

THE
WEIGHT
LOSS
WONDER

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Disclaimer

Before beginning any weight loss program, please consult a licensed health care provider and ensure that you are monitored throughout the entire weight loss process. This program is not intended to replace medical advice, diagnosis of illness(es). Neither is this in any way an attempt to practice medicine. It is not intended to replace personal medical care from a licensed health care practitioner. Doing anything recommended or suggested in this program must be done at your own risk.

First off, I want to congratulate and thank you for purchasing and starting this program that will work for you.

The most important thing to do first is to cleanse your whole body. These are covered across the following:

1. Colon Cleanse.
2. Liver/Gallbladder Cleanse.
3. Candida Cleanse.
4. Parasite Cleanse.
5. Fat body Cell Cleanse.
6. Heavy Metal Cleanse.

The second thing you must do to lose weight sustainably and gain great health is to eat only all organic food. For starters, get all-organic dairy products if you can. I recommend raw dairy products, organic canned goods, organic fruits, organic vegetables, organic poultry and beef. The list goes on. Fish must be wild-caught and not farm-raised as the latter is loaded with toxins.

Also, I recommend that you do not eat pork if you want to lose weight faster. Here's why. Pigs do not sweat, so all the toxins they absorb from laying in the mud and the food they eat are stored away in their fat.

Also, do not eat food and drinks that contain monosodium glutamate, high fructose corn syrup, sucrose, corn syrup, dextrose, refined sugars, NutraSweet, Splenda, trans fats, hydrogenated or partially hydrogenated oils, refined white flour, artificial flavors or many other harmful toxins you can think of.

Pasteurization and homogenization denature foods. They alter the chemical structure and integrity of food, make fats rancid, destroy nutrients and result in the formation of free radicals in the body.

Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys Vitamins C, B12, and B6, kills beneficial bacteria. It also programs pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer.

Ultra-Pasteurization is a violent process that takes milk from a chilled temperature to above the boiling point in less than two seconds.

Homogenization is a more recently-invented process, and it has been called “the worst thing dairymen did to milk.” When milk is homogenized, it is pushed through a fine microfilter at pressures of around 4,000 pounds per square inch. In this process, the fat globules are made smaller by a factor of ten times or more. Those fat molecules then become evenly dispersed throughout the milk.

Homogenization makes fat molecules in milk smaller and they become “capsules” for substances that can bypass digestion. For example, Proteins that would normally be digested in the stomach are not broken down and instead absorbed into the bloodstream.

In other words, the homogenization process breaks up enzymes in milk, which in its smaller state can then enter the bloodstream and react against arterial walls. This causes the body to get into defense mode to protect the impacted area, and while it would not be of big concern, if it happens regularly there are long term risks.

When we eat or drink foods that have been pasteurized and homogenized, the increase in unusable proteins forces within the body forces it to quickly use up many enzymes and other vital nutrients, which can lead to nutritional deficiencies. Additionally, proteins, fat and sugar particles in denatured milk easily pass through the intestinal lining and cause inflammation and allergic reactions.

High-Fructose Corn Syrup consumption can contribute to unwanted excess calories that are linked to health problems such as weight gain, Type 2 diabetes, metabolic syndromes and high triglyceride levels. All of these increase your risk of heart disease. High-Fructose corn syrup also affects memory and slows down learning.

Sucrose may lead to a significant type of allergic reactions such as anaphylaxis, skin rash, stuffy runny nose, blockage of the esophagus, blockage of the stomach or intestine, bronchospasm, hives and inflammation of the skin due to the allergy.

Dextrose can cause the following over time: swelling, rapid breathing, excessive thirst, diarrhea, low blood phosphate, fluid in lungs, low blood magnesium and high blood sugar.

Refined Sugars may increase your risk of obesity, Type 2 diabetes, and heart disease. They are also linked to a higher likelihood of getting depression, dementia, liver disease, and certain types of cancers.

Monosodium Glutamate creates side effects to the body such as headaches, flushing, sweating, facial pressure or tightness, numbness, tingling or burning, heart palpitations, intense thirst, chest pain, nausea, weakness and obesity.

Monosodium Glutamate is an excitotoxin, meaning it over excites your cells to the point of damage or death, causing neurons to fire impulses very rapidly, which brings about a broad spectrum of brain damage and could be a potential trigger or aggressor for learning disabilities, Alzheimer's or Parkinson's disease, and many other brain diseases.

NutraSweet is an artificial sweetener which has aspartame in it. As the world's most widely used artificial sweetener, it can cause serious health problems including cancer, cardiovascular disease, Alzheimer's disease, seizures, stroke and dementia, also negative effects such as intestinal dysbiosis, mood disorders, headaches and migraines.

Splenda, another artificial sweetener, can cause an increase in sugar cravings which may lead to weight gain. Some preliminary studies show that Splenda may affect gut health and cause GI issues. Excess amounts of Splenda may cause you to have higher blood sugar levels.

Trans Fat is considered the worst type of fat you can eat. Unlike other dietary fats, trans fat also lowers your good cholesterol levels. A diet that contains trans fats increases your risk of heart disease; it is the leading killer over time.

Hydrogenated or Partially Hydrogenated Oils eating partially hydrogenated oil is risky for your heart-health and may be worse than consuming saturated fats or fully hydrogenated oils. Eating a lot of partially hydrogenated oils will raise the levels of bad cholesterol that clogs your arteries and increases your risk of heart attack and stroke. Its best to try and avoid hydrogenated or partially hydrogenated oils to protect your heart and improve your overall health.

