

Beauty and the Beast Now
Efficient and Permanent hCG Weight Loss Solution

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Integrating Spiritual, Emotional & Physical Manifestations For Life

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Using Dr. Simeon's Pounds & Inches Protocol

The Four Phases of the hCG Protocol

Dr. Simeon's "weight loss cure protocol" is detailed in his original manuscript, *Pounds and Inches: A New Approach to Obesity*. The complete manuscript is available for viewing at www.naturalcures.com. This manuscript gives the exact protocol that Simeon used in the 1950s and 1960s. Remember, at the time Simeon was treating patients with his method, many of today's man-made causes of an abnormal hypothalamus did not exist. When Simeon used his protocol the main causes of an abnormally operating hypothalamus were genetics, overtaxing of the hypothalamus by eating an excessively large meal preceded by an extended period of time (approximately twenty-four hours) of little or no food, and the repeated consumption of highly refined, low fiber food. These caused the hypothalamus to operate abnormally, creating intense and constant hunger, food cravings, low metabolism, and the excessive and abnormal storing of fat in the secure abnormal fat reserves known as the problem areas.

Today, however, there are many other direct or indirect causes of an abnormal hypothalamus. These include lack of walking, a clogged liver, Candida yeast overgrowth, a clogged colon, lack of enzymes in food, nutritional deficiencies, an inefficient thyroid, an abnormal pancreas, hormonal imbalance, excessive consumption of super-refined food, high fructose corn syrup, artificial sweeteners, growth hormones and antibiotics in meat and dairy, microwaving of food, irradiating of food, pasteurization of food, monosodium glutamate, non-prescription and prescription drugs, the chemicals in the lotions and creams that we put on our skin, the 15,000 man-made chemicals routinely put in our food, chlorine and fluoride put in the water we drink and bathe in, carbonated drinks, trans fats including hydrogenated oils, a sluggish lymphatic system, heavy metal toxicity, poor circulation, lack of oxygen in the blood, food and environmental allergies, parasites, low muscle mass, cold drinks, air conditioning, lack of sun, lack of sleep, electromagnetic frequencies, stress, lack of fiber, genetically modified food, and more.

You can see why today obesity is an epidemic. Do not be dismayed. Doctors are still achieving the same spectacular results using "the weight loss cure protocol" exactly as Simeon administered it. However, doctors have found many additional treatments that can be done before and after the Simeon "weight loss cure protocol" is undertaken that addresses all of these new issues relating to obesity that Simeon did not have to contend with. Ideally, "the weight loss cure protocol" should be done in four phases.

Phase 1:

Phase 1 takes thirty days to complete. In Simeon's time no one needed to do Phase 1. Today, however, Phase 1 is strongly recommended, but is not required. This phase contains many dos and don'ts which are designed to address the new causes of obesity that did not exist when Simeon developed "the weight loss cure protocol". It is recommended that you do as many of the dos and don'ts during the Phase 1 thirty-day period. The benefits of Phase 1 include increased energy and mental clarity, increasing metabolism, decreasing hunger, decreasing food cravings, alleviating depression, increasing overall health and vitality, and flattening of the stomach. People should lose between five and thirty pounds during Phase 1. Ideally, do this phase for at least thirty days. You can do this phase for a shorter or longer period if you so desire. When you complete this phase immediately begin Phase 2.

These results are achieved by cleansing the liver, cleansing the colon, reducing Candida yeast overgrowth, handling nutritional deficiencies, correcting the thyroid, pancreas, and hormonal imbalances, cleansing the body of toxins, hydrating the cells, reducing heavy metals, reducing parasites, increasing muscle mass, stimulating the lymphatic system, and reducing stress. All of these factors have been now proven to create an abnormally operating hypothalamus contributing to your overweight condition. Doing Phase 1 will have tremendous long-term benefits. It will make you fat and weight loss during the Simeons protocol happen faster and you will lose more weight and fat than if you do not do Phase 1. Phase 1 accelerates the entire process and helps guarantee that the weight will not come back.

