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# *Table of Contents*

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Only Chapters 2,4,6 are functional in this preview

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- **Introduction**
- **Chapter 1 - Understanding and Overcoming Obesity**
- **Chapter 2 – Animal Protein vs. Plant Protein**
- **Chapter 3 – P.C.R.M.**
- **Chapter 4 - Healthy Simple Solutions**
- **Chapter 5 - Dining & Socializing**
- **Chapter 6 - Fitness and the Great Outdoors**
- **Chapter 7 - Image Is Everything**
- **Chapter 8 - Living Foods**
- **Chapter 9 -Sugar, Life's Sweet Thief**

• [Final Thoughts & Ideas](#)

• [Tools and Resources](#)

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# Introduction



Are you ready for a new idea?

## Foreword

**This work is several years in the making. My husband and I have been very fortunate to be exposed to some very healthy wise people, including a former surgeon and eco-cuisine chef. (If you're reading this then you know who you are.) All these wonderful people have given us tremendous inspiration and support in one way or another and our current lifestyle could not have been achieved without it. Through the years we have read many books and attended many lectures. Those books are mentioned in the "resources" section of this book. We express our gratitude to the authors of those books and hope that you will learn as much from them as we have. We would also like to thank two very special prominent "Enlightened Millionaires" who were part of the inspiration for this ebook and forthcoming ebooks. So, it is only fitting that we share with you what has been shared with us and it is our hope that you will do the same. I would also like to express my immense gratitude to my life partner who has been there with me through thick and thin and every painful and pleasurable step of the way. He has given me tremendous support and motivation and is responsible for most of the creative design of this ebook. Thank you!**

## Introduction

What you are about to read is unlike anything you've ever been exposed to in your life. The following concepts and ideas contained in this e-book are unique concepts. You will not hear about or see these concepts on the 6 o'clock news or in your local newspaper. In order to receive the information contained within these pages it's important that you maintain an open receptive mind and be prepared to discard everything you ever learned from kindergarten. Some may call it extreme and others may find it intriguing, but what's most important is that you find it to be the invaluable educational resource tool that it's designed to be. So, fasten your seat belts and be prepared for an education unlike anything you've experienced!

You read about it in magazines with glossy pages splashed with advertisements. You see it all over the Internet trying to tempt you to purchase the "latest" weight-loss fads and products. There are 100's of books on the subject. Even radio commercials talk about it. It seems that people try every fad, product, and weight-loss plan on the market to lose weight and keep it off. With so much money spent on weight-loss one would hope that at least one plan provide the results promised. Unfortunately, the results aren't usually favorable.

Since the advent of the Industrial Revolution the struggle with weight-loss and maintaining a healthy body has been a problem that has plagued millions of people throughout the world. Once all those attractive packaged foods began covering supermarket shelves from A to Z, people have struggled with the willpower to avoid these fancy processed foods. These foods have made it very difficult for people to maintain healthy weight and overall health and well being. The Industrial Revolution made it possible to eat foods that were packaged, processed, and intricately seasoned.

Before the Industrial Revolution went into full swing people grew accustomed to eating their own simple foods, usually grown right in their own backyard, utilizing homemade recipes that were passed down from generations. These people didn't know what it was like to go to a market to purchase items they would need to prepare their meals. There were no restaurants to dine at for conveniently cooked meals. In fact, in addition to picking fruits and vegetables that grew on their land, the breads and grains and desserts were homemade from scratch with bread they baked in their very own ovens. How's that for self-sufficiency and wholesome good nutrition? Take for example Cheesecake. There are many sources for the delectable delight. You can buy it in your grocer's freezer. You can get it at the local coffee shop or you can make it yourself. It may take a little more time, but if you make it yourself you know what ingredients you are putting into it and you don't have to second guess. You can decide whether to make it fattening or healthy! See, you can have your cheesecake and eat it too!

Today, people need to make adjustments to their lifestyle in order to make sure that they have the highest quality nutrition and foods for a healthy wholesome diet. If you're not fortunate enough to live on a rural farm and grow your own organic bountiful vegetable, fruit, and herb garden you need to rely on a local certified farmer's market or the nearby natural food store to purchase your wholesome nutritional foods. This is not a bad thing. It just forces you to maintain more restraint and discipline and monitor your eating and buying habits more closely. There have been times that I have spoken with people about changing their diet and eating healthier wholesome foods and they give me the excuse that it's too difficult because they live in the city. They have to shop at the local supermarket for their food and that's why they still eat unhealthy fattening refined foods and are overweight and unhealthy.

