wellness Center. The 12-minute video documents the history of fluoride and how this toxic chemical is produced as an industrial byproduct of the phosphate mining industry.

Source: http://www.bibliotecapleyades.net/salud/salud_fluor27.htm

The Fluoride Deception Video: <https://youtu.be/eBZRb-73tLc>

If that wasn't bad enough, we find that fluoride is also in literally hundreds of products, like baby foods, beverages, other foods, etc. and these products are used every day, sometimes multiple times a day by people. There are literally dozens of studies that link fluoride to a variety of serious and fatal illnesses as well as a rather large reduction in IQ. These studies have been around for literally 30 years with the most recent one released by Harvard University:

Harvard Study – Fluoride Causes cancer, reduced I.Q. and other illnesses:

<http://www.ewg.org/news/newsreleases/2006/04/06/harvard-study-strong-link-between-fluoridated-water-and-bone-cancer>

We later discover that fluoride is also ***the main ingredient*** in different types of rat, mice, and insecticides. Here you can see the actual patents for these products:

<http://www.fluoride-history.de/p-insecticides.htm>

Whether or not all of this information on fluoride even matters to you, one thing is true; most forms of toxins are so integrated into our society people actually believe they are good for them!

Not only will small amounts of fluoride make you eventually very ill, but many dentists believe that fluoride doesn't even protect your teeth and the toxin increases the likelihood that you will have dental fluorosis:

“Promoters of water fluoridation offer the lure of strong, healthy teeth and reduced dental bills as inducements for communities to fluoridate their water. Fluoride is also promoted for other tooth-related uses. However, even the promoters have scaled down the benefits claimed for water fluoridation **and admitted the danger of fluorosis from toothpaste.** For every study by promoters over recent years repeating old messages that claim undisputed water fluoridation benefits particularly reduction of cavities, **there are equally reputable studies showing little or no effect on cavity rates.** Studies in mainstream **peer-reviewed medical journals and government reports now document the fact that serious harms are associated with exposure to small amounts of fluoride - including hip fracture, cancer, and intellectual impairment.** There is evidence that both individual and institutional fluoride promoters have stacked the deck, manipulated experimental results,

suppressed evidence that spoke against their view, and victimised or smeared those who spoke out against them.”

Source: <http://www.fluoridation.com/calgaryh.htm>

The point I am trying to make here is that if millions of people believe that brushing their teeth with fluoride toothpaste helps to prevent cavities and that there is no health risk associated with this activity, according to all of this research, they are dead wrong.

Notice also that toxins like fluoride will bioaccumulate in a person's body. This is why harmful effects are often not noticed immediately.

As mentioned in the Harvard study earlier, there can be little question that regular use and exposure to even a very small amount of fluoride can drastically impact some persons' IQ. Since IQ drop is not always detectable, especially in children, what exactly are we doing with putting these toxins in our water, in many of our foods, inner toothpastes, and even in the very air we breathe?

Source:

http://www.bibliotecapleyades.net/archivos_pdf/fluoride_deception%20.pdf

Now consider the fact that this is just ONE TOXIN you are routinely exposed to. Add another 50 toxins like this to your body. Do you understand why disease outbreak is concurrent with the amount of toxins we are all routinely exposed to?

Yes, the world is a toxic place. Most likely, so are you!

Detoxification should be done on a regular basis in a proper and sequential order in order to remove the bioaccumulation of these kinds of toxins.

Is Detoxification Really Safe?

Detoxification has mixed reviews from both medical, industrial complex and the holistic community.

Doctors are divided as to the effectiveness of detoxification; but I personally believe I have seen the results time and time again of people that use the correct and systematic forms and detoxed the body safely.

In addition, holistic doctors, an overwhelming vast majority, not only support detoxification but claim that it is absolutely essential for maintaining your health in a highly toxic world:

"Your environment has profound impact on your health. Everything from the quality of the air you breathe to what you put into, and onto your body makes a difference. Mercury alone can mimic or cause any illness currently known, or at least contribute to it. **Detoxing and cleansing your body of toxins periodically can definitely help counteract some of this onslaught of damage.**" Dr. Mercola

Source:

<http://articles.mercola.com/sites/articles/archive/2009/05/23/should-you-detox-to-get-rid-of-chemicals.aspx>

One of the main reasons that holistic doctors believe detoxification is so helpful is the evidence that they see every day in their practice. People get better after they detoxify!

Perhaps the main reason that the medical, industrial complex is against detoxification is that it actually helps people to recover from the vast majority of illnesses. The average person would no longer need prescription drugs or visits to doctors who simply push pills for a living.

With that understanding, we now come to a very simple question; is detoxification safe?

