

Weight Loss/More Energy

Ask anyone in America the following two questions:

“Who wants to lose weight?” and “Who wants more energy?” and everyone will say, “I do!”

Health Guru has a diet and weight loss program that guarantees you success. Read this weight loss energy section. Then read minerals4peopelpetsplants too. You will learn how much your health depends upon your electrical frequency. You will learn why organic plant minerals are missing in your diet. And you will learn why you need to supplement your diet with organic plant minerals to maintain and boost your electrical frequency for a healthy vital life.

Health Guru Diet is a road map towards a healthier heart and happier you. Health Guru Diet is a standalone diet but, it is more than a diet because it is your new lifestyle. Health Guru Diet is the nutritional program for the rest of your life. Game On Diet is an adjunct diet. Game On Diet is meant to be your jump start to weight loss success.

So here are the basics of Health Guru Diet. Take all the crazy, horrible and imbalanced recipes and food combinations that celebrity chefs have promoted to you, since the late 1970's and throw the fat chefs and their deadly recipes out your freaking window. Imagine dumping 150 pounds of sugar, which is what the average American consumes in a year in 3 of your 55 gallon trash cans and sending them, C. O. D., to your favorite, celebrate chief. Your pancreas will thank you. Your heart and brain will thank you too. Do you know that if you are an average America then you consume 150 pounds of deadly sugar and high-fructose corn syrup a year? [Make link to Jack La Lanne's alcoholism Sugar video](#)

As a former stock option trader I am an odds maker and I bet your risk of heart disease and cancer is reduced by 80% on the Health Guru Diet, Game On Diet System and supplementing with the 90 essential nutrients which include organic plant minerals.

Consider for a moment what your life would look like:

- If you weren't always :
- hungry and snacking
- Staring in the fridge and a big meal

- measuring your waistline
- looking over your life in terms of pounds and inches gained per year
- watching your blood pressure and triglycerides rise

Imagine a life without Lipitor and the deadly imbalance of low HDL and high LDL?

Imagine a life without insulin spikes, senior moments, stiff joints and aches and pains.

Do you really believe that these conditions are a natural progression towards death? Ask Jack La Lanne he is in great shape and has railed against alcohol, white flour and sugar for over 50 years. [Make link here jack talking about his dad's diet.](#)

So what is the Health Guru Diet? The Health Guru Diet looks like the Atkins diet but without the stinky sweet breath from ketosis. The Health Guru Diet has the same goals as the Zone diet without the dangers of proteins with fruit. The Health Guru Diet is a modified Suzanne Somers diet without the goal of her level 2 diet. Finally Health Guru Diet is basically the diet Jack La Lanne has taught for 5 decades with a few distinct modifications.

Jack La lanne suggest fresh juice, first thing in the morning. I hesitate to recommend juice in the morning because few people will hand squeeze, champion juicer or Vita mix blend fresh fruit. Also fruit juice without the pulp and rind will spike insulin. Today, most people cannot afford to start their day spiking insulin. Can, boxed or bottle juice spikes insulin, has very little nutritional value and no enzymes actively.

Furthermore Health Guru Diet insists upon a 30 minute interval between your morning juice and your protein breakfast. So, if you have the time have fresh fruit then give your body 30 minutes. Take a shower, get dress but give your body 30 minutes to digest fruit sugar before the second phase. The diet also rules out toast and honey with protein. Toast must be authentic sprouted multi-grain bread eaten with vegetables, NOT with protein. After years of hyperisim insulin people should limit honey/glucose and use organic agave nectar. This sweet honey and sugar substitute is much lower on the glycemic index and therefore much healthier. [Make a link to glycemic chart](#)

Fresh Organic Fruit is always an ideal snack when you come home from work or school and 30 minutes before dinner. Eat fresh organic fruit, three hours after dinner, in place of sugar, sugar and more sugar. (Ice cream, cake, Pie, cookies, pop

corn or pretzel) These foods are devitalizing to your body and are part of the slow layering of toxicity, necrosis and disease you and the medical industrial complex call “normal ageing”

Health Guru says,

Ask mirror mirror on the wall, am I the fattest of us all?

Do this exercise: take off your cloths and look at your body in front of the mirror. If you are a woman and have a belt of fat around your waist or pouch under your belly button, you have a hyper insulin condition and are in more trouble than you imagine.

If you are man with a pot belly, love handles and fat on your back over your kidneys you have hyper insulin condition and you already suffering from heart disease and inflammation of the prostate gland.