Phase 2:

Phase 2 is the exact Simeons “weight loss cure protocol” as outlined in the manuscript *Pounds and Inches: A New Approach to Obesity*. It is the exact protocol being used by medical doctors around the world with spectacular results. This phase is designed to stimulate the hypothalamus to release the secure fat deposits in the problem areas at an accelerated rate. This phase must be done for a minimum of three weeks and a maximum of six weeks. During this phase you should lose approximately one pound per day. You will be losing the secured abnormal fat reserves. You should notice a dramatic reshaping and re-sculpting of your body. Energy levels will be high, hunger and appetite los, and many people see an improvement of other medical conditions and symptoms.

Phase 3:

Phase 3 lasts three weeks. This phase should be done immediately upon completing Phase 2. This, combined with Phase 2, is the original Simeons “weight loss cure protocol.” This phase is designed to reset the hypothalamus and bodyweight set point. This is an important phase that keeps the weight off permanently. Successful execution and completion of this phase resets your metabolism higher, resets your hunger lower, and resets your hypothalamus so that in the future it does not store fat in the abnormal problem area secure fat reserves. This phase helps guarantee that your body is corrected from the abnormal condition which caused the obesity.

Phase 4:

This phase is for the rest of your life. It contains the simple, easy to follow dos and don'ts that make sure that the hypothalamus does not get overtaxed and go back to the abnormal state, creating low metabolism, high hunger, food cravings, and the abnormal storing of fat in the problem area fat reserves leading to a return of the weight and the obesity condition.

More best practices for health suggestions

The Weight Loss Cure Protocol - Phase I

Although this phase is not required, based on today's conditions, it is highly recommended. This phase consists of a series of dos and don'ts. It may be difficult for most people to do all the steps in this phase with strict adherence. Do as many as you can for the thirty days prior to starting Phase 2. The more you do in this phase will result in losing more weight faster during Phase 2. This phase addresses and corrects many of the new underlying causes of obesity that Simeons did not contend with in the 1950s and 196-0s. If you skip this phase, or do it halfheartedly, you will still achieve spectacular results in Phase 2. However, this phase will accelerate the fat and weight loss in Phase 2, and make the whole protocol easier to complete. The more you do in this phase also will greatly increase your ability to keep the weight off permanently and eliminate food cravings in the future. Here are the steps in order of importance.

1. **Water.** Fat people are dehydrated. Drink one large glass of water immediately upon arising, and one-half to one gallon throughout the day. Recommended waters include Volvie, Fiji, and Evian. Spring water is best. If spring

water is not available, drink water filtered by reverse osmosis. The last choice is distilled water. Never drink tap water as it is loaded with chlorine, fluoride, and other contaminants.

2. **Walk.** In the 1970s, two prominent physicians authored *The Neuropsychology of Weight Control*. They discovered that walking outside at a slow steady pace for one hour per day reset the body's weight set point, making people lean and thin. Of all the steps in Phase 1, this may be the most difficult one to do on a daily basis. However, this will have the most profound long-term effects. Walking should be done outside. Use a treadmill only as a last resort. Walk for one hour nonstop. Keep the pace steady and do not overexert yourself. Slow, rhythmic movement is the key. You should be able to maintain a conversation while walking. Getting your heart rate up to a level of aerobic should not be done during your walking. Ideally, this should be done every day. If this is not achievable, any amount of walking will still have a dramatic effect on resetting your body's set point and making you lean.
3. **Extra Virgin Raw Coconut Oil.** This is now easily available in most stores. Use this as your fat of choice in cooking. Take two teaspoons per day. This is proven to stimulate metabolism, improve digestion, and help release fat cells. It also gently stimulates the thyroid.
4. **Colonics.** Go to a licensed colon therapist, and under their supervision and guidance receive fifteen colonics during the thirty-day Phase 1 period. Colonics are similar to a high enema. They gently flush the colon with water eliminating impacted fecal matter and toxins. Cleaning the colon is absolutely vital for weight loss and good health. When the colon is cleansed people notice a dramatic flattening of the stomach. Colon cleansing this way allows most people to lose five to twenty pounds of excess weight! A clean colon dramatically reduces food cravings, gas, bloating, and constipation. A clean colon means improved digestion, better absorption of nutrients, increased energy and mental clarity, and a general overall improvement of health.
5. **Apples.** Eat a minimum of two organic apples every day. This will help regulate blood sugar, reduce appetite, and increase cleansing of the liver, gallbladder and colon.
6. **Grapefruit.** Eat a minimum of two organic grapefruits daily. Enzymes in grapefruit are proven to help release fat. These also help regulate blood sugar, reduce food cravings, and stimulate cleansing of the liver, gallbladder and colon.
7. **Raw Organic Apple Cider Vinegar.** Take one tablespoon three times a day. Use as your vinegar of choice in salads and cooking. This stimulates the metabolism and cleansing of the internal organs. It is also very powerful in helping release stored fat cells.
8. **Colon Cleanse.** In addition to the colonics it is recommended that you take a colon cleanse product during this phase. Four recommended products are The Almighty Cleanse, The Seven-Day Miracle Cleanse, Dual Action Cleanse, and The Pure Body Institute Cleanse. You will feel better and have more energy. Your skin, hair, and nails will look radiant and younger. Your hormonal imbalances can be corrected. All organs and glands in the body will operate more efficiently; your health will dramatically improve. www.tryal-mighty-cleanse.com, www.qnlabs.com, www.drnatutura.com, www.dr-schulze.com or www.pbiv.com.
9. **Eliminate/Reduce Candida Yeast Overgrowth.** Candida is a major cause of poor digestion, gas, bloating, constipation, allergies, hormonal imbalances, fatigue, and food cravings. It must be addressed and corrected.