This couldn't be further from the truth. There is a natural food store, "mom & pop" and health food supermarkets, in every metropolis in the United States. There are even some in smaller cities with smaller populations. There is no reason a person should feel like he or she has no choice but to shop at the local mainstream supermarket; albeit there are some "stupormarkets" that have some healthier food choices. Unless you have blinders on and you don't see past your nose or you don't know anyone and

you don't read anything there is no reason for you not to be aware of the natural food markets in your area. The bottom line is that where there is a will there is a way. If you want it badly enough and you have a strong desire for a major positive health change in your life you'll make it happen.



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## Chapter 2 – Animal Protein vs. Plant Protein

"Vegetarian food leaves a deep impression on our nature.  
If the world adopts vegetarianism, it can change the  
destiny of humankind."

*Albert Einstein*



Take a moment and stop and think about the common places that people go out to dine at. Some of these places are fast food restaurants. When you look at an average menu you'll see something interesting. Try looking for an item or dish on the menu that is completely vegetarian, meatless and dairy-free. Whether it be a plate of fresh vegetables with grains or a fruit plate or even a simple salad, unless it's a restaurant that happens to be hip and has had its awareness raised it will be like trying to find a needle in a haystack. Then you have those wonderful places to take the kids and family to get a nice cool ice cream cone. This one is fairly obvious. Everything on the menu has some form of cow's dairy milk product in it. Of course everyone wants to cool off in the summer and it's okay to indulge once in a while and treat your sweet tooth sugar craving. Then add to the equation all the fast food restaurants in the world with their meat and dairy-laden based heavy meals. When you combine all these you have a very big problem with obesity.

It's pretty difficult to stay consistent and maintain a healthy slim and fit physique when you're constantly being tempted to stuff your face with something decadent and fattening. Shopping malls are also a big problem. The food court within each mall is like food shopping hell for the health-conscious person who wants to stay fit and healthy and slim. Between the rich heavy smells, and the incredible colorful meals passing you by steaming with anticipation it's no wonder that many people have a tough time with willpower.

Let's stick with the basics. People want to lose weight for a number of reasons. A few of these reasons would include being able to attract the opposite sex, keep their cholesterol level down, keep their heart and organs healthy, and just basic health maintenance. There seem to be varying levels of being overweight. There are those who suffer from severe obesity to the point that walking becomes difficult

and back pain sets in. One of the controversies surrounding the subject of weight-loss and obesity is what's known as the glandular problem. Many people are under the impression that there is no way they could possibly lose the weight because they suffer from bad glands and have a genetic problem. Without delving too far into this medical area I'll just say this. People can say whatever they like about obesity and can and will say that they're overweight for this reason or that and that they've "tried everything". This may seem like a bold statement, but weight loss is not that complicated and it's not that difficult to achieve your ideal weight and optimal health. I'm a good example of this theory gone awry.

Throughout my childhood my father suffered from obesity and did what he could to keep his weight down. Then, my mother developed the same problem after enjoying many years of being lovely and slim. My father developed diabetes and had to reduce or eliminate his pastries and fattening foods. My mother has been making an effort to do the same, though she has not been diagnosed with any disease; at least none that I'm aware of. During the entire time I have maintained a healthy slim weight and physique without having to suffer from obesity. Some may say that I'm lucky and blessed. It's true. I am blessed and I express my gratitude for my health and slim physique on a daily basis. This didn't happen by accident or because of some special genetic glandular makeup in my body. It happened because I improved my food choices. I eliminated the animal proteins from my diet, stayed active with regular exercise, and have had the utmost respect for my body. Throughout my life various people I knew tried to tempt me to eat sweet fattening rich foods. Friends and family always teased me because I wouldn't eat sugary foods. I've always had a bit of an aversion to sweet foods, but the real problem revealed itself after I had been eating organic plant-based foods for many years.