White Flour turns to glue in the intestines. It has no fiber, it congests the system, slows down digestion which creates a sluggish metabolism, and can often lead to weight gain, stress, headaches, migraines and constipation.

Artificial Flavoring is known to cause many problems including nervous system issues, depression, dizziness, chest pain, headaches, fatigue, allergies, brain damage, seizures, nausea, and much more. Artificial flavors can also cause genetic defects, tumors, bladder cancer and many other types of cancers. I highly recommend you stay away from artificial flavors.

Sodium Nitrate may damage your blood vessels, making your arteries more likely to harden and narrow, leading to heart disease. Nitrates may also affect the way your body uses sugar, making you more prone to developing diabetes. Sodium Nitrates can alter the level of methemoglobin in the body, which accumulates and deprives the cells of oxygen.

A lack of water can bring about unwanted symptoms to one's body, such as persistent headaches, sluggish bowel function, dull skin, fatigue, weight gain and dry mouth.

It is most likely that the water you drink and shower with are loaded with toxins, which are mostly chlorine and fluoride.

Drinking and showering with chlorine water causes many problems such as airway irritation, wheezing, difficulty breathing, a sore throat, cough, chest tightness, eye and skin irritation. Plus chlorine water also makes you feel stressed.

Daily use of drinking and showering water that has fluoride might lower intelligence levels, as demonstrated in one of the most important studies which showed that one side effect of fluoride is a lowering of our IQ levels.

Poor IQ levels is a growing trend among growing children, and fluoride is thought to be the reason as it is found to have neurotoxins. This is mainly and prominently children. A child's brain develops rapidly during their early years. According to the medical science researchers in Tehran University, prolonged intake of excessive fluoride during a child's time of growth and development have been associated with mental and physical problems. Children who live in and are exposed to higher-than-standard levels of fluoride in water are shown to have greater susceptibility to impaired intelligence. This points to a plausibility that one's level of intelligence might be affected due to a high level of fluoride in water.

Fluoride also damages vital neurodevelopment. The brain is one of the most sensitive and vital parts of our body, and this is where side effects of fluoride are very prominent. Consumption of fluoride by individuals can thus lead to damage of the brain. And impaired IQ levels. It's important to emphasize that drinking artificial water where fluoridation has occurred, can adversely affect the neuro-connectivity and consequently intelligence.

It is known that consuming water with fluoride water might cause kidney problems. Fluoride can induce nephrotoxicity, which impacts the kidneys and can reduce urine output.

The toxicity of fluoride will also adversely impact bones. This is often manifested in the form of weak bone structures displayed as fractures and twists occurring in the hip bone region. Consumption of fluoridated water over a long period of time can give rise to a disease known as skeleton fluorosis.

Research by the Harvard School of Dental Health, showed that fluoride present in tap water may cause cancer as well. It seems that half of the consumed fluoride is usually stored in the body and accumulates, calcifying tissue like bones and teeth. It is even shown to be present in the pineal gland in the brain, but more than 90% of it is absorbed by the bones.

Impaired thyroid function is thought to occur due to fluidal actions, but other major impairments may also arise due to consuming fluoride water, as it damages the thyroidal gland. It is said to arise due to a suppression of fluoride in our bodies. An excessive rise of thyroid hormones in our body can cause dental problems, usually in the form of fluorosis. Thyroid hormones are crucial as they usually regulate the metabolic rate of our body which is especially important for human health. The presence of Fluoride may cause thyroid function disruptions such as hypothyroidism.

Showering with filtered water will remove most contaminants that are aggressive or damaging to your hair and skin, thus preserving natural oils and allowing for more natural and smoother skin and hair. Personally, I think the water filters made by Fred Van Liew are some of the best ones out there. You can find purchase them on www.ewater.com. The best type of water to drink is spring water, and recommended brands include Evian spring water, Volvic spring water, and Fuji spring water. I am not that sure about Arrowhead spring water but if that is all you can, then get go for it.

Negative Electromagnetic Frequencies come from objects that send out negative electromagnetic frequencies like Microwaves, cellphones, Wi-Fi routers, power lines, MRIs, X-rays, satellites, and electrical wiring in the walls.

Symptoms of exposure to electromagnetic frequencies include sleep disturbances like insomnia, headache, depression, depressive symptoms, tiredness, fatigue, dysesthesia (a painful, often itchy sensation), a lack of concentration, changes in memory, dizziness, irritability, loss of appetite and weight loss, restlessness, anxiety, nausea, skin burning and tingling and changes in an electroencephalogram (which measures electrical activity in the brain).

Visit Fred Van Liew at www.ewater.com and lookout for an EP2 plus stress-reducing pendent that works with and amplifies your body's own energy to help create a safe environment for your cells and body to function optimally.

If Blood Oxygen Levels are too low, your body may not work properly. Blood carries oxygen to the cells throughout your body to keep them healthy.

Symptoms of low blood oxygen levels include shortness of breath, headache, restlessness, dizziness, rapid breathing, chest pain, confusion, and high blood pressure.

Visit www.ewater.com to view our range of air purifiers which effectively eliminate harmful chemicals present indoor environments, improves sleep, eliminates hazardous asbestos particles, relieves symptoms of asthma, and can increase life expectancy.