Now that you know detoxification is essential for good health, and that's the next step is to know how to detoxify safely, the answer should be obvious. Detoxification is safe if you understand how to go about it and of course consult your doctor (we suggest a holistic doctor) as well as whatever current position you are currently seeing.

This is because if currently you are on prescription drugs, you must know what kind of interaction may possibly happen if you detoxify.

The vast majority of people who do detoxify or no effects, especially if they use some of the products and steps suggested here. Some forms of detoxification can cause issues if you rush to the process, or even try to fast while you are detoxifying.

Ultimately, detoxification should be a safe, gentle and effective process that anybody can do as long as they are careful, all of the directions and of course consult with whichever professional medical person that you should be consulting.

Finally, even though we are not medical professionals, we have interviewed and discussed the steps in this guide with a variety of different professional healthcare experts. The nutraceuticals we recommend are some of the best and can gently refresh and detoxify your body with little or no side effects.

Why It Is Critical to Detoxify The 30X Way?

I mentioned in the last section that safely detoxifying is certainly possible. It is, however, contingent upon several important factors:

- ✓ What your current health is.
- ✓ The current medications you are taking.
- ✓ What your holistic and family doctor suggests.
- ✓ What foods you eat during the detoxification process.
- ✓ What detoxification steps you follow and when

If you do not consider these topics and additional information, detoxifying can sometimes not work as people think.

Always consider the importance of properly preparing for your detoxification.

True detoxification is not just taking some over-the-counter product. If you currently are not feeling well, there are mitigating circumstances to when you should attempt to detoxify.

This is how you're going to explore real detoxification and exactly what it can do for you.

What REAL Detoxification Can Do for You

Now that you understand detoxification is more than just buying some products over the counter at your local pharmacy. There are a whole series of suggested steps that medical practitioners came up with, you should consider before you attempt detoxification in order to maximize its effects:

“Late last year, I participated in a three day think-tank outside of Los Angeles with some of the top experts in detoxification. We explored some of the major modalities that are available. I will be presenting this information in Chicago this weekend at the Chicago Autism One Conference.

The group came up with the following consensus and priority for achieving optimal health:

1. Healthy Living
2. Avoiding Electromagnetic Fields (EMF)
3. Clean Water
4. Healthy Food
5. Healthy Movement
6. Emotions & Relationships
7. Tests
8. Organ Support
9. Supplements
10. Detox Tools

As you can see detoxification is an important tool, but it is not at the top of the priority list -- especially if you are sick. Unfortunately, a lot of people first consider detoxing when they're not feeling well. It's important to realize that if you fail to follow an orderly process and begin detoxification processes prematurely, it can deteriorate your health even further, making you very sick. " – Dr Mercola

Source:

<http://articles.mercola.com/sites/articles/archive/2009/05/23/should-you-detox-to-get-rid-of-chemicals.aspx>

Why the Medical Profession HATES Detoxification



All medicine is derived or was derived at one point from **herbs, tinctures, ancient folklore medicine, and ancient practices.** Medicine began to predominantly change during the industrial revolution to what we have now.

It was at this point that the focus shifted primarily from herbalism to more modern practices such as the creation of pharmaceutical drugs.

The good news is that truly amazing milestones such as Louis Pasteur, Florence Nightingale, just to name a few have

a tremendous impact on the reduction of death rates not only in hospitals but across all of America.

The 'Golden Age' of medicine started around the 1900s and for many years doctors tried to blend their own personal understanding of medicine, which included an understanding of the health benefits proper eating and herbal medicines.

Once the large pharmaceutical companies got a foothold with the American Medical Association, they began to mold the teachings that all doctors would be subjected to:

"The medical establishment works closely with the drug multinationals **whose main objective is profits**, and whose worst nightmare would be an epidemic of good health. Lots of drugs MUST be sold. In order to achieve this, anything goes: **lies, fraud, and kickbacks**. **Doctors are the principal salespeople of the drug companies**. They are rewarded with research grants, gifts, and lavish perks. The principal buyers are the public - from infants to the elderly - who MUST be thoroughly medicated and vaccinated...at any cost! Why do the authorities forbid alternative medicine? **Because they are serving the industry, and the industry cannot make money with herbs, vitamins, and homeopathy**. They cannot patent natural remedies. That is why they push synthetics. They control medicine, and that is why they are able to tell medical schools what they can and cannot teach. They have their own sets of laws, and they force people into them. That is a mafia. This sensational expose' also uncovers the truth behind vaccines, AIDS, cancer, the World Health Organization, the Rockefeller Foundation, the World Bank, and more." **Guylaine Lanctot, M.D.**

Source: <http://www.shirleys-wellness-cafe.com/ConsumerAlert/Ama>

The link above the quote pretty much says it all; in fact, if you have a few extra minutes I highly suggest visiting that

website and reading the entire page. You won't like what you will read. Not at all!