Recommended products are ThreeLac. Take as directed. If you do not address Candida, food cravings will persist. www.123candida.com

10. **Insulin.** The majority of overweight people have some form of diabetes or pre-diabetic condition. The pancreas secretes insulin abnormally. This must be corrected. When this is corrected, the person easily loses weight and hunger is also diminished. The recommended product to take is Eleotin. In studies, almost every person who takes Eleotin has a decrease in appetite and begins to naturally lose weight. The Eleotin product is an all-natural combination of herbs that promotes a healthy pancreas. It should be taken for a minimum of ninety days. Eleotin tea is preferred over the capsules. Take as directed. www.eastwoodcompanies.com
11. **Drink Green Tea.** Ideally, drink a minimum of one cup per day. Organic green tea stimulates cleansing of the cells, increases metabolism, and helps regulate hunger. The recommended green tea is Wu Long tea. Available at www.wulongforlife.com.
12. **Whole Food Supplement.** Everyone has nutritional deficiencies. For the body to operate normally these deficiencies must be corrected. Take each day a whole food supplement which will supply your body with the needed nutrients for health and weight loss. Recommended products include Garden of Life Living Multiple, Mega Food, and Healthy Habits Maximum Health Maxis. Check out www.qnlabs.com
13. **Coral Calcium.** Research has proven that most people are deficient in calcium. Calcium supplementation has been shown to have major health benefits and increase weight loss. Ideally, use a coral calcium that comes in a sachet that is added to the water you drink daily. Recommended products include Ericsson's Coral Calcium, and Coral Calcium Daily, available at www.ericssonscoral.com, or www.trycorcal.com
14. **Probiotics.** All people benefit from taking probiotics. This friendly bacteria, when reintroduced into the body, stimulates metabolism, improves digestion, and helps with cleansing. Recommended products include Probiotics Plus, available at www.mercola.com, or similar products available at www.qnlabs.com.
15. **Heavy Metal Cleanse.** Ridding the body of heavy metals and improving circulation is vital for health, increased energy, and increasing metabolism. Take Pectasol Chelation Complex, available at www.advancedbionutritionals.com, or similar products at www.scienceformulas.com, www.qnlabs.com, or www.rxvitamins.com.
16. **Organic Yerba Mate Tea.** Drink at least one cup per day. This tea increases energy without creating nervousness or jitters. It reduces appetite and stimulates releasing of fat cells.
17. **Eat breakfast.** Eating a large breakfast is important at resetting the body's weight set point, increasing metabolism, and decreasing appetite throughout the day. An ideal breakfast would include organic eggs from cage-free chickens, wild smoked salmon, organic rye toast (making sure the bread is made with only rye flour, water, yeast and salt), organic raw butter or organic raw extra virgin coconut oil, organic asparagus, organic tomatoes, organic beef, turkey or chicken in any fashion, wild (not farmed raised) fish in any fashion, organic oatmeal, organic coffee or tea, organic apples, pears, grapefruit, strawberries, plums, peaches, kiwis, mangos, papayas, blueberries, raspberries, nectarines, or melon. A *large* breakfast is recommended.