The real reason I had an aversion to these poisonous unhealthy foods is twofold. The sugar content was so high my body rejected it because my body has never tolerated refined sugars. The other important factor was that the laboratory-refined chemicals and heavy dairy ingredients in the foods made my body feel physically ill. My parents didn't exactly raise me on the healthiest purest foods, but they made a strong effort to keep me away from sweets, sugary sodas, junk food, and candy. They were very careful and somewhat strict with me and made sure that I had at least a few vegetables and fruits in my daily diet. They also made sure that I drank more water, milk, and juice than soda. The milk wasn't healthy because it was cow's milk. I'll elaborate on this later on. I wore braces on my teeth for four years and because of this my orthodontist and dentist prohibited me from consuming sweets. This wasn't difficult because I didn't really like these things. When I got my braces off and tried some of these sweets for the first time in years I felt sick and my teeth hurt. I had developed such an aversion to these foods that by the time my braces were removed I lost all desire and craving to eat any of these things. This goes right back to the theory of the carrot and the stick. The pain that I felt in my teeth and in my stomach was so strong that I had zero desire to eat anything that would hurt or make me ill.

Years later my extremely obese aunt, who weighed somewhere in the neighborhood of 300 pounds, died of a sudden heart attack. I attended her funeral. Her slim adorable only daughter and child had expressed years earlier her disdain and embarrassment with her mother's chronic obesity and was now left with no mother or father and great resentment and bitterness. If you could only see that girl's face! There is something to associate tremendous pain with! The funeral was not easy for any of us and carrying that coffin certainly was not easy for the men who had that "honor" bestowed upon them.



The real problem people suffer from is consistency and perseverance. It's real easy to say, "oh, I've tried all those things and nothing works. I guess it's hopeless." It's not hopeless. If you have the burning desire deep within and have had it with being overweight you'll find a way to lose the weight. The pain will motivate you to change your lifestyle so you can wear your sexy clothes and you'll prevent the heart disease. It's that simple. There are two motivating factors that govern our behavior. They determine every choice and decision we make. Those two factors are pleasure and pain. We go to great lengths to gain pleasure and avoid pain; in other words, the carrot and the stick. The stick holds the carrot in front of you, tempting you to keep making progress. That stick is your bad habit and it is getting in your way. It is keeping you from reaching your carrot, or in this case, from reaching your goals. It is blocking your progress and preventing you from taking any steps in the right direction. You can find more information and products by Anthony Robbins [here](#)

Eating junk food is a prime example. You see that fattening, unhealthy pastry and all you feel is the insatiable desire to grab it and shove it in your mouth. You don't think about how it will rot your teeth, make your organs swell, or add several more inches to your waistline. You associate such pleasure with the way that horrible sugar pastry will taste. The painful aftermath doesn't even enter your mind, and you prefer to ignore the voice of reason that tells you to put it back and not eat it.

If you were to take a minute or two and really think about what eating that sugary pastry will do to your body it may not seem like such a minor dietary choice. What we're speaking of here is mental conditioning. Your brain associates such tremendous pleasure with how eating that pastry will make you feel so good and satisfied. Your brain isn't even thinking about the terrible consequences and this is the primary reason people suffer from the "battle of the bulge". Temptation is another big problem that plagues our society. People lack tremendous willpower and this is why fast food eateries, junk food snacks and pastries enjoy such tremendous sales in this Western World. People aren't willing to discipline themselves because they're so afraid of the pain they'll experience and they are convinced there will be no pleasure from it, which is completely untrue. People who train for marathons and the Olympics work very hard. They often have to rise early and practice and train for up to 10 hours a day. But they know that the reward will be priceless and will be worth every minute of their hard work!

The most important invaluable part of having a good health regimen and a healthy wonderful physique is something that the majority of people in the West fail to do and even refuse to do. Label reading is as vital and crucial as breathing or drinking water. When you read the ingredient label on the package you're considering buying you could literally save your own life. People rarely stop to think

about all the crazy even poisonous things that go into the manufacturing of their food items. Sugar, sodium, fat, and carbohydrates are not the only ingredients one needs to be concerned with when purchasing a food item. Unless it doesn't matter to you what you're putting in your body, it's good to know what you're purchasing and eating. The ingredient label on the food package is the deciding factor as to whether or not this food should be eaten.