There is little doubt that the medical profession has sold out to the pharmaceutical industry. [The Hippocratic Oath](#) is essentially now ceremonial and laws have been passed so that doctors no longer have to follow most of its precepts!

Well, there are actually some positive benefits to this, the main reason that doctors no longer swear this oath is so they cannot be held criminally responsible.

"If you "just asked your doctor" how many hours of training they received in medical school on diet and nutrition and they replied honestly, many of them would tell you "none at all." Most of the rest would say they received no more than a couple of hours training. In the mid 1980s, a landmark report by the National Academy of Sciences highlighted **the lack of adequate nutrition education in medical schools** and the writers recommended a minimum of 25 hours of nutrition instruction. Two and a half decades later, a 2010 study by researchers at the University of North Carolina at Chapel Hill found that the vast majority of medical schools still fail to meet the minimum recommended 25 hours of instruction." –Natural News

Source:

http://www.naturalnews.com/036702_doctors_nutrition_fatalities.html#ixzz4BaYHcF1i

Doctors used to study nutrition, but now that the main source for funding comes directly from most of the large scale pharmaceutical companies, it goes against the grain for doctors to prescribe holistic or nutritionally based prescriptions:

"The largest source of funding for medical schools comes from drug companies and medical schools curricula are set by the American Medical Association (AMA). Is it any surprise that doctors are taught to treat patients primarily with drugs and surgery? **Given the power of proper nutrition, doctors' inability to give informed nutrition advice surely dooms millions to early graves due to illnesses which might have been prevented or healed.** It is a national health tragedy which begs to be corrected.

Source:

http://www.naturalnews.com/036702_doctors_nutrition_fatalities.html#ixzz4BaZ91Nm2

Since detoxification is part of holistic medicine, and because doctors receive virtually no training in this area, is it any wonder they view detoxification as something that is frivolous, inadvisable and even dangerous?

Remember holistic medicine is NOT taught in medical schools, even though it was at one time both required AND it was the basis of all medications!

Even though detoxification can cause additional health issues if you do not do it properly, following the steps in this guide should allow you to safely and comfortably do so.

Best of all if you really detoxify on a regular basis, you will feel better. You will become healthier and less overloaded with health issues.

Some people detoxify multiple times a year and swear by it.

Of course, you absolutely must consult your physician and I highly suggest a holistic doctor.

Why the Food Industry Is in Collusion with the Drug Companies

It may come as a surprise to you to learn that even the food industry is in collusion with the drug companies:

"Today, one in 10 Americans has diabetes. By 2050 one in three Americans will have diabetes. The sicker our population, the more medications are sold for high cholesterol, diabetes, high blood pressure, depression, and many other lifestyle driven diseases. **The Toxic Triad of Big Farming, Big Food, and Big Pharma profits from creating a nation of sick and fat citizens. This structure is built into the very fabric of our economy and culture.** It could be called the medical, agricultural, food industrial complex. It is what is known as "structural violence"—the social, political, economic and environmental conditions that foster and promote the development of disease." –Hyman, M.D.

Source: <http://drhyman.com/blog/2010/10/22/the-toxic-triad-how-big-food-big-farming-and-big-pharma-spread-obesity-diabetes-and-chronic-disease-across-the-globe/>

Think about this for a moment; large industrial food manufacturing companies don't do dozens of toxins, food additives, industrial waste, artificial sweeteners, fillers, hormones and sometimes up to a dozen other truly horrific chemicals that have absolutely no place in our food chain.

Why do they do this? There are a growing number of people that believe this is not just being done to save money but that it is actually part of a plan to make large numbers of

people toxic and thereby sick. Regardless of what you might consider to be the truth here, you have to admit that almost every form of processed food has some kind of chemicals used during the manufacturing.

There've been people who've been warning about toxins in our food for many years.

For example, Food babe, aka Hani Vari, has been warning consumers for years about toxins in their food and is probably responsible for saving tens of thousands of lives:

FOOD BABE

[f](#)
[t](#)
[p](#)
[y](#)
[i](#)



Hot on the trail to
INVESTIGATE
what's really in
YOUR FOOD

End the confusion. It's easy.
Discover what is truly healthy
and get a FREE guide to surprisingly
powerful habits that will change your life

First Name Email [Go!](#)

Source: <http://foodbabe.com/>

Her mailing list is free and I highly suggest that you go there and sign up because you will receive constant updates and alerts about some of the worst foods that you should avoid. She also provides alternatives, to what you should be eating, including some really fabulous recipes.

The information that is provided by Vani, I believe is some of the most important information that you can read because she devotes countless hours to research and investigation so that you don't have to.

