

## Nutrition



## How Nutrition is Affecting Your Weight

Your quiz results indicate that poor nutrition is activating your FAT Programs and keeping you from achieving your ideal weight.

When you don't get enough nutrients from the food you eat, here's what happens:

1. Your digestion gets impaired.
2. Your body experiences a "nutritional famine" which causes you to keep eating until that nutrient need is satisfied.
3. In an attempt to beat the "nutritional famine," you might experience non-stop food cravings that turn many people on to sugary sweets and processed carbohydrates in an attempt to satiate their hunger.

And the result? Over time, a high-sugar diet takes its toll on the body and leads to insulin resistance (or worse, Type 2 diabetes).

When your body is "insulin resistant", it means that you need more and more insulin for the same effect (insulin balances your blood sugar). And since insulin is the fat-storing hormone, more insulin means more fat.

Here are some simple recommendations to get you started in healing:

1. Add "The Big 3" to every meal (protein, live food, and omega-3 fats)
2. Drastically increase water you intake (often 2 or even 3 times what you're drinking now is helpful initially)
3. Eat dark green and colorful vegetables and fruits at every meal, and if possible, start drinking green juices or green smoothies daily

## The Three 'Bad Guys' of Poor Digestion

Poor digestion affect millions of people all over the world...

... and the problem is made more complex because we've added so many man-made foods into our diets just in the last 50 years.

Once you understand the challenges you're facing, it's much easier to find solutions. So I'd like to teach you about the three big "bad guys" that are probably causing digestive problems for you right now.

### Bad Guy #1 - MODERN FARMING METHODS

Pesticides, herbicides, and chemical fertilizers can disrupt the natural balance of bacteria inside your body leading to overgrowth of harmful yeasts and fungi.

### Bad Guy #2 - PROCESSED FOODS

Digestive enzymes are found naturally in all uncooked and unprocessed whole foods, but they are completely destroyed by heat and commercial processing. Your body can produce its own enzymes too, of course, but when it has to produce all the required enzymes (because you're not getting them from food), it puts undue strain on your digestive system.

### Bad Guy #3 - ANTIBIOTICS

At least once, I'm sure antibiotics have literally saved your life, but unfortunately, doctors tend to over-prescribe these bacteria killing medicines leading again to an imbalance of gut bacteria.

What's the solution?

Start by choosing organic produce and meats whenever possible. Focus on whole foods that are fresh, local, and natural whenever you can.

And finally, consider taking digestive enzymes and probiotic supplements to heal your digestion as you transform your body.



## Are Your Teeth Making You Fat?

Although this might seem like an unlikely phenomenon, your teeth, or more specifically the pathogens from periodontal disease, may be contributing to your digestive problems...

... and as you've already learned, impaired digestion can be a strong trigger for weight gain. These pathogens spread to your digestive tract where they can overpopulate, killing off beneficial bacteria and leading to yeast and fungus overgrowth.

If your "good guy" bacteria are out of balance, it reduces your ability to assimilate nutrients, ward off illness, and in many cases, lose weight.

So what do you do?

I recommend getting your teeth professionally cleaned and checked once a month for the first six months of your weight loss transformation.

This is probably more than you've ever gone to the dentist before, but for the sake of your digestion (and your teeth), you need to keep them clean during this process.

It goes without saying that you should also floss and brush regularly, ideally using a natural toothpaste or even one with probiotics added which will help fight off the pathogens.

## **Can You Be Starving & Gaining at the Same Time?**

Is it possible to be starving and stuffed full at the same time?

Yes, of course it is. If you've ever craved sweets or junk food after a big meal, that's exactly what happened. This is the "overfed and undernourished" phenomenon of our modern world, and here are the two big causes.

- **PRODUCTS vs. PRODUCE** - the processed foods, artificial sweeteners, and flavor enhancers included in most products on the supermarket shelves are radically different than the produce that our ancestors ate.
- This shift from eating products instead of produce has turned "on" hundreds of millions of people's FAT Programs all over the world.
- **CALORIES vs. NUTRIENTS** - although you might be eating more than enough food for your energy needs, your body will stay hungry if it lacks something essential for health such as a specific vitamin, mineral, essential fat or protein.

The solution? Using the Gabriel Method, we'll move from products to produce, from calories to nutrients, and you'll see your health and energy levels transform as the weight drops off naturally.

## **Avoid these Common "Diet Foods" (or else)**

Want to know what all those so-called "diet foods" have in common?