The first step to understanding your obesity and your eating habits is knowing just what goes into the foods you're eating. It's not enough to count calories or see how much protein you're consuming or energy you're burning. You need to know where the food is derived. It's not enough to know that there's some form of milk or cheese in the food item. You need to know how much cholesterol, fat, and protein the dairy contains. You also need to know how much sugar, refined flour, and chemicals are in the food. Once you start paying closer attention to these things you'll start to see how fattening and unhealthy these foods are that you're eating. This process alone could very well get you to associate tremendous pain with the way you spend your money and get you to realize that it's time to change your dietary habits. You must learn to "tune your fork" and stop living to eat, but rather learn to eat to live.

Runners, like [Dave Scott](#), Ironman Triathlete, know the importance of a healthy vibrant lifestyle and know the vital importance of treating your body well, even if it means drinking only water throughout the day, instead of soda. He knows that what he puts into his body will determine how his body will perform. If he smokes, drinks, eats horribly, and sits around like a couch potato waiting for each day to pass, his body will rot and get sick and fall apart. His goal will be as far as the mountains, completely unreachable. Bodybuilders, like actress and stuntwoman [Spice Williams](#) and Mr. International [Andreas Cahling](#), two of the foremost competitors who have not used animal protein in their regimen, are also aware of health maintenance. The point here is that everything takes at least some degree of effort and we all have to push and nudge ourselves to make something happen. Part of that discipline is being willing to ignore that devilish self-destructive part of you that could care less if at age 30 you have fattening love handles around your waist and drooping weak muscles that couldn't lift a brick.

Often people will consult with a so-called nutritionist expert for guidance on weight-loss. Often the client wonders why the advice they're getting isn't working. Often these consultants tout themselves as experts and wise and healthy. It's no wonder the advice they're giving isn't working. One look at them indicates the contradiction to the advice given. It boggles the mind how people will pay their hard-earned money to people who do not look fit, or healthy to show them how to be that way! After all, you wouldn't go to a fitness consultant/trainer who is smoking, drinking, and has a gut to teach you how to be slim, trim, and fit like [Spice Williams](#) or Andreas Cahling. It would be best for you to seek out those experts who actually practice what they preach and are fit like the athletes mentioned above and are true to their word. These experts should be as slim, healthy, and toned and vibrant looking as you want to be. Think about that the next time you need to consult with someone.

Fortunately, there are an abundance of health clubs available in order to get exercise and enjoy some healthy tasty treats. You may find it somewhat difficult to find a smoothie or treat that is dairy-free

and soy protein-based, but at least it's healthier and less fattening and rich. The point is that where there is a will there is a way and this brings me to the biggest part of the battle of the bulge problem – willpower. People want to lose weight and maintain their healthy desired weight because they associate tremendous pain with being fat and out of shape. Therefore it's a pleasure to be healthy, fit and trim and active. There's nothing more attractive and beautiful than having a body that's functioning smoothly, has minimal or no body fat, nice balanced muscle tone, and a good healthy heart. I mean, who honestly wants to go through life with heart disease, diabetes, and a bad back from carrying too much weight, and cells that are being overloaded with toxic unhealthy poisons? Well, you'd be surprised at the number of people who associate such pleasure and incredible joy with their fattening milk shakes and fattening greasy burgers they just couldn't imagine their life without it. They don't even think about heart disease. Losing weight and maintaining your health doesn't have to feel like training for a big event or a painful arduous exam, but it does require some degree of effort and commitment.

With the hundreds of products and programs available for people to take control of their weight it's very easy to feel confused and discouraged. But when you listen to common sense and basic reason there's no reason for confusion. The most important thing to remember when embarking on a weight-loss program is a simple formula that's good for many things. Keeping it simple, also known as KISS, is the best. The main reason that many people continue to struggle with their battle of the bulge and feel as if they're going shopping for the "perfect weight loss plan" is because there's overwhelming information being presented to them on a regular basis. If you were to add up and combine all the latest weight loss products and program plans that are designed to assist your battle you'd feel very overwhelmed. Probably the biggest reason people don't know which direction to go and feel continually discouraged is because of the way the diet plans are designed.

One of the common denominators many diet products have is that they all contain some degree of dairy protein. Most designed weight-loss plans recommend some form of dairy protein. Most people will opt for a product that contains one-percent fat, but that's still fat. Any amount of dairy protein is unhealthy for the body. Dairy whey is often recommended as part of a weight-loss management program. Many nutritional and fitness experts claim that incorporating dietary dairy whey into your dietary plan is beneficial and will assist you in losing weight. According to American Fitness Professionals and Associates, an international fitness organization that sets the motion in the industry of fitness training techniques and nutrition by developing educational programs to surpass the myths of the past, this is not the general sentiment of fitness experts.