The Weight Loss Industry Is a Scam

Most people when they are ready to lose weight will pick up the phone or jump on the internet and sign up almost immediately one of the top weight loss programs such as Weight Watchers, Jenny Craig, Nutrisystem, etc.

Food babe on many occasions has gone after the diet industry because for the most part they are a complete scam. Are you aware that some of the top weight loss programs not only sell you absolutely awful food filled with toxins, but many of these companies actually work with snack companies? Here is what Food Babe recently said:

"When I realized that junk food companies were teaching and catering to health professionals I was horrified (and some responsible dietitians are horrified as well). There's a long list of companies and industry associations that are accredited to teach continuing education courses to registered dietitians, including General Mills, Kraft, and Pepsico. On Coca-Cola's educational website – BeverageInstitute.org – they provide free accredited educational programs on GMOs, low-calorie sweeteners, and weight loss to "nurses, dietitians, health educators, and other health professionals. . . **If that isn't a conflict of interest, I don't know what is!"** - Food Babe

Source: <http://foodbabe.com/2015/01/22/weight-loss-secret-food-industry-doesnt-want-know/>

Always follow the money. Think of it this way; you join a weight loss company. You start buying their food. You lose

20 pounds your first month BUT by eating their food the following happens to you:

- ✓ **You become more toxic** and thereby affect your body's ability to process fat, so weight loss also comes at the expense of lean body mass (muscle).
- ✓ **The food costs a fortune** and has more additives than most processed foods.
- ✓ **Your weight loss begins to slow down** as your metabolism slows so it takes less food to keep you fat.
- ✓ **You become sick** because the food you are eating is mostly processed foods so eventually you quit the diet.
- ✓ **Now you decide to say screw the weight loss company** and start eating even more poorly.
- ✓ **You buy more junk food** which incidentally benefits the diet company because they also own or are affiliated with most major snack companies.
- ✓ **You pack on the pounds, get even fatter** than when you started out.
- ✓ **Now you think this failure is your fault** (that is what the industry will claim) so you try a new diet . . .

Who wins here? The diet industry! Currently there is, on average, a 95% failure rate for long term weight loss. The industry will take your money regardless and you lose.

Eat These Foods for Daily Detoxification



Most people are unaware that by eating the correct foods, you not only detoxify, but you will improve your health because you are eating some of the best foods that nature has to offer.

Many of these foods could be referred to as nutraceuticals.

Before starting any type of detoxification regimen, your first choice should be the correct foods that will prepare your body for the other steps in this guide. Below find our list of some of the best detoxifying foods that you can start to eat to help your body prepare for the detoxification process.

Top Suggested Detoxification Nutraceuticals

A nutraceutical is a food, spice, herb or any other natural food or derivative of that food that has helpful medical benefits to it. Below are a few of the best you should add to your diet:

Grapefruit – by eating half a grapefruit before each meal, studies link the phytochemicals in grapefruit to ongoing fat loss. We also discovered another study by Japanese researchers which demonstrated that even the scent of grapefruit activates calorie to burn brown fat cells, and grapefruit also reduces appetite.

Teas – the riboflavonoids in teas like green and white teas are not only healthy but if you drink enough, they can have a powerful detoxification effect. Natural teas also contain many minerals and vitamins that are difficult to obtain from other foods. Teas have also been shown to suppress diseases, especially cancer.

Turmeric – this powerful herb can be consumed in many ways. Curcumin is the main compound that is derived from the bright orange in the turmeric spice. Turmeric is one of the most potent anti-inflammatory herbs. This effect allows your body to detoxify naturally because by reducing inflammation, you are reducing oxidative stress on your body thereby reducing the likelihood of disease.

Lemons – One of the most potent detoxifiers. Lemon allows your body to naturally flush out toxins. It also helps your lungs too, so enjoy an 8-ounce glass a few times a day

Beets – the detoxification power of beets has long been known. There is a powerful anti-oxidant called betalain and it helps supercharge your liver to flush toxins.

Kiwis – this interesting fruit is packed with strong bowel cleansing antioxidants. People suffering from bowel syndrome reported drastic improvements by just eating a single kiwi every day.

Almonds - almonds are not only delicious, but they are an excellent way to help purge fat from the liver, as well as reduce the odds of death from cancer. Eating just one handful of almonds each and every day could have a dramatic impact on weight loss as well as provide you nutrients that are difficult to get anywhere else. Studies also link longevity to eating a handful of nuts each day.

Blackberries and blueberries - dark-colored berries are extremely healthy for you and pack huge amounts of antioxidants which help the body to detoxify. Any opportunity you can get to eat a handful of either blackberries or blueberries, you should do so.

Limes – A lime is not only the cure to scurvy; limes naturally detoxify the body, and promote liver, colon and pancreas health. This is actually one of the components in the detox tincture we will soon discuss.