18. **Eat Six Times Per Day.** It is important to eat throughout the day in order to reset your metabolism high and release abnormal fat reserves. Knowing that during this phase you should be eating a minimum of two organic apples and two organic grapefruits daily, having snacks in between meals should be easy to do. Ideally, you should have a large breakfast, a snack consisting of an organic apple or organic grapefruit mid-morning, a full lunch, a snack consisting of an organic apple or an organic grapefruit. Doing this will start the process that allows the body to begin releasing abnormal fat reserves, as well as normalizing hunger and increasing metabolism. You should eat six times a day even if you are not hungry.
19. **Eat Dinner Before 6:00 p.m.** Ideally, you should finish eating your dinner three and one-half hours before you go to bed. This is very important at helping reset the hypothalamus so as not to store fat.
20. **Eat Protein Before Bed.** Eat 100 grams of organic beef, veal, chicken, turkey, or fish right before bedtime. This helps stimulate the mobilization of fat cells and decreases water retention. It also stimulates metabolism and actually helps you burn fat while you sleep.
21. **Take Acetyl L-Carnitine.** This amino acid helps turn fat into fuel. It promotes the increase of lean muscle tissue and helps prevent muscle tissue from being lost. It speeds the burning of fat cells and increasing metabolic rate.
22. **Eat Hot Peppers.** Organic hot peppers and hot salsa stimulate an increase in metabolism and reduce appetite. It is very effective at helping reset the body's weight set point, metabolic rate and, additionally, helps release fat store. Use organic hot salsa and organic hot peppers liberally as often as possible.
23. **Use Cinnamon.** Cinnamon helps regulate insulin and blood sugar. This helps stimulate the hypothalamus into being reset to a normal state. Cinnamon normalizes appetite and helps release fat reserves.
24. **Eat Salad With Lunch and Dinner.** In addition to whatever you choose to eat for lunch and dinner, add a big salad made with fresh organic ingredient; include such things as lettuce, onions, radishes, cucumbers, spinach, broccoli, cauliflower, garlic, tomatoes, asparagus, mushrooms, carrots, celery, herbs, fresh lemon juice, extra virgin olive oil, raw organic apple cider vinegar, sea salt, hot peppers, etc. Eating these raw organic vegetables before your meal stimulates digestion, adds important fiber which regulates blood sugar and appetite, and helps reset the body's weight set point. It also adds vital enzymes and nutrients that stimulate the release of stored fat.
25. **No Trans Fats!** Man-made trans fats absolutely, 100% will make you obese. They also lead to heart disease, cancer, arthritis, and diabetes. The most common trans fat is hydrogenated or partially hydrogenated oil of any kind. You cannot eat food with trans fats. Read the labels on food. If it says hydrogenated or partially hydrogenated oil of any kind, do not eat it. Learn to shop at a store such as Whole Foods, Wild Oats, or Trader Joe's. Read the food labels.
26. **No High Fructose Corn Syrup.** You cannot eat any food with any man-made sweeteners. Read the food labels. If it says high fructose corn syrup, corn syrup, sucrose, dextrose, or malto dextrose, do not eat it. These man-made super high processed sugars have been designed to overtax the hypothalamus and make you fat. If you buy 100% organic products you can find any type of food you want without these man-made sugars.