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## Chapter 4 – Healthy Simple Solutions

"Accept the challenges so that you can feel the exhilaration of victory"

*George S. Patton*



So, what's the best way to slim down, maintain a healthy body weight, and keep your body, mind, and spirit healthy, balanced, and alive? The answer is so simple and easy all you'll experience is incredible pleasure from the benefits, including very nice physical attractiveness and a heightened self-esteem. After a good night's rest, smile and greet the beautiful morning sunshine. Then, stretch your body and come alive. Select something from the refrigerator that's wholesome, nourishing, healthy and alive like a cup of soy yogurt or even a bowl of fresh raw pieces of fruit mixed with a little soy yogurt. Do your normal daily activities, keeping yourself active and your mind alert. Breathe nice and balanced. Try a little yoga and tai chi to bring your body, mind, and spirit into balance. Take a little swim in the pool or go to the beach and enjoy the moist warm sand between your toes and the refreshing cool water dancing around your feet. Eat an organic plant-based hearty lunch that's colorful, flavorful, nourishing, and doesn't coat or stick to your waist line. Eat and snack only if you're hungry and drink plenty of refreshing distilled or purified water as often as you can or when you're thirsty.

A delicious healthy smoothie for a workout might consist of some frozen banana, naturally sweetened dairy-free soy protein powder, peanut butter, some soy, rice, or nut milk, and maybe some other fruit and carob chips. Another vital part of a healthy nutritional program is supplementation. Supplementation is very beneficial and conducive to proper eating and can aid the body in many ways. In addition to vitamins and minerals like iron and calcium, B-12 and the rest of the "B's" are vital to good health and stress management. While transitioning to a healthier plant-based diet, incorporating a good healthy vegetable derived B-12 vitamin can be very helpful and is very important. There's a wonderful whole food supplement called Seasilver available on the market that contains vitamins and minerals, enzymes and sea vegetables. It tastes delicious and is very effective. When my husband and I drink this we feel energized, strong, and ready for a strenuous workout. I highly recommend it. You'll be surprised at your level of strength and endurance. If you want more information and would like to try it out. You can find out about it [here](#).

In addition to eating the right wholesome nutritional foods and drinking the proper liquids there

are other natural holistic approaches you can take to feeling good and improving your well being. All these things that are mentioned here are suggestions and are best done in conjunction with each other, not as separate approaches. Inspiration and motivation help to keep you on your steady healthy path and keep your feet pointed in the right direction. In addition to yoga and tai chi and outdoor fresh air, another wonderful thing that contributes to wellness and wonderful rejuvenation is organic essential oils. Essential oils are the life blood of plants, shrubs, flowers, and bark and can literally transform your thinking, your cells, and your overall well being. There's nothing quite like taking a long whiff of your favorite organic essential oil and feeling relaxed, energized, motivated, and inspired. This is also known as aromatherapy, a growing popular practice here in the west. If you would like more information about these oils, and a great source for them, I highly recommend [Young Living Essential Oils](#) These are some of the purest unadulterated therapeutic-grade oils in the world! Should you wish to place an order my dist. number is **252264**.

Often people think that if they sniff a certain essential oil or take a certain herbal pill their cravings will disappear and their hunger will subside. Yes and no. For starters I would never advocate taking pills instead of adjusting food habits and proper exercise. Regardless of what it's for there's no such thing as a quick fix. You can't just take a "magic bullet" and expect the pounds to melt and your body to feel better even while eating horribly and sitting around doing nothing. Take for example so-called fat-burners. Many people will swear that they took these pills and the fat just melts away. The problem is that most of these pills have horrible consequences, including the risks of stroke and heart attack. A very popular fat-burner, known as "ephedra", was pulled off the market after it was discovered that it was linked to seizures, strokes and heart attacks. The bottom line is that the body doesn't function this way. You should exercise great caution when using fat-burners. The use of essential oils is similar because you need to eat properly and exercise in addition to sniffing the oils. However, essential oils are healthier and more sensible. Except for oils like lemon and peppermint, essential oils are primarily for external use and should not be taken internally.