Breathing exercises can be beneficial too. Try doing deep breathing exercise for 10 minutes every day. It oxygenates the body which increases metabolism, lowers appetite, and releases beneficial hormones thereby alleviating depression. A lack of oxygen in the body leads to a host of disease including cancer. A great resource for breathing exercises can be found at www.oxygise.com.

A Lack of Sunlight can cause a multitude of problems such as weak bones, foot deformities, some cancers, depression, skin problems, weight gain and cognitive issues.

In short, a lack of **Vitamin D** from the sun not only affects you physically but also mentally. Without enough sun exposure, your serotonin levels can dip, and low levels of serotonin are associated with a higher risk of major depression and sadness. You can also get Vitamin D through supplements that can be found at www.qnlabs.com.

What does an Inactive Lifestyle do to the body? Firstly, you burn fewer calories. This makes you more likely to gain weight. You may also lose muscle strength and endurance because you are not using your muscles as much. Your bones may get weaker and might lose some mineral content. Your metabolism may be affected, and your body may have more trouble breaking down fats and sugars.

Further risks of an inactive lifestyle include obesity, heart disease, high blood pressure, high cholesterol, stroke, metabolic syndrome, Type 2 diabetes, certain cancers, osteoporosis and fragile bones susceptible to falls, increased feelings of depression and anxiety.

Walking outside at a slow steady pace for one hour per day may reset the body's weight set point, making people lean and thin.

For Breakfast, eating a large breakfast every morning is important for resetting the body's weight set point. Eating a large breakfast will make you feel full throughout most the day.

Eat Salads daily as it helps to reset the body's weight set point. Salads will also make you feel fuller and help release stored fat cells.

Rebounding exercises are great as well. Gently jumping on a rebounder stimulates the lymphatic system, releasing beneficial endorphins and other hormones. This is the only exercise in the world that 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. Do rebounding exercise for 10 or more minutes every day.

Lifting weights Resistance training also releases hormones in the body that bring about anti-aging benefits, including improved skin and a youthful appearance. Your strength also increases, which leads to increased energy and vitality.

Yoga stimulates all the internal organs and promotes internal health as well. It increases flexibility and blood flow throughout the body, strengthens and tones the muscles, and improves posture. It also unblocks the energy meridians through the body, dramatically increasing physical energy and emotional wellbeing.

Inefficient Pancreas function occurs when the pancreas becomes inflamed and stays that way for years. Eventually, its cells stop working the way they should, including those that can cause EPI (EPI stands for Exocrine Pancreatic Insufficiency – a condition in which the body does not have the right number of pancreatic enzymes to properly break down food). Many things can lead to inefficient pancreas functions including heavy alcohol usage, smoking, genetic problems, and pharmaceutical drugs like non-prescription or prescription drugs.

Insulin is a hormone produced in the pancreas by the islets of Langerhans, which regulates the amount of glucose in the blood. The lack of insulin can lead to a form of pre-diabetes.

When the Pancreas is not working properly, you do not get the correct amount of insulin needed, causing weight lost and a decrease in appetite. The best supplement to use to fix an unhealthy pancreas is Eleotin, which is available at www.eastwoodcompanies.com.

Hormonal Imbalance happens when by our endocrine glands aren't working properly. These systems include the adrenals, thyroid, pancreas, and the female or male reproductive system. Hormones perform essential functions, relay important warnings and communicate messages throughout the body. This means that, they make sure everyone is running smoothly and that your rhythms stay in sync. Hormones can impact your appetite, metabolism, heart rate, sleep patterns, reproduction and mood. Major symptoms of hormonal imbalance are shown as weight gain, fatigue, insomnia, premenstrual syndrome, irritable bowel syndrome, anxiety, low sex drive, and skin plus hair changes. Visit www.qnlabs.com to learn more about a hormone-balancing supplement.

More Details on Thyroid Disorders

Underactive Thyroid has symptoms such as weight gain, constant fatigue, tiredness, muscle soreness and pain, menstrual and fertility problems, dry and flaky skin, high cholesterol levels, poor concentration and memory. Visit www.qnlabs.com for thyroid balancing supplements you can use.

Overactive Thyroid symptoms include thinning hair or hair loss, a puffy face, dry and coarse skin, constipation, cool extremities and swelling of the limbs, loss of eyebrow hair, enlarged thyroid, slow

heartbeat, poor appetite, infertility, heavy menstruation and carpal tunnel syndrome. Carpal tunnel syndrome causes numbness, tingling or weakness in your hand. Visit www.qnlabs.com for thyroid balancing supplements you can use.

Colons can be backed up with feces. When you eat food, it breaks down in your stomach and passes through your intestines. This process is known as digestion. Then, the walls of your intestines absorb nutrients from the food. What remains is waste and passes along your colon and rectum. At times, things may go wrong in this process and the waste becomes stuck. This is known as fecal impaction of the colon. When you have an impacted colon, your feces become dry and will not budge, making it impossible to excrete them from your body. Impacted feces block the way for new waste to leave the body, causing it to back up. Visit www.qnlabs.com or www.drnatutura.com for colon cleanse products.

The Liver and Gallbladder can get clogged too. When your liver and gallbladder are clogged, it will slow your metabolism and cause you to feel tired, sluggish, have low energy, become depressed, crave food more and have slower of digestion. The liver is the main organ for detoxifying the body.