If you have raised insulin levels, I'll take the bet you do, and then you are also well on your way to arthritis, cancer, dementia, stroke and death. Likely you have one of them already.

There is no doubt your 70 trillion cells have all the glucose (sugar) they need for energy. Once your 70 trillion cells are glucose saturated, extra dietary saturated or unsaturated fats, starchy carbohydrates, sugars and high fructose corn syrup will convert into adipose tissue. Adipose tissue is body tissue containing stored fat that serves as a source of potential energy. Surplus adipose tissue becomes a creator of hormones leading to the masculinities of women and feminization of men. If your present diet doesn't improve, you will continue to gain weight. There is nothing about your diet that will trigger fat burning. So why are you gaining weight? Because Low calorie diets absent of balanced minerals, vitamins, amino acids, essential fatty acids, herbs and insoluble fiber work for a short period of time. After a while, without thorough dietary supplementation your leptin levels or metabolic clock will reset leaving you tired and prone to rapid weight gain in the face of a slightly increased caloric intake. Starvation diets lead to yo-yo dieting and that leads to exhaustion, disease and very premature aging and death without proper balanced supplementations.

Game On Diet and Health Guru Diet are combined for dramatic maximum healthy lasting weight loss.

As long as you continue to eat sugar, high fructose corn syrup, cereals and starchy carbohydrates and booze , especially wine and beer, all your dietary fat will be stored. Your stored body fat can never convert to energy.

Let's use a camp fire as an example; an oak log can't be lighted with just a match. Once you get the camp fire hot enough and burning long enough with softer woods and kindling oak logs will burn steady, long and hot. Once the fire is burning hot or the coals remain hot it can continue to burn oak logs indefinitely and never need kindling again.

Your fat is like an oak log. Your adipose fat is like an oak log that will burn long and hot as long as you maintain your electrical frequency and feed your body protein, green leafy vegetables and fat. Animal fat is good. Plant fat is good and fish oil, olive oil and coconut oil are best.

Unlike the camp fire of paper, twigs and leafs for kindling, sugar and starchy carbohydrates burn cool, throw off a lot of smoke and little heat. Sugar burns like paper, leafs and kindling. As long as you stoke or fuel your metabolic fire with sugar and starch you will never burn your fat and create an environment for disease.

Sugar takes many forms. Candy is sugar. Pop corn is sugar. Baked potato or rice is sugar. Insulin is needed to metabolize sugar. Excess insulin is converted to fat. It also creates chaos with your hormonal or endocrine system.

While your pancreas is over producing insulin your pancreas is not creating Pancreatin, trypsin and other pancreatic enzymes designed to eat the outer capsule layer of Cancer. Indisputably, excess insulin feeds unregulated cell production called Cancer. A hyper insulin condition provides the environment for Cancer to grow and thrive. Hyper insulinism is the antagonist for all chronic inflammatory diseases including Cancer. The point is, "stop running for the cure." "The cure is "throw away your dietary bad habits and your malignant victim story and genetic victim superstition.

You make your diseases. Disease is the product of multi-generational mal-nourishment. This is not the time or place to argue, here in a diet section, the minutia of case – by - case "genetic" disorders arising from nutrition and mineral deficiencies.

It's a fact, just because your father or mother died of heart disease and their father or mother died of heart disease doesn't mean you have to die of heart disease.

However, without changing your operating system and boosting your electrical frequency with organic plant minerals <http://organicplantminerals.net> the odds are likely you will. This means you have to change the way you think about food. Do you live to eat; or eat to live? My father, Sidney Rothberg, lived to eat and died in a diaper of heart disease, dementia and bowel obstruction. His father, on the other hand only eat to live and lived a full life, of 99 years with total cognitive function.

You need to adopt a new way of food combining. Of course there are some foods you will have to give up to gain a healthy life. And certainly other “Foods” weren’t really foods at all. In all cases the Health Guru Diet requires supplementing your diet with Health Guru 90 essential nutrients. <http://organicplantminerals.net/> .

Today the US food supply is de-vitalized garbage. Fruits, Vegetables and herbs are picked prematurely, frozen and gassed. Our food is picked for size, color and uniformity not ripeness. Our plants are sick and kept alive by as many as 70 different chemicals, pesticides, fungicides and herbicides. Without chemical intervention our food supply wouldn’t leave the field.