Essential oils are an integral part of the health regimen and can be very beneficial and helpful in the weight-loss process. When you sniff an essential oil like ylang ylang or chamomile or lavender something amazing happens to your cells and your mental state. You feel inspiration and a sense of peace like you've never experienced. The desire to feel self-pity and stuff your face no longer appeals to you. There are many essential oils to choose from and you can have a lot of fun mixing and matching those oils that suit you the best. It's best to read and learn about essential oils and discover which ones that work best for your body, mind, and spirit. [Young Living Essential Oils](#) make the best purest 100% organic essential oils in the world and they are the most effective in aiding in the health and wellness process.

If and when you suffer from emotional mood swings, resist the desire and temptation to eat. Eating is not a good choice when feeling down or bored. If you're down get to the root of the problem and deal with the pain. Find an activity that will boost your morale and lift your spirits. Exercise is great for this. If you're bored find something to do that stimulates your mind and brain and get busy. Eating when you're not hungry, especially those foods that are unhealthy and fattening, is the quickest way to put on

weight and excess body fat. Releasing endorphins is the best way to cope with and deal with negative emotions. Exercising will increase your desire to eat because you worked up an appetite and are hungry. You'll feel much better about yourself and you'll feel better and look much better.



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## Chapter 6 – Fitness and the Great Outdoors

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." *John F. Kennedy*



Another important part of the health regimen is regular exercise and fresh clean air. It's great to eat high quality nutritional foods that are rich in fiber, vitamins and minerals, but good health isn't just about eating the right foods. Proper health maintenance involves proper bodily movement and regular activity. While eating low-fat high-fiber plant foods are important, eating them while sitting in front of the computer or television for hours without moving is not beneficial to a balanced lifestyle. Bodily movement activity works in conjunction with getting outdoors and enjoying fresh air that cleans the lungs. It doesn't matter how old or how tall you are, regular exercise and physical movement are essential to proper health maintenance. Providing you have physical and mental discipline you don't have to join a health or fitness club to have a regular fitness program. Exercising is sometimes easier and more enjoyable with other people, but it can also be enjoyable when done solo.

There are a few good forms of exercise that are low-impact safe and effective and can be done at home or anywhere. Those exercises are tai chi, which is very popular in the Orient, swimming, and jogging and running. You don't have to be a workout maven or weight-lifter to get into shape and shed pounds and increase energy. While there are magazines filled with pictures of the latest sexy men and women flexing their amazing muscles and strutting their sexy stuff with their strong limbs this is an extreme form of fitness. The idea of physical fitness and exercise is to improve overall health. Providing that you're maintaining a healthy heart and agile flexible muscles you're on your way to a nicely healthy sculpted physique. It's needless to cause your body severe pain and stress to look and feel good and maintain a healthy weight. In fact getting regular exercise can be enjoyable and a lot of fun. My husband and I exercise as much as we can. We have nicely toned muscles and our cardiovascular health is very balanced. The idea that you need to push and strain and sweat like a maniac is overdone and unnecessary. You'd be amazed what a little yoga, a few laps in the pool and some running in a park can do for your body. Begin with a little muscle tone and warm up to get your muscles moving and your blood moving. Then, some low impact moderate stretching and some cardiovascular and you're on your way.

Tai chi is a favorite among health enthusiasts in the Orient and even here in the U.S. The gentle slow light movements are designed to release stress and chi; also what's known as blocked energy. This is what some holistic health experts say is the number one cause for disease in the West. When our chi gets blocked or stuck the body doesn't function properly. In turn disease sets in and the immune system

stops functioning properly. A very good place to perform tai chi movements is in a natural setting; by a lake, in a grassy tree-lined park, or at a white sandy beach. Doing tai chi in a natural setting like this promotes wellness and increases energy flow. In addition to being conducive to health maintenance tai chi is also conducive to reconnecting with the natural energies. Stand in a comfortable easy relaxed position with the feet several inches apart. Gracefully move the arms around like ballet movements and roll the head and neck to release tension and stress. In this way the body has a chance to regain some lost energy and even some endurance. You'll be amazed with what some simple light movement can do for your energy and well being. There are plenty of books and videos that can teach you how to do these movements and help you to feel better than you have ever felt before. One video I have used and is great for beginners is David Carradine's Tai Chi Workout for Beginners. It's a great easy-to-understand video. You can find out more about it [here](#).