27. **No Artificial Sweeteners.** Do not consume any food that has NutraSweet, Splenda, aspartame, sucralose, or saccharin on the label. These artificial sweeteners absolutely make you fat. They all adversely affect the hypothalamus and create the conditions for obesity. These artificial sweeteners are also highly chemically addicting and cause depression and anxiety.
28. **No Monosodium Glutamate (MSG).** MSG is a flavor enhancer and preservative. It is called an excitotoxin. It adversely affects the hypothalamus, as well as being chemically addicting. It will make you fat and leads to depression. Read the labels.
29. **Eat Only Organic Meat and Dairy.** Beef, chicken, turkey, milk, cheese, and all dairy products that are not certified organic are loaded with growth hormones, antibiotics, and other drugs. These products lead to obesity. It is perfectly fine to eat meat, poultry, and dairy products as long as they are certified organic, ideally grass fed, and have not been injected with growth hormone, antibiotics, or other drugs. Consuming meat, poultry, and dairy products that are not organic means you are putting in your body massive amounts of animal growth hormone, powerful animal antibiotics, and other animal drugs. This will create hormonal imbalances in the body leading to weight gain, abnormal storing of fat, menstrual cycle problems with women, PMS, and depression.
30. **No Nitrites.** Read the labels. If nitrites are listed do not buy the product. Nitrites cause hormonal imbalances and will lead to weight gain, allergies, and food cravings.
31. **No Farm Raised Fish.** Farm raised fish live in cesspools of poison water. They are fed massive amounts of drugs and chemicals to increase growth and production. Much of the fish is injected with chemical food dyes to make them appear fresher longer. The chemicals and poisons found in these fish cause hormonal imbalances leading to weight gain and depression.
32. **No Microwaving.** Throw your microwave oven away. Any food that has been microwaved has been chemically altered into an unnatural state. Research shows eating any food that has been microwaved adversely affects blood cell counts and is linked to depression. Microwaved food causes hormonal imbalances leading to weight gain.
33. **Limit Carbonated Drinks.** Carbonated drinks block calcium absorption and lead to nutritional deficiencies. They adversely affect digestion and the pancreas. They clog the liver and lymphatic system. These should be avoided. If you absolutely must have a carbonated drink, never drink a "diet" carbonated beverage. Try to choose a 100% organic carbonated beverage. If this is unavailable, choose a regular soda. The problem is that the major soda manufacturers have changed from sugar to high fructose corn syrup, making their beverages lethal when it comes to weight loss. Drink water, tea, freshly made juice, or coffee.
34. **Limit Ice Cold Drinks.** Drinking beverages that are very cold slows metabolism and actually increases hunger. These should be limited or avoided altogether. If you are drinking your one-half to one gallon of water per day, and several cups of the recommended teas, you should have no need or desire for any other beverage.
35. **No Fast Food.** All fast food restaurants, as well as national and regional chains, should be avoided. The foods served are loaded with all of the ingredients that I mentioned above that should be avoided. Food from fast food restaurants and regional and national chains are loaded with trans fats, super high processed sugars including high fructose corn syrup, artificial sweeteners, MSG, nitrated, and meat, dairy, and poultry that are loaded with growth hormone, antibiotics, and drugs. Much of the food is irradiated and microwaved. The food is

super highly refined with little or no fiber. It is perfectly designed to overtax the hypothalamus and do everything perfectly in the body to increase your hunger, make you physically, chemically addicted to the food, make you depressed, and make you fat! These restaurants did not exist in Simeons's time. They must be avoided.