Here is how to cleanse the liver and gallbladder.

Ingredients

- Epsom salts (Magnesium Sulfate): 4 tablespoons. (You can usually buy this at your local pharmacy).
- Olive oil: 1/2 cup or 125 milliliters. (Light olive oil is easier to get down).
- Fresh pink grapefruit: 1 large or 2 small ones, enough to squeeze out 1/2 cup (125 mL) of juice From.
- 7-8 fresh lemons/limes: squeezed into 1/2 cup of juice.

- 1 liter jar with lid or blender bottle.

Instructions

Choose a day like Friday or Saturday for the cleanse since you will need to be able to rest the next day. Try not to medicines, vitamins, or pills that you can do without; they could hinder the success of the cleanse. Eat a breakfast and lunch with zero-fat as best as you can. This allows the bile to build up and develop pressure in the liver.

Mix Epsom salt and water, marking the bottles with a black marker to know how much to drink each time or put it in 4 separate containers.

At 2:00 PM: Do not eat or drink after 2 o'clock. If you break this rule, you could feel quite ill later. Get your Epsom salt ready. Mix 4 tablespoons in 3 cups (750 mL) of water and pour this into a container or jar. This makes four servings, or 3/4 cup servings (185 mL) each. Set the jar in the refrigerator to get it cold (this is for convenience and taste only). It's more effective when not refrigerated.

At 6:00 PM: Drink one serving (3/4 cup) of the Epsom salt and water drink. If you did not prepare this ahead of time, mix 1 tablespoon in 3/4 cups of water now. You may add 1/8 of a teaspoon of Vitamin C powder, add 1/4 of a freshly squeezed lemon to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth.

At 8:00 PM: Repeat by drinking another 3/4 cup (185 mL) of diluted Epsom salt in water. Get your bedtime chores done now. The timing is critical for success.

At 9:45 PM. Pour 1/2 cup (measured) of olive oil into the pint jar. Squeeze the citrus fruit (fresh grapefruit, lime, or lemon) by hand into the measuring cup. Remove any pulp with a fork. You should have at least 1/2 cup. Add this to the olive oil. Close the jar tightly, and with the lid on, shake hard until it becomes watery. Do not drink it yet! Now visit the bathroom one or more time, even if it makes you late for your ten o'clock drink. Do not be more than 15 minutes late or you will get fewer stones out.

AT 10:00 PM: Drink the potion you have mixed. Drink it at your bedside if you want, but drink it standing up. Get it down within 5 minutes and lie down immediately. You might fail to get stones out if you do not. The sooner you lie down, the more stones you will get out. Be ready for bed ahead of time there may not be time to clean up the kitchen. As soon as the drink is down, walk to your bed and lie down on your right side with your knees pulled up close to your chest. Try to think about what is happening in the liver. Keep perfectly still for at least 20 minutes. You may feel a train of the stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you do not try to sleep in this position.

Next morning, upon awakening (6:00 AM): Take your third dose of the elixir. If you have indigestion or nausea, wait until it is gone before drinking the Epsom salt water. You may go back to bed. Do not drink this potion before 6:00 AM.

8:00 AM (2 hours later): Take your fourth (and last) does of the Epsom salt water. You may go back to bed again. After 2 more hours, you may eat. Start with fruit juice (see note below). Half an hour later eat fruit (see note below). One hour later, you may eat regular food but keep it light. By dinner, you should feel recovered.

*NOTE: Fresh apple juice is the best juice to break the fast. At 10:00 AM, make fresh apple juice using 5-6 large apples in a juicer and drink it. The apple juice helps dissolve gallstones and is a nice transition for the liver from the detox back to normal eating. After 30 minutes, prepare a chopped apple salad or a plain apple smoothie using 3-4 apples (leaving the skin on is ok). If feeling unwell, consume apples and apple juice for the entire day. Only transition to light foods, salads, and regular eating when you are feeling good again. Also, visit www.qnlabs.com for liver cleanse supplements.

Candida over growth can causes skin and nail fungal infections such as athlete's foot, bad breath, fatigue, worn down, suffering from chronic fatigue or fibromyalgia, digestive issues such as bloating, constipation, diarrhea, difficulty concentrating, poor memory, lack of focus, ADD, ADHD, brain fog, skin issues including eczema, psoriasis, hives, rashes, irritability, mood swings, anxiety, depression, vaginal infections, urinary tract infections, rectal itching, or vaginal itching, server seasonal allergies or itchy ears, strong sugar and refined carbohydrate cravings. Visit www.123candida.com for the product, ThreeLac, to help reduce or eliminate candida overgrowth. For the best candida cleanse program, go to www.lifeforceplan.com or read the book.

Infrared Saunas are highly beneficial for helping the body sweat toxins out through your biggest organ, the skin. Infrared saunas are also helpful for reducing or eliminating candida overgrowth Infrared saunas also increase metabolism and stimulate the release of fat cells and reduce appetite.

Parasites can live in your body! You can have intestinal worms for months and even years, where you might be experiencing digestive irregularities. To counter this, completely change your

diet to a healthier one. Parasites are also responsible for environmental allergies, asthma, skin disorders, constipation, gas, acid-reflux, and bloating. They can also lead to ulcers, diabetes and possibly cancer. Visit www.pureplanet.com for a parasite cleansing product.