### **Yin Yang - A Symbol That Represents Balance**

Yoga is another favorite among health enthusiasts. It is well sought after by people from all walks of life for its many health benefits. Most strenuous muscle-toning exercises stretch and work the body, but don't always promote immune system wellness and increased energy. Yoga is phenomenal for all these things and more. Yoga is similar to tai chi in that it helps to increase energy flow and tone muscles, but it's more strenuous and requires a bit more strength and endurance. It promotes sweating, increases cardiovascular and agility. Yoga also aligns the body, mind, and spirit and works the energy meridians throughout the body. It is also has been known to be beneficial in improving circulation and back pain. After doing tai chi and yoga for a consistent period of time you'll start to notice an increase in your energy. You'll increase strength and you'll have more desire to get active and get things done. You don't have to be like a Yogi in the Himalayan Mountains to enjoy yoga exercises and increase muscle strength and endurance. There are plenty of books and videos that teach the benefits and effectiveness of yoga exercises without injury or severe pain. One of the best Yoga exercises that we know of is the "Ancient Rites", a great program that is worth its weight in gold! 5 Secrets that will boost energy, slow aging and promote muscle tone. We just do these exercises for 10 minutes per day and we look and feel great! You can [find out more here](#).

The key to all of these health-promoting balancing regimens is a receptive open mind and consistency. All these things are wonderful to do and promote good health. But it's important and vital to do them on a consistent regular basis in order to see dramatic positive results. After all, if you transition from fattening heavy meaty foods to lighter fibrous plant foods but give it only a week you won't see the desired results you want. The same goes for exercise. Doing a few yoga exercises here



and there and stretching once a month isn't going to promote strong agile toned muscles. Once you begin adapting these lifestyle changes you must stick with them with consistency. You must give each of these new lifestyle approaches a chance to give your body the desired results you want. Swimming and running in the great outdoors are other wonderful forms of exercise that work wonders for the body.

A jump in the pool a few times a week doing some laps back and forth promotes health in every way. When you're swimming you're doing several things simultaneously. Swimming from one part of the pool to another moves your muscles and limbs and increases cardiovascular health. It can leave you attempting to catch your breath at times, but it's so worth it. When I go swimming with my husband we have a wonderful time splashing, swimming, floating, and soaking up sun at the same. It's a cool refreshing way to improve muscle tone, endurance, and agility. The buoyancy of the water enables you to do more than you could if you were just running through a forest, which brings me to my other favorite form of exercise.

Jogging is another wonderful form of exercise that's strenuous, healthy, and at times can be a lot of fun. It's hard to imagine that getting on your feet and running or jogging along a neighborhood block could be enjoyable because you have to gather inertia to get yourself moving. But once you get going you may never want to stop. Geared up with your light clothing, musical headset and good running shoes, jogging may become an activity you enjoy doing several times during the week. Whatever exercise you decide to do can be enjoyable if you look at it as another health promoting activity that will strengthen and energize you. There are some outdoorsy people who thrive on mountain climbing and river rafting and they never want to be indoors for a minute. I'm one of those people who loves to walk and run through a tree-lined forest and along a sandy beach, watching and playing with sea gulls. It's the body's natural inclination to want to get up and move and breathe in the clean crisp fresh air. This brings me to the most important part of health and physical fitness; clean fresh air and the great outdoors.

This is the main reason my husband and I don't enjoy exercising in an indoor fitness facility. The main thing we dislike about being in these places is that there's no circulating fresh air. Of course when you're hot and sweaty air conditioning helps you to feel better. But there's nothing quite like running through a forest or on a sandy beach. Feeling the cool fresh breezes caressing your cheek, dancing through your hair, and cooling the sweat on your skin is uplifting and rejuvenating. When you're hot and sweaty the cool breezes complement a heart-pumping strenuous exercise. I enjoy my solitude when I'm exercising and I can enjoy my own style and rhythm. The whole idea of exercise and fitness is to feel good and strong and healthy. Regardless of what form you enjoy it has to be enjoyable and fit your mood and style in order for it to be effective and give you the desired result.

Working to improve overall health, maintain healthy weight and positive mental health is the ultimate goal. No one wants to feel bad, ugly, stupid, unattractive or undesirable. It's human nature to want to feel and look sexy, beautiful, sensual, desirable, and wonderful. This is why it's so important to treat your body like a temple. This is the philosophy that's maintained and revered in the East. You wouldn't throw garbage, sludge, poison, or toxic waste in the place where you worship and pray, so, you shouldn't do these things to your body. Your body didn't just appear one day. It was yours from the day you were born and is still yours today as an adult.