Why Add Anti-Inflammatory Foods as Well?

An anti-inflammatory diet works extremely well to help people lose weight because inflammation typically occurs mostly to people who are obese or overweight.

Many of the foods on the prior page especially turmeric are specifically anti-inflammatory by nature.

One of the best ways to help detoxification is to add additional foods that have an **anti-inflammatory effect**.

In fact, most doctors that have done any type of research relating to anti-inflammatory dieting all concluded that this should be the first step when trying to regain your health.

Why do they suggest this? Almost all forms of disease occur because the body is suffering from toxic overload. This causes inflammation. Inflammation is the number one cause of most occurrences of disease which of course is directly related to your diet:

“While today’s modern diet may provide beneficial protection from micro- and macronutrient deficiencies, our over abundance of calories and the macronutrients that compose our diet **may all lead to increased inflammation, reduced control of infection, increased rates of cancer, and increased risk for allergic and auto-inflammatory disease.**” –Dr. Axe

Source: <http://draxe.com/anti-inflammatory-foods/>

Some of the top anti-inflammatory foods are:

- ✓ Boc Choy
- ✓ Pineapple
- ✓ Celery
- ✓ Salmon
- ✓ Walnuts
- ✓ Chia seeds
- ✓ Flax seeds
- ✓ Ginger
- ✓ Broccoli
- ✓ Coconut oil

There are of course more types of anti-inflammatory foods.

The ones mentioned above are some of the best and I want to specifically mention them, especially coconut oil.

Coconut oil is one of those super foods that can be used to cook foods, on your skin and even eaten raw for health benefits. You can even brush your teeth with it and it will improve most oral issues.

Apple Cider Vinegar and Why You MUST Drink It Daily!

Apple cider vinegar is one of the most potent antimicrobial and detoxification “super foods” you can ever consume.

It will be part of the basis of very powerful detoxification “tincture” that I am going to recommend you start drinking daily.

First you might want to know why consuming organic apple cider vinegar is the beginning of your detoxification regimen.

Have a look at some of these amazing benefits:

1. **Diabetes management** and reduction of blood sugar
2. **Resets gut flora**, and this helps with detoxification
3. **Lowers cholesterol** and does so without side effects
4. **Reduces indigestion** and can manage I.B.S.
5. **Aids in weight loss** and increases sluggish metabolism.
6. **Reduces acne, allergies, and bad breath** not to mention it can cure a sore throat.
7. **Reduces inflammation, oxidative stress** and heals most of your organs.

The Tincture / Detox Regime

Turmeric and apple cider vinegar and a few other ingredients make for a potent detoxification drink that is safe, used by many people each and every day and effective.

By using natural products and NOT an over-the-counter detox product, your leaps and bounds are ahead of millions of people that believe that chemicals are the best detoxification.

Natural is the way to go!

The tincture – Please follow these directions first:

EVERYTHING must be 100% organic. Use only FRESH ingredients. Purchase these items from your local grocer:

1. **Braggs 100% Organic Apple Cider Vinegar** – Braggs is one of the best apple cider vinegar products. You can tell whether it is pure because there is white sediment at the bottom. Always shake thoroughly!
2. **Organic lemons** – NEVER use processed lemons. Fresh squeezed is imperative.
3. **Organic Limes** – NEVER use processed limes. Fresh squeezed is imperative.
4. **Turmeric** – you can get this at your local co-op.

5. **Fresh rosemary** – you will add this later.

How to Prepare the Detox Tincture

The pre-adjustment phase:

*Mix all of the ingredients together in 8oz of PURE water. Do NOT use city water! Do NOT use bottled water! ONLY use distilled or purified water. Filtered water is next. If you do filter your water you MUST use a filter that reduces PPM to below detectable levels, especially if the water you are filtering has fluoride in it:

8 ounces of purified water

1/4 tablespoon of Bragg's Apple Cider vinegar

1/4 teaspoon of turmeric

1/2 Lime, freshly squeezed

1/2 Lemon, freshly squeezed

The mixture above is the starter detox mix.

You should mix this fresh in the morning, **and drink on an empty stomach.** This version of the tincture is approximately half strength so that your body has a chance to adapt and begin to utilize the ingredients.

For the first few days you may notice a slight stomach upset. This is normal. If for some reason you begin to experience cramps, simply drink more water and reduce the amount of the tincture that you are drinking by an additional one half. For example, if you are experiencing slight stomach upset, reduce the amount of apple cider vinegar slightly.

The reason this is happening is when you first start to drink the tincture, the bad bacteria in your stomach are actually being destroyed and replaced by the correct type of gut flora.

While approximately 90% of people that use this tincture experience little or no stomach upset, about 1 in 10 people will. Your body will adapt quickly, however and soon you will begin to actually crave the tincture.