Consider this, there once were so many devastating diseases upon which doctors with certainty hung their hats on and have now been proven to be mere nutrition deficiencies. Today, many diseases, against doctor’s protestations and impediments, are being proven to be diseases of dietary vitamin or mineral deficiencies. Yes, many diseases in the past and today result from mal-nutrition and mineral deficiency. The Journal of the American Medical Association proclaimed 60% of American children have a vitamin D deficiency and 10 % suffer from or are being treated for disease curable through vitamin D supplementation. [Make link to www.sipofsunshine4moms.info](http://www.sipofsunshine4moms.info)

Now we know that Scurvy is curable by adding citrus fruits or .25 cents worth of vitamin C to your diet. Reluctantly, the FDA was forced by a successful law - suit, to reveal that pregnant mothers could greatly reduce the risk of their children getting Cystic Fibrosis and other neural tube birth defects by supplementing with B9 Folic acid. And whether you know this or not or whether your doctor knows this or not doesn’t make it untrue. Stop living in a negative vortex of skepticism reinforced by skeptical friends and the current hypnosis of the main stream social condition.

Furthermore, many Scandanavian countries require pregnant mothers to supplement their diets with fish oil. [Buy now http://www.vitaminshoponline.us](http://www.vitaminshoponline.us)
Do you know that supplementing your diet with selenium [Buy now](#)

<http://www.vitaminshoponline.us> may protect your body from certain types of Cancer? You wouldn't have learned this if it weren't for a law - suit filed against the FDA with 6 feet of corroborating evidence that forced the FDA to allow these facts to be told. So here is another fact, for as little as 25 cents a day of selenium, you may be able to keep the oncologist away. **Make link to www.vitaminshoponline.us**

It took 300 years for "medical science" to accept as fact what French explorer Jacques Cartier learned through experience from Native Americans along the St. Laurence seaway. He and his crew were feed a soup of pine bark and needles curing the sick sea men of Scurvy. It took 200 years from the time of Cartier's "anecdotal experience", along with the "anecdotal "deaths of one million British sailors before the institutionalized arrogance of the medical profession would acknowledge a disease called scary. Actually scary is an acute vitamin C deficiency and finally the Royal Navy would outfit their ocean- going ships with limes and lemons.

*Thirty years ago, two times Nobel Laureate Linus Pauling told the world of one of his scientific breakthroughs. He said vitamin C protects the body against Cancer. He supplemented his diet, for about \$2.00 dollar a day, with 17 grams of vitamin C. Recall, he was the dominate scientist, for 6 decades, in both Quantum Chemistry and Orthomolecular nutrition. He out lived his nutrition critics by at least two decades and oncology critics by two to three decades. Linus Pauling died at 93. Health Guru sells a game changing revolution in vitamin C which is 100% available to the cell and not destroyed or diminished through digestion. Call to order 609-427-6443 or email info@healthguru.me. **Visit the shopping cart***

It may have taken you a long time to come across this message; both health and disease begin with what is in or absent from your food as well as what you consciously and unconsciously, put in your mouth. Whether you have an eating disorder or not degraded and denatured food is your worst enemy. We dig our own graves with our teeth. We ruin our health, zapping our vitality one bite at a time, one meal at a time, one day at a time, one week at a time, one month at a time and one year at a time. Disease doesn't happen overnight. Disease is in all circumstances a lifestyle earned reward. Disease arises out of our own arrogance, laziness, and the ignorance of our parents, family and community.

You may have had to learn this over and over and over again. You're human.

The most important thing to learn from Health Guru is at least why and how to supplement your diet with Invigorita which supplies 60 organic plant minerals then 16 natural source vitamins, 12 amino acids and 2 herbs. The taste is phenomenal. [make link here and shopping cart http://organicplantminerals.net](http://organicplantminerals.net)

Health Guru has decades of experience helping people, like you, pick the right supplements so you can improve your health or augment your already established supplement regime and/or weight loss program. However, there is one product every single Health Guru client takes. Health Guru never negotiates on this one. Health Guru offers an OMRI certified organic plant mineral liquid or capsule supplement. Click to learn more <http://minerals4peoplepetsplants.com>

For the 3 things you love most of all; people, pets and plants.

- Organic Plant Derived Minerals is for people of all walks of life and all age groups.
 - Arthrydex is for all your pets: from dogs and cats, parrots and chimpanzees to horses and cattle.
 - Bloomin Minerals are for the health of your plants, trees and vegetable garden. Mineral rich for high Brix levels makes health vegetables and people healthy too.

For more information visit:

<http://organicplantminerals.net/>

Email: info@healthguru.me

Call: 609 -427- 6434