Body Fat Cells mainly come in the form of white, brown, and beige cells. They can be stored as essential, subcutaneous, or visceral fat. Each type of fat serves a different role. Some promote healthy metabolism and hormone levels, while others contribute to life-threatening diseases, including Type 2 diabetes, heart disease, high blood pressure, and cancer. Visit www.detoxorganics.com for body fat cell cleansing product.

White fat cells are made up of large, white cells that are stored under the skin or around the organs in the belly, arms, buttocks, and thighs. These fat cells are the body's way of storing energy for later use. This type of fat also plays a large role in the function of hormones such as estrogen, leptin (one of the hormones that stimulates hunger), insulin, cortisol (a stress hormone), and growth hormones.

Brown fat cells are a type of fat primarily found in babies, although adults do still retain a small amount of brown fat, typically in the neck and shoulders. This type of fat burns fatty acids and is a trusted source to keep you warm.

Beige fat cells have emerged in a relatively new area of research. These fat cells function somewhere between brown and white fat cells. Similar to brown fat, beige cells can help burn fat rather than store it. It is believed that certain hormones and enzymes are released when you are stressed, cold, or when you exercise which can help convert white fat into beige fat. Visit for more information: www.detoxorganics.com.

Heavy metals are elements that are naturally found in the earth. They are used in many modern-day applications, such as agriculture, medicine and for industrial uses. Your body even naturally contains some. Zinc, iron and copper, for example, are necessary for regular body function, if they are not present in toxic amounts. The most common metals that the human body is exposed to in toxic amounts are mercury, lead, cadmium, and arsenic.

Symptoms of mercury poisoning include a lack of coordination, muscle weakness, hearing and speech difficulties, nerve damage in your hands and face, vision changes and trouble walking.

Lead poisoning symptoms include constipation, aggressive behavior, sleep problems, irritability, high blood pressure, loss of appetite, anemia, headaches, fatigue, memory loss, and loss of developmental skills in children.

Arsenic poisoning symptoms include nausea, vomiting, and diarrhea, red or swollen skin, spots on your skin, such as warts or lesions unusual heart rhythm, and muscle cramps.

Some symptoms of Cadmium poisoning are fever, breathing problems, and muscle pain. Visit www.advancedbionutritionals.com for the PectaSol Detox Formula; it is an awesome heavy-metal cleansing product. Taking a heavy-metal cleansing product will improve blood circulation, increase energy, increase metabolism, and improve overall health. Also, get the awesome book **clearbodyclearmind** at www.clearbodyclearmind.com.

When it comes to Soaps, Creams, Lotions, Moisturizers and Shampoos, avoid these three deadly chemicals: mineral oil, propylene glycol, and sodium laureth sulfate.

Mineral oil has other names such as white oil, liquid paraffin, and liquid petroleum. Mineral oil clogs your pores and does not let water out and it is often the cause of acne. It is like covering your skin with saran wrap. It traps bacteria in, causing whiteheads, blackheads, and zits. Mineral oil can also cause skin cancer.

Sodium laureth sulfate has been linked to cancer, neurotoxicity, organ toxicity, skin irritation and endocrine disruption. A good organic shampoo product I use is at www.mambinoorganics.com with a 95% organic content. Always aim for organic products for best results and better health.

Fluorescent Lights cause chemical reactions in the brain that produce fatigue and depression, while also lowering the metabolism. Negative side effects from fluorescent lights include migraines, eye strain, problems sleeping due to melatonin suppression, Seasonal Affective Disorder or depression, Endocrine disruption and poor immune system function, female hormonal/menstrual cycle disruptions, increase in breast cancer rates and tumor formation, stress/Anxiety due to cortisol suppression, disruption in sexual development/maturation, Obesity or Agoraphobia (anxiety disorder). Visit www.waveformlighting.com to use Full Spectrum light bulbs, which are better.

Microwaves are a bad influence to your health too. Do not use a microwave for long-term consumption. Food heated or cooked in a microwave can lead to brain damage because it causes electrical impulses in the brain to “short out”. The microwave destroys all the nutrients, such as minerals and vitamins that are in the food. Microwaves can also give you cancer over time. I highly recommend you throw out your microwave now for better and greater health.

Stress may be affecting your health, even though you might not realize it. You may think illness is to blame for that irritating headache, your frequent insomnia or your decreased productivity at work. But stress may actually be the cause. Common effects of stress span across many health problems, such as high blood pressure, heart disease, obesity and diabetes, headaches, muscle tension or pain, fatigue, changes in sex drive, stomach upset, and sleep problems, mood swings, anxiety, restlessness, lack of focus, feeling overwhelmed, Irritability or anger, and sadness or depression.

Indeed, stress symptoms can affect your body, thoughts, feelings, and behavior. Being able to recognize common stress symptoms can help you to manage them. Stress that is left unchecked can contribute to behavior issues such as overeating or undereating, angry outbursts, drug or alcohol misuse, tobacco use, social withdrawal and exercising less often. Visit www.u-cure.com for stress-reducing CDs listen to on daily basis.

Limit Ice Cold Drinks or stop drinking them completely. Drinking ice cold beverages will slow the metabolism and increase hunger so when you drink your gallon of water, make sure its lukewarm. Your water intake will also come from the tea you drink to. Also, avoid carbonated drinks as they are filled with high fructose corn syrup. If you can get organic carbonated drinks then go for it, they will have natural ingredients but for sure one of them would be organic sugar cane or organic sugar cane syrup.