After two weeks your body should have completely adjusted and you should switch to this tincture:

12 ounces of purified water

1/2 tablespoon of Braggs Apple Cider vinegar

1/2 teaspoon of turmeric

1/2 Lime, freshly squeezed

1/2 Lemon, freshly squeezed

¼ Teaspoon or a very small sprig of Rosemary leaves (about 3 small leaves, FRESH, ground / diced), by adding rosemary we are activating the tincture further. Notice we also increase the vinegar, water and turmeric.

How Obesity Really Works



Obesity in the United States is exploding. This is no longer even questioned and the statistics are quite alarming:

- ✓ The percent of adults age 20 years and over with obesity: **37.9%** (2013-2014)
- ✓ The percent of adults age 20 years and over with overweight, including obesity: **70.7%** (2013-2014)

Source: <http://www.cdc.gov/nchs/fastats/obesity-overweight.htm>

The numbers are staggering when you consider that most people **are dying between 10 and 30 years sooner** than they would have, if they were not overweight or obese.

This statistic is a reflection of not just a lack of overall willpower; the truth however is far more insidious. When you dig into the numbers and devote a little time to studying exactly **why people are obese**, you begin to see some very alarming trends:

- ✓ There is a direct correlation with ever increasing numbers of people that are becoming overweight or obese with the growing numbers of processed foods.
- ✓ There is a direct correlation with ever increasing numbers of people that are becoming overweight or obese. The same thing is happening with growing numbers of toxins, food additives, food colors and other chemicals that are being added to processed foods, beverages and even healthcare products. They all work together and people use toxic things these days.

These two facts are no longer really disputable. We are not just discussing adults; they can make choices for the kind of foods and beverages that they put in their body. The numbers are increasing in our children as well:

- ✓ The percent of adolescents age 12-19 years with obesity: **20.5%** (2011-2012)
- ✓ The percent of children age 6-11 years with obesity: **17.7%** (2011-2012)

- ✓ The percent of children age 2-5 years with obesity: **8.4%** (2011-2012)

The numbers continue to spiral out of control.

What Is Fat? Why Is This Important to Know?

Most of us have been told since day one that fat is bad for you. Yet part of a healthy diet is actually consuming the right kind of fats, up to 30% in your diet. Without omega-3 and Omega six fatty acids in your diet, you will become ill.

In addition, certain blood types actually require you to consume more fat than other blood groupings. For example, the 'O' blood type requires that a fair amount of their diet have healthy fats from a variety of meats. This is because 'O' blood types are some of the most primitive hunter-gatherers and they absolutely thrived on a diet rich in a variety of fats and proteins.

It's interesting to note, that when we observe primitive tribes, many of them consume vast quantities of natural fats all the time, yet only in rare circumstances are any of these people even moderately overweight (until exposed to junk foods!).

Quite the contrary! Many tribal people, especially hunter-gatherers are extremely fit, healthy, filled with energy and enthusiasm as well as the ability to meet endless physical

demands. These people don't know what a gym is, but they are more fit than most people who go to the gym . . .

As you can see, the evidence certainly points to **something else** that makes us extremely fat. We can also see the direct correlations to consuming toxins in our food-beverages and how they are directly correlated to being overweight or obese.

The real truth is, if you are overweight or obese there is a very high percentage chance that you are suffering from **toxic overload** because your body cannot properly process fats, it simply stores as much fat as possible on your body while attacking lean body mass.

The end result is that you constantly feel like you have no energy, your metabolism begins to slow down to snails crawl; your body cannot properly manage even small amounts of carbohydrates because your body cells cannot communicate effectively with one another, so they simply stop working at all.

This is especially true if you have a toxic overload disease like diabetes. Most people believe that there is no effective cure for diabetes but many people who routinely detoxify notice that their diabetes symptoms continue to recede until their blood sugar levels are almost completely manageable!

The good news is, **the tincture above can greatly reduce the impact diabetes** will have on your body if you consume and every day.

In fact, the tincture recipe may be one of the few things that will work to help you control, out of control blood sugar.

I speak from personal experience. As a diabetic, I spent years trying to figure out why my medications were having diminishing returns. My body was simply so toxic that most medications eventually ceased to work.

So am I telling you that it is possible to actually “cure” being overweight like it is a toxic overload? Can this include having blood sugar issues, suffering from multiple health problems? That it is truly possible to recover from all of these?

Yes! Literally millions of people have decided that naturopathic and natural folklore medicine, which was the basis of all medicine less than 200 years ago, can actually help you fully recover.

Since a bunch of lawyers decided that even discussing alternative cures may not be in the best interest of big Pharma, (or the doctors who have sold out to big Pharma), I must again remind you of the importance of consulting a doctor prior to attempting any type of detoxification . . .