36. **Eat 100% organic food.** Ideally, all the food you buy and consume should be labeled 100% organic. This means the food has not been genetically modified and has little, if any, man-made chemicals, preservatives, flavor enhancers, herbicides, pesticides, growth hormone, antibiotics, or other drugs. One hundred percent organic means 100% organic. The next best is when the label says "organic." This means the product is approximately 80% organic. The next best is when the label says "made with organic ingredients." This means approximately 30% of the product is organic. If the label says "all natural," it means nothing! You need to read the ingredient list. If there is something in the ingredients that you can't pronounce, don't buy it! Eating real food will keep you thin. Eating man-made processed food will make you fat because that's what the food manufacturers have designed the food to do.
37. **Use natural sweeteners.** If you need to use a sweetener, choose stevia as your first option. This is an all-natural herb which helps regulate blood sugar and stimulate weight loss. Other good options include raw organic agave nectar, raw organic honey, or raw organic sugar cane. Remember, science is not better than nature. Natural sweeteners are always better than artificial chemically made sweeteners.
38. **Infrared saunas.** Sweating in a sauna increases metabolism and stimulates the release of fat cells. The skin is the largest organ in the body. Sweating in the sauna helps stimulate the release of accumulated toxins, increasing metabolism, bettering overall health, reducing appetite, and increasing metabolic rate. The two basic types of saunas are conventional saunas and infrared saunas. Both are very good. Based on the current theories, infrared saunas seem to be the better choice. Sweating for twenty minutes a day in a sauna can be difficult to do with people's busy schedules. It is highly recommended, highly beneficial, and will increase weight loss, and elimination of toxins.
39. **Get sun.** Lack of sunlight on the body has been shown to lead to depression, overeating, increase in appetite, low metabolism, and weight gain. Ideally, twenty minutes in the sun over a naked body each day is recommended. Do not use any lotions, sunscreens, or sunglasses. For more information on the benefits of the sun go to www.solarhealing.com. Exposure to the sun in this method also increases the release of endorphins, eliminating depression and suppressing appetite. The sun is also the best source of Vitamin D, thus has been shown to prevent cancer.
40. **Get Some Sleep.** Researchers have concluded that lack of proper sleep leads to obesity. Ideally, you should go to bed at 10:00 p.m. and arise at 6:00 a.m. This is ideal. Getting eight hours of sleep is best. The body release certain healing hormones between 11:00 p.m. and 2:00 a.m. Being in a deep sleep during this time promotes healing in the body, longevity, youthful appearance, eliminating depression, and helps the hypothalamus to stay in a state of operating normalcy.
41. **Krill Oil.** This oil comes from marine animals in Arctic waters. It has one of the highest concentrations of omega-3s. taking this supplement increases circulation, increases oxygenation in the body, and promotes normal hormone levels. It has been shown to alleviate depression, decrease appetite, and is beneficial to the liver and pancreas. It is a tremendous aid to longevity and health as well as weight loss. Krill oil is available in health food stores and at www.mercola.com and www.qnlabs.com.

42. **Vitamin E.** All-natural Vitamin E promotes proper circulation, has heart healthy benefits, and improves liver and gallbladder function. It is a powerful aid in weight loss, as well as promoting beautiful young-looking skin, and keeping your arteries open. I know of only two sources of Vitamin E that are truly all-natural. Do not buy Vitamin E in a health food store as all brands observed have some synthetic nature to them. The only two brands I recommend are 4 Spectrum E, available by calling (800) 581-8906, and Unique E available at www.acgraceco.com or www.qnlabs.com.
43. **Digestive Enzymes.** People who are overweight lack the ability to produce enough enzymes to digest food properly. This is caused by eating super high refined foods, pasteurized foods from bottles, cans and cartons, nutritional deficiencies, clogged liver and colon, and non-prescription and prescription drugs. To help bring the body back to normal it is suggested that during Phase 1 you take digestive enzymes with each meal. There are many good brands available including Garden of Life Q-Zyme Ultra. Additional sources are available at www.naturalcures.com and www.qnlabs.com.
44. **No Lotions or Creams.** Look at all the products that you put on your skin. These include lotions, creams, soap, moisturizers, shampoos, bath gels, etc. people, fifty years ago, did not put these types of products on their skin. Remember, the skin is the largest organ in the body. Whatever you put on your skin is absorbed into the bloodstream. When you put toxic, poisonous chemicals on your skin, they enter the bloodstream and adversely affect the organs and glands. These products also block the pores of the skin, reducing the body's ability to naturally detoxify, thus creating internal imbalances. This all leads to health problems, lower metabolism and, ultimately, obesity. The three most deadly ingredients you should avoid are mineral oil, propylene glycol, and sodium laureth sulfate. These are all deadly poisons. Read the labels on the products you currently have. It is advised that you reduce the amount of products you put on your skin. If you do choose to continue putting various products on your skin, choose 100% organic products. Many doctors around the world believe that for good health—if you can't eat it, don't put it on your skin!
45. **Rebound.** Exercise in any form is beneficial. A simple, fun and easy exercise is rebounding, or gently jumping on a mini-trampoline. Gently jumping on a rebounder stimulates the lymphatic system, release beneficial endorphins and other hormones, and is the only exercise in the world that actually stimulates and exercises every cell in the body simultaneously. Rebounding stimulates muscle tone, muscle strength, flexibility, oxygenates the blood, improves circulation, and stimulates the release of toxins. Set up a rebounder in front of your television. Five to ten minutes, once or twice a day, will have almost miraculous physical and mental health benefits.
46. **Massage.** Getting as many massages as possible, as often as possible, is highly encouraged. Vary the type of massage you receive. Try Swedish massage, Thai massage, deep tissue massage, and Shiatsu. During Phase 1 receiving one to two massages per week is encouraged. The more the better. Massage will get everything moving in the body and speedup the weight loss process.
47. **Yoga.** Yoga can be done by any person no matter what your flexibility or physical condition. Yoga stimulates all the internal organs and promotes internal health. It increases flexibility and blood flow through the body. It strengthens and tones the muscles; it improves posture. It also unblocks the energy meridians through the body, dramatically increasing physical energy and emotional wellbeing. During Phase 1 doing as many yoga sessions as possible is highly encouraged.
48. **Shower Filter.** Remember, your skin is the largest organ in the body. The water you shower in is loaded with fluoride, chlorine, and hundreds of other contaminants. Research has proven that when you take a shower your body absorbs more toxins than if you drank eight glasses of the same water. In hot showers steam is created filling your shower with poisonous gas from the contaminated water, which is inhaled into the lungs and, again,