Fast Food Restaurants should not be part of your diet. Both national and regional chains must be avoided if you are serious about losing weight. All the food they serve are chemically modified to make you hungrier having stronger cravings for their food. Eventually, it will make you obese and lead to terrible health issues.

Coral Calcium may prevent dental cavities by re-mineralizing the enamel of your teeth. It also supports brain health, slows age-related loss of brain function. The mineral, Calcium, also plays an important role in your body and is critical for muscle contraction, as well as keeping your bones strong and healthy. Coral calcium also helps with weight loss. Visit www.qnlabs.com for coral calcium supplements.

Acetyl L-carnitine is also known as ALC. It is used by some people with high blood sugar to help with cholesterol as well as nerve pain, such as tingling in their hands and feet. Others have used it to help stop cell damage. It may also help to improve appetite and increase energy levels. Some people use it to improve their mood. People with blood vessel problems in their legs have used it to help them walk better and to walk with less pain. ALC may also help people with low carnitine levels to have a much more normal level in their blood. ALC also helps turn fat into fuel, promotes an increase in lean muscle tissue, and speeds up the process of burning of fat cells and increasing metabolic rates. Visit www.superiorlabs.com for Acetyl L-carnitine supplements.

AlphaCalm is an herbal supplement that will allow the brain to feel in balance so that stress and anxiety do not overtake your decisions and emotions. AlphaCalm also lowers appetite and helps in reliving depression. Obtaining this is slightly different; call (800) 554-6051 for the best AlphCalm.

Probiotics are live microorganisms that can be consumed through fermented foods or supplement. Probiotics promote a healthy balance of gut bacteria and have been linked to a wide range of health benefits. These include benefits for weight loss, digestive health, immune function, metabolic stimulation, helps with cleansing and has many more benefits. Visit www.mercola.com for awesome probiotics supplements.

Krill oil is made from the oil of tiny crustaceans called krill. Like fatty fish, krill are rich in omega-3 fatty acids. Krill oil has several potential benefits, including good impacts on your cardiovascular health and inflammation. Krill oil increases circulation, increase oxygenation in the body, promotes normal hormone levels, decreases appetite and promotes weight loss. Visit www.mercola.com or www.qnlabs.com for awesome krill oil.

Fiber Many foods rich in fiber can help regulate blood sugar levels thanks to their lower glycemic index. Fiber also plays a role in cholesterol management by limiting the amount of cholesterol released into the bloodstream. Both insoluble and soluble fiber slow your digestion, which can signal to your body that it is not in a huge hurry to eat again. Fiber has many benefits, especially for digestive health, and may even reduce the risk of colon cancer. Fiber also will help cleanse the body of toxins, relive constipation, and help correct years of eating super highly refined food. Visit www.advancednaturals.com for Organic Triple Fiber Max or call (800) 690-9988 to know more about different fiber supplements.

Vitamin E is a great tool in the fight against the notorious free radicals. The latter can do significant damage to not just the tissues, but also to the cells and organs within the body. The effects of free radicals increase with age, which means that getting more Vitamin E will help to reduce the effects of aging. That is not all that Vitamin E does either. This essential vitamin plays an important role in strengthening the immune system. As such, your body is better able to fight off bacteria and viruses, which means your chances of developing infections and diseases are reduced when you are getting enough Vitamin E. Vitamin E promotes proper blood circulation, healthy heart benefits, improves liver and gallbladder functions, has weight loss benefits, opens the arteries, and promotes beautiful, radiant and clear

young-looking skin. Visit www.acgraceco.com for unique Vitamin E formulations or www.qnlabs.com for pure Vitamin E or call (800) 581-8906 for Vitamin E options.

Whole Food Supplements, if taken daily, will supply your body with needed nutrients for health and weight loss. Whole food supplements also will fill in your nutritional deficiencies, getting rid of diseases and cancers. Visit www.naturalcuresstore.com for superfood & whole food supplements.

Digestive Enzymes are proteins involved in the digestion of food. Found naturally in the body, digestive enzymes are also sold as dietary supplements. Secreted mostly by the pancreas, digestive enzymes aid the body in breaking down fats, proteins, and carbohydrates. They will help correct nutritional deficiencies, a clogged liver or colon, and any damage done by non-prescription and prescription drugs. Visit www.gardenoflife.com for the Omega-Zyme Ultra digestive enzymes supplement.

Organic Lemon is often touted as a supreme food for weight loss. Lemons are an extraordinarily rich source of Vitamin C, which has been found to strength immune system function. Lemon encourage the liver to increase its production of bile, and bile helps to improve the movement of food through the gastrointestinal tract, thereby improving digestion. Lemons are super good for cleansing the liver. Eat or juice at least one organic lemon daily for best results.

Organic Apple have great benefits and to get the most out of it, leave the skin on as it contains half of the fiber and many of the useful polyphenols. Apples are more filling because they are less energy-dense, yet still deliver fiber and volume. Apples contain soluble fiber – the kind that can help lower your blood cholesterol levels. Polyphenols in apples help prevent tissue damage to beta cells in your pancreas. Beta cells produce insulin in your body and

are often damaged in people with Type 2 diabetes. Apples also contain pectin, a type of fiber that acts as a prebiotic. This means it feeds the good bacteria in your gut. The antioxidant and anti-inflammatory compounds in this classic fruit may help promote bone density and strength and also promote weight loss. Eat 1-5 organic apples daily for the best results.