Yet there should be no confusion here, because in almost every case with someone that is overweight, once they effectively detoxify, many of the endocrine disruptors, cell interfering toxins, once these poisons are removed from your body, it begins to recover. This is incredible news especially if you are maintaining ongoing detoxification on a daily basis.

Of course, you must also eat sensibly . . . yes that is true.

By simply substituting processed foods for 100% organic and natural superfoods, anti-inflammatory foods, and the detoxification tincture, you will be able to lose as much weight as possible, especially if you add the correct type of exercises.

It is absolutely critical that you devote as much time learning about toxins and begin to eliminate them from every possible angle.

This also includes what you expose your skin to. Many toxins exist in healthcare products, and many of these can be absorbed directly into your body and act as endocrine disruptors, or force your body not to be able to regulate critical functions.

Eliminating toxins is the single best defense against forcing your body to store fat, instead of using the fat of proper bodily functions.

While we're on the subject of eliminating toxins from your life, you also want to eliminate toxins from your environment where you spend a lot of time in.

For example, you discover that many of your household cleaners can be toxic to you as well.

It would be a really good idea to only buy natural soaps, organic shampoos made out of natural products, only use cosmetics that are approved by consumer watch groups, as

well as anything else that can end up inside, near or come into contact with your skin, lungs, eyes, etc. Eliminating toxins may be the single best step you take to finally help you lose all the weight and restore your health naturally.

Final Words on Detoxification

For many years people that have attempted to detoxify their bodies have experienced increased wellness, a reduction in disease and a deeper connection with their own personal health.

Not everybody who attempts detoxification does it safely. It is always important to do your own research based on the factors that we mentioned earlier.

Once more, you should involve the use of a holistic doctor as well as your current position, as long as they are open-minded enough to see that you understand what you're doing.

Consulting a physician can actually give you additional understanding, at least from their point of view. The main reason why most people want a second opinion after speaking with a typical physician is because **many doctors today are not nearly as knowledgeable, experienced or skilled as they were just 20 years ago.**

I'm not trying to knock all physicians here; many people go into healthcare (as a job) because they truly want to help people and also see it as a great type of career.

Always remember that you should be in control of your own health. If you're not experiencing improvement in your health, just like you are having a bad experience at a restaurant, shouldn't you simply walk out the door?

For example, as a former diabetic, I was told that I could never completely cure my diabetes. I was doing lots of insulin injections, constantly monitoring everything that went into my mouth; and the only thing I noticed by visiting doctors **was that I needed more insulin**, more over-the-counter prescriptions, more drug scripts from my doctor, and my health continued to deteriorate.

It was amazing to me that doctors actually found this as shocking that I wanted to attempt a cure by myself.

Yet everything changed once I began to detoxify.

Actually it took several and now continuous detoxifications but I began to notice that each time I detoxified for at least 30 days, my health improved exponentially.

I lost tons of weight, and essentially "cured" my own diabetes, by simply detoxifying each and every day, eating superfoods and focusing on positive changes.

I still drink the tincture, and my body absolutely craves it. If I skip a day, I actually feel a bit sluggish. It is ok because the tincture, I now view as preventative and cheap medicine. The bottom line here is not to toot my own horn, but to give you at least one additional real-life example that this process really works and there is a very good likelihood

that works for you too. Don't be afraid of detoxification and give it a try. What do you really have to lose? Being sick?

What Exercises to Consider If You Are Obese

Most people believe that if a little exercise is good, more should be better. While living in an active lifestyle is important, there are several contingencies that should be considered:

1. How much exercise should you really be doing?
2. Is the exercise appropriate for you, your body type, your weight and your blood grouping (yes this affects the kind of exercises you should be doing)?
3. What do the top personal trainers in the world have to say about how you exercise, when you exercise and even when you should *not* exercise?
4. What kinds of physical challenges are going to limit the types of exercise that you need to do?
5. How should exercise be staged properly so that as your health increases, the corresponding correct level of physical challenges also increases?
6. How should you protect yourself from mechanical injuries?

7. What mentor are you committing to? (i.e., personal trainer?) Why?

All of these questions are important to consider before you even attempt a single push-up, pull up or start picking up weights. In fact, most personal trainers will explain to new people that they should only do a certain amount of exercises so that they don't burn themselves out.

This is a common occurrence in people that decide that exercise is the most important component for weight loss.