Your body is a beautiful creation, a reflection of Universal Creation. It deserves complete respect, love, and care. Some people say that we treat our vehicles better than we treat our bodies. In certain respects this is true. However some people insist on putting very cheap inefficient fuel in their tanks and aren't willing to care for their vehicles with respect and care. While caring for our vehicles is important we should care for our health far more than we care for our vehicles. We should put "high octane" fuel in our tanks so that we don't have knocks and pings so that we don't have to go see that "human mechanic" all the time! When you have to be bedridden with illness after polluting your body with fattening processed foods and toxic beverages it's time to take responsibility when your body fails to function properly and your energy disappears.



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## Tools and Resources



I hope this e-book will help you along your road to good health and well being. I wrote it with your increased self-esteem, self-confidence and mental well being in mind. I don't think anyone should have to suffer from poor health, obesity, addiction or anything negative and unhealthy. I hope that reading this e-book will inspire you. I hope it will motivate you with readiness for a whole new healthier happier way of life that's free of suffering, ugliness, illness, and poor health. In addition to this e-book I've also provided a list of helpful resources and tools that are designed to help you along the way. These tools will give you the extra boost you need toward your goal to good health. The following are some web sites, books, videos, and magazines that you'll find invaluable and helpful on your path to good health and well being. Those who are responsible for the following items come from the same mindset and way of living that my husband and I do. Enjoy them all!J Look for forthcoming e-books with subjects like *How to Beat Any Addiction the Holistic Way* and *How to Keep Your Vanity Without Losing Your Sanity*.

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[P.C.R.M.](#) - Physicians Committee for Responsible Medicine is a non-profit organization that consists of over 5,000 physicians who advocate a 100% complete plant-based diet and oppose mainstream eating

and "slash and burn" (surgery and drugs).

[Ancient Rites](#) - Here are 5 Secrets Used by Tibetan Monks To Boost Energy, Slow Aging, and Tone Muscles.

[American Fitness Professionals & Associates](#) - An international fitness company that sets the motion in the industry of fitness, training techniques, and nutrition by developing educational programs to surpass the myths of the past.

Get The Edge With [Anthony Robbins](#)

[Living And Raw Foods](#) -- The largest community on the internet dedicated to educating the world about living and raw foods.

[Earthsave.org](#) - Earthsave! International is a non-profit organization that is working to educate the public about the detriments of the meat- and dairy-based diet and the benefits of the plant-based diet.

[Dr.Day.com](#) - Dr. Lorraine Day, M.D.

[Bodyearthself.com](#) - Sign Up For our FREE Newsletter loaded with health saving tips and tricks.

[Madcowboy.com](#) - Howard Lyman, ex-4<sup>th</sup> generation cattle rancher

[Dr. McDougall.com](#) - Dr. John McDougall, M.D. For vital information concerning high-protein diets.

[VegTv.com](#) - Web site consisting of correspondents, journalists, and teachers and the like striving to provide information and expertise and raise awareness on the benefits of a plant-based diet. Maintained and directed by Jane Velez-Mitchell, TV anchorwoman and correspondent.

[PlayKaos.com](#)- Sustainable Living For Social Decay.

[Famous Vegetarians and Vegans](#) - Have a look at this list of famous vegetarians and vegans.

## **Books and References**

[About The Author](#) and books by the author

[Conscious Eating](#), Gabriel Cousens. A Must read for anyone who wants to learn how to eat healthy and live

disease free!

[\*Diet For a New America\*](#), John Robbins, President and Founder of Earthsave

[\*Reclaiming Our Health\*](#), John Robbins, President and Founder of Earthsave

[\*Back to Eden\*](#), Dr. Jethro Kloss, M.D. This is the original classic text (with more than 4 million copies sold) that helped create the natural foods industry. Today, it remains one of the major texts on herbs, natural diet and lifestyle.

[\*Be Your Own Doctor\*](#), Dr. Ann Wigmore, M.D.

[\*Vegan Nutrition, Pure and Simple\*](#), Dr. Michael Klaper, M.D.

Magazines

*Vegetarian Times*

*Veggie Times*

*American Vegan Magazine*, published by the American Vegan Society



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