Organic Grapefruit, eaten regularly, is beneficial for your immune system. A diet high in fiber-rich fruits is beneficial for inducing feelings of fullness. This is because fiber slows the rate at which your stomach empties, thereby increasing digestion time. Eating grapefruit before meals is helpful for weight loss. Its fiber and water can promote fullness and reduce calorie intake. Grapefruit also helps prevent insulin resistance, and can lower your risk of developing Type 2 diabetes. Grapefruit contains nutrients and antioxidants shown to help protect the heart by regulating blood pressure and cholesterol levels. The citric acid in grapefruit helps reduce the formation of calcium oxalate (kidney stones). Eat at least one grapefruit daily for best results.

Organic Hot Peppers eaten as an anti-irritant may sound counter-intuitive, but the capsaicin in peppers are highly beneficial. People with ulcers have been told for years to avoid hot spicy foods, but peppers are actually beneficial to ulcers. For example, pepper powder provides trace amounts of antioxidants and other chemicals to aid digestive issues. You can heal an upset stomach, reduce intestinal gas, cure diarrhea and gain a natural remedy for cramps through peppers. It also aids the circulatory system and prevents heart disease by lowering blood serum cholesterol and reduces lipid deposits, thereby reversing excessive blood clotting. It also dilates the blood vessels to aid in blood flow. Spicy peppers rev up the metabolic rate by generating the thermogenic processes in our body that produce heat. That process utilizes energy and burns additional calories. In addition, if hot peppers are consumed at breakfast, the appetite is

suppressed for the rest of the day, which ultimately helps in weight loss.

Organic Cinnamon is a spice that is made from the inner bark of trees, scientifically known as *Cinnamomum*. The distinct smell and flavor of cinnamon are due to the oily part, which is remarkably high in the compound, cinnamaldehyde. Cinnamon contains large amounts of highly potent polyphenol antioxidants. Polyphenol antioxidants can improve or help treat digestion issues, weight management difficulties, diabetes, neurodegenerative disease, and cardiovascular diseases.

Organic Acai Berries grow on acai palm trees in the Amazon rainforest. They are processed into a pulp before eating. Acai berries have an incredibly high number of antioxidants, edging out other antioxidant-rich fruits like blueberries and cranberries. Antioxidants are important because they neutralize the damaging effects of free radicals throughout the body. Acai has also shown potential as an anti-cancer agent. Acai may counteract the damaging effects of inflammation and oxidation in the brain and help stimulate its “housekeeping” response. There are several ways to eat acai, including as a frozen purée, powder or juice.

Organic Goji Berries also called wolfberries. They are said to slow signs of aging, maintain eye health, and strengthen your liver, kidneys and lungs. Goji berries are loaded with important nutrients and antioxidants. Plus, they may support immune function and healthy vision. Goji berries are available dried, powdered, and in various juices. You can enjoy them as toppings on sweet dishes or mixed into baked goods, smoothies and more.

Organic Noni fruit is a native to Southeast Asia and Australasia. Noni fruit activates macrophages and strengthens the immune system, which then produces more lymphocytes. It also contains antibacterial agents that fight infectious bacteria, including

Staphylococcus aureus and Escherichia coli. Noni fruit stimulates serotonin and melatonin, two especially important hormones. Serotonin affects mood, emotions and sleep; an imbalance in levels of serotonin may contribute to depression. In this case, it reduces tumor growth and helps your body fight against the cancerous replication of cells. It also contains an immunomodulatory polysaccharide-rich substance known as noni-ppt that further fights cancer. Noni fruit is high in soluble fiber, which helps ease the strain on your intestines and softens stool. It also has the necessary vitamins and minerals to keep your intestines healthy.

Organic Mangosteen Fruit is an exotic, tropical fruit with a slightly sweet and sour flavor. Mangosteen fruit provides a variety of essential vitamins, minerals and fiber while being low in calories. These nutrients are important for maintaining many functions in your body. Mangosteen fruit may play a role in weight loss and obesity prevention. Antioxidant and anti-inflammatory compounds in mangosteen may protect skin cells from damage associated with sun exposure and aging. Nutrients and other plant compounds in mangosteen may support optimal digestive, heart, and brain function.

Organic Aloe Vera Juice is a gooey, thick liquid made from the flesh of the aloe vera plant leaf. It is commonly known treatment for sunburns. However, drinking this healthy elixir in juice form provides you with a few other health benefits. Aloe vera juice is an excellent way to keep your liver healthy. The liver functions best when the body is adequately nourished and hydrated, and aloe vera juice is ideal for the liver because it is hydrating and rich in phytonutrients. Hydrating aloe vera juice may help reduce the frequency and appearance of acne, and reduce skin conditions like psoriasis and dermatitis. Drinking aloe vera juice may give you relief when heartburn attacks too. Aloe vera contains several

enzymes known to help in the breakdown of sugars and fats and to keep your digestion running smoothly.

Raw Organic Apple Cider Vinegar has various healthful properties, including antimicrobial and antioxidant effects. It offers health benefits such as aiding weight loss, reducing cholesterol, lowering blood sugar levels, and improving the symptoms of diabetes. Apple cider vinegar has shown great promise in improving insulin sensitivity as well.