While exercise is absolutely critical to being able to control your weight, it actually is not the most important factor, but managing stress while exercising (not overtraining) is:

"Everyone has an envelope of tolerance for exercise. Train within the envelope and exercise is a great method for managing or releasing stress. It acts as a safety valve to let off extra steam. Consistently pushing the limit of this envelope is where the most progress occurs when trying to improve performance. **But what happens if you consistently push beyond this envelope, exceeding your tolerance levels and your ability to adapt? The classic manner to describe this is over-training. When you are over trained your performance declines.** Does this sound familiar? It should because over training acts just like stress on your internal balance." – Dr. D'Adamo Source: <http://www.dadamo.com/txt/index.pl?1002>

There are numerous studies that show exactly how overtraining, or excessive exercise not only burns you out,

but can position you to sustain a very serious mechanical injury.

In addition, your overall body physiology will determine the best types of exercises you should start with.

For example, James is an extremely large, 400-pound man. Telling James that he needs to start jogging even a mile a day could have catastrophic effects on him. He simply is not ready at this time for this exercise.

Will you not agree? When you weigh this much, simply standing and walking for a short time is an amazing feat of strength. James will easily injure himself if he does this.

Not everybody is going to be morbidly obese, but James is a prime example of why exercise at the correct time and place in your life must be part of an overall personal plan.

The plan should also change over the weeks to adjust for what is needed to continue to be effective, without being too tasking. Your food choices will also change while you work out too if you are doing the 30X Diet correctly.

For example, no personal trainer worth his or her weight would have James doing anything other than very light calisthenics and flexibility training.

If James could start to walk even a small distance each day, over the many months as he also combines proper weight loss with detoxification and then substitutes bad food for good food, James is going to see some real success.

Perhaps one of the best exercises that anybody could attempt as long as they are not morbidly obese, is introductory yoga.

My recommendation to you right now is to begin to study and then practice beginner's yoga.

The reasoning behind this is that yoga may be the single best form of exercise, at least at the beginning and should be something that helps you relax, gently stretches and tones your body, increases your physical strength and stamina, but in a gentle and systematic way.

You are NOT ready for H.I.T. workouts!

I certainly wish I had more time in this e-book to go into greater detail about the importance of different types of overlapping exercises, and that just about anyone can become extremely fit and healthy if they follow the 30X Diet plan as it tells them everything they need, week by week.

What I would like you to do is to begin practicing yoga. Yoga will tie in to all other forms of necessary exercise and will prepare your body so that you can begin to really figure out exactly what your body needs for maximum health.

Again, this is a rather detailed process that is outside of the scope of this detoxification book, however if you decide to pick up the exercise guide in this series; I will go into extensive detail so that you can create your own plan, just like you are your own personal trainer!

Remember, the information in the **30X Power Exercises - Just 20 Minutes a Day** - will explain everything you need to know for setting up a correct exercise plan, help you track your success, and how to utilize information and completely master the right types of exercise, at the right time without the need overtrain.

Even top professionals have problems with overtraining but if you follow the information, steps, strategies and advice some of the top trainers, finally you will be able to figure out and overcome things like:

- ✓ Why do I constantly hit plateaus while working out?
- ✓ What are some of the best high-intensity exercises that I can do without depleting my energy for the week?
- ✓ What are the absolute best strategies for shaping and sculpting my body without burning too much lean body mass?
- ✓ How can I finally get into the best shape of my life?

These are only part of the questions that will be answered in the e-book, **30X Power Exercises - Just 20 Minutes a Day**.

I highly suggest that you fully understand the importance of the right kind of exercises to do that will go in conjunction with the 30X Diet plan.

Conclusion

Detoxification is at the heart of becoming healthy. So is the 30X Diet plan. Finally you have a complete understanding of not only how to properly be fit and healthy, but also greatly reduce the incidence of other types of millennial diseases (caused by how we live) from completely subverting your health and wellness. Believe me, it will if you don't do something about it right now.

Look, I'm not pulling punches here. You absolutely need this entire set of e-books because the information inside is not only cutting edge, but it flies in the face of traditional yo-yo diets and failed weight loss attempts that simply leave you, fatter, sicker, and with a metabolism that could not outrun a snail!

Do yourself a favor, and if any of the books below are not currently in your library, make sure that they are!

Simply click on the link below and cast your vote for improved health and wellness, and obtain the best physical shape of your life.

Invest in yourself, invest in this program, and finally let's put an END to information overload on dieting by creating your own unique and personalized health and wellness system – which should be the ONLY program you should do:

Power Detox The 30X Way

The 30X Dieting Plan – Eat, Eat, Eat!

30X Power Exercises - Just 20 Minutes a Day!

I would like to take the time to personally thank you for reading through this guide and I guarantee you learned quite a bit.

Almost all other forms of dieting hardly mention the importance of detoxification in order to remove toxins that are destroying your health. Why is that?

Please feel free to drop me an e-mail or contact me if you have any other additional questions and I look forward to seeing you soon in our next awesome e-book!

Warmest regards,

Jenny Hawkins