absorbed into the skin. Getting a shower filter will allow you to bathe and shower in pure, fresh water. Dry skin caused by the chlorine will disappear. You will never have a bad hair day again! Energy levels and a feeling of wellbeing also increase. Shower filters that I personally use are available at www.ewater.com, and www.wellnessfilter.com.

49. **Electromagnetic Chaos Eliminator.** We are bombarded by invisible electromagnetic energy every day. This did not exist fifty years ago. Today, however, with satellites, radio transmissions, cell phones, wireless devices, high-definition TVs, and an array of electronic products, every cell in our body is being smashed with trillions of bits of unnatural electromagnetic chaos. Researchers have now [proven that this adversely affects the cells in our body, which in turn, adversely affect our health. This also leads to glandular abnormalities including that of the hypothalamus. This in turn leads to increased appetite and lower metabolism, thus contributing to obesity. It is recommended that you obtain a device that neutralizes these electromagnetic frequencies. I personally wear a Q-Link and E-Pendant. I also use a Biopro device on my cellular phone. Use of these devices will lead to increased energy, better body function and reducing of depression. Check out www.ewater.com, www.clarus.com, and www.bioprotechnology.com.
50. **Breathe.** Interestingly enough, the majority of people in America do not breathe fully and deeply, thus have a body that is deficient in oxygen. This is caused by many factors including the stresses we deal with on a daily basis. Several researchers showed that when overweight people did nothing else but deep breathing ten minutes, two times a day, they all lost weight. This is because increased oxygen to the body increases metabolism, lowers appetite, and releases beneficial hormones alleviating depression. Lack of oxygen in the body also leads to a host of diseases including cancer. It is recommended that during Phase 1 and beyond that you engage in a daily practice of deep breathing. You can do this while driving in your car, watching TV, or sitting in front of your computer. For specific breathing techniques and methods, check out www.u-cure.com, www.breathe2000.com, www.oxycise.com, www.tbfinc.com, www.breathing.com, and www.bestbreathingexercises.com.
51. **Reduce Air Conditioning.** This is a mystery. Researchers have shown that people who spend long hours in air conditioning gain weight faster than those who don't. There are many theories to why this is true. I would encourage you to limit or reduce the amount of air conditioning you are exposed to.
52. **Fluorescent Lights.** Being exposed to florescent lights should be avoided or eliminated. Florescent lighting causes chemical reactions in the brain that produce fatigue and depression. This leads to food cravings. Florescent lighting also negatively affects the cells of the body, suppressing the immune system and lowering the metabolism.