Raw Coconut Oil is high in Medium Chain Triglycerides (MCTs), a type of fat that your body metabolizes differently than most other fats. MCTs can increase the number of calories burned over 24 hours by as much as 5%. Coconut oil can raise blood levels of HDL (good) cholesterol, which is linked to improved metabolic health and a lower risk of heart disease. Coconut oil can be applied to skin, hair, and teeth. It works as a skin moisturizer, protects against skin damage, and improves oral health.

Organic Yerba Mate Tea is an antioxidant powerhouse that contains many beneficial plant nutrients. Yerba mate tea helps increase your energy levels and boost your mental focus. Yerba mate tea reduces appetite, boost metabolisms and increases the amount of fat burned for fuel. These functions helps you lose weight. Drink at least 1-2 cups of Organic yerba mate tea daily. Drink as much as you want – the more the merrier.

Organic Chamomile Tea contains antioxidants that promote sleepiness and drinking chamomile tea has been shown to improve overall sleep quality. Chamomile tea protects against diarrhea, stomach ulcers, nausea and gas, likely due to its anti-inflammatory effects. Chamomile tea also helps with a feeling of fullness which may help lead to weight loss and reduce stress. Drink at least 1-2 cups of organic chamomile tea daily. Drink as much as you want.

Organic Green Tea is loaded with polyphenol and antioxidants. These antioxidants can have various beneficial effects on health. Green tea boosts metabolic rate and increases fat-burning. Green tea also can cause mild reductions in blood sugar levels so it lowers the risk of Type 2 diabetes. People who drink green tea have been shown to have a lower risk of cardiovascular disease. Visit www.wulongforlife.com for awesome organic green tea. Drink as much green tea as you want, with at least 1-2 cups of organic green tea daily

Do Not Take Prescription or Non-Prescription Drugs as they are all false, misleading, and lies except for one which I will talk about later. Prescription or Non-Prescription drugs are not effective at all and they actually are very toxic and harmful to the body and the mind. If you keep taking prescription drugs, more sicknesses will develop and make you even feel worse and possibly leading to fatal outcomes.

Hydroxychloroquine is the only good drug that pharmaceutical drug companies sell, which has promising results for healing. Hydroxychloroquine is considered a miracle drug. You might have a hard time getting it because it's in such huge demand. Some benefits with strong evidence backing HCQ include decreased lupus activity during pregnancy without harm to the fetus, prevention of inflammation and longer life spans. Symptoms with moderate evidence include protection against irreversible organ damage, thrombosis (blood clot formation), and bone mass loss. Hydroxychloroquine will help with weight loss as well.

Thoughts are your greatest tool. The mind is an excellent servant, but a terrible master. Look at gravity for instance. It brings everything down and our mind works in the same way, being a terrible master (negativity). Now there is a senior law to gravity it's called the law of lift (Newton's third law). Take a bird for example.

They have to flap their wings to lift off the ground. Our mind can function similarly and become an excellent servant (positivity). When your mind reaches enough altitude (which is our attitude) and when you lift off the ground, you will eventually hit powerful winds (positivity) then the bird (your mind being an excellent servant) will be able to glide in the powerful wind (positivity) .At this point, you hit autopilot and counteract all negativity with positivity, whether it's a positive thought, positive word, or positive action. The promise land starts in our head and guides our attitude towards life. Where the mind goes, the man follows, as they say. Start using your mind for positive thinking.

Attitude is a psychological construct, a mental and emotional entity that is inherent in or characterizes a person. They are complex and are a state acquired through experiences. It is an individual's predisposed state of mind regarding a value and it is precipitated through a responsive expression towards oneself, a person, place, thing, or event (the attitude object) which in turn influences the individual's thought and action. Always try to react positive to every situation.

Words are crucial too. Now, think about this – God spoke everything into existence earth, animals, plants, humans, and many more other things and beings. In the beginning was the word, and the word was with God, and the word was fully God. I am sure you understand this verse. Now, let me give you an example. So, people might say God's not doing anything in my life. They're wrong! We are co-creators we decide the choices we make, and whether we think positive or negative. Good thing we can change how we think, talk, and act.

Action speaks louder than words. I am sure you heard this verse before. Faith is the substance of things hoped for, the evidence of things not seen. Hope without faith is dead. Faith without action is

dead. So, if you're serious about losing weight or anything else, you must take action!

Visualization Close your eyes and picture a goal that you have in mind. The best time to do this is when you are meditating. You'll feel relaxed and clear minded. For example, visualize yourself nice and lean. Oh wow, I see you looking so good. Big changes in your life take time, focus, comprise and the will to take the first few small steps. I understand there are a lot of things to do on here. Do not worry, and do as much as you can right now. Start adding more in as you go along.

Set Goals and you'll achieve success. Ask yourself, how lean do I want to be? how much weight do I want to lose? when do I want to be this weight? What am I willing to give up and do to get where I want to be? Write down every reason why you want to lose weight. I didn't set any timeline on this weight loss program because everyone is different. Some people might lose weight faster than others and perhaps other will put in more effort than most too.

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Thank you for purchasing The Weight Loss Wonder. Now take action; I wish you all the best in your journey to be nice and lean.
Sincerely, and with love, Elijah.