They tend to be highly-processed, loaded with chemical toxins, and then enhanced by synthetic nutrients in an attempt to make them more healthy.

Here's what you'll find when you read the labels of many of the most popular "health foods" today:

- Saccharine (Sweet'N Low and Sugarine): carcinogenic
- Aspartame (NutraSweet): neurotoxin added to sodas, desserts, sugar-free cookies, chewing gums and breath mints
- Sucralose (Splenda): made from chlorine
- MSG: neurotoxin added to over 10,000 packaged foods

My advice?

Avoid diet food altogether and just eat real foods.

Avoid diet food altogether and just eat real foods. Real foods taste great, and you already love them. Most of us have been confused into thinking that we need some kind of manufactured food to lose weight.

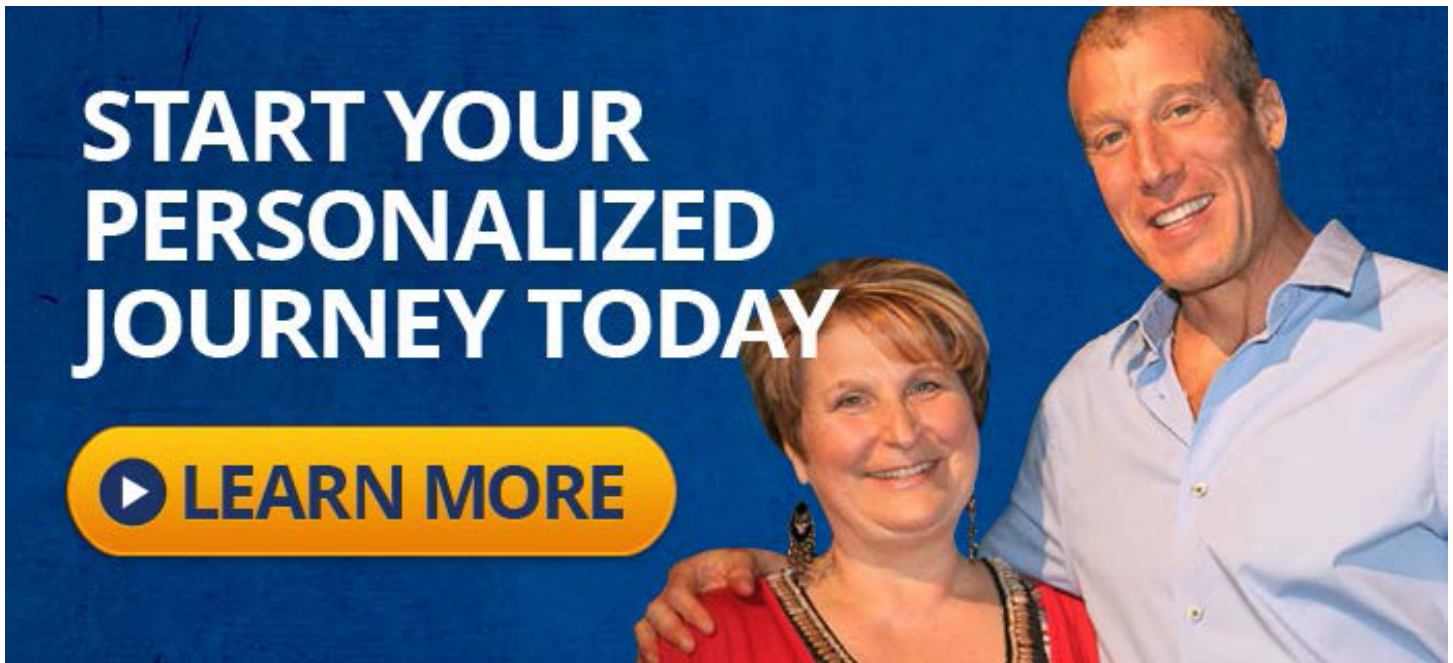
This couldn't be further from the truth.

Remember what we talked about the other day. Shop on peripheries of the supermarket, buy fresh meats, fish, fruits, and vegetables. Stay away from processed and packaged foods, and just forget about the so-called diet foods altogether.

The Gabriel Method is a practical, sensible way to navigate through the confusing modern world of food and fat loss.

# The Ultimate Coaching Experience

Work 1-on-1 with Jon Gabriel and his Gabriel Method coaching team for 6 months, where you'll be led step-by-step through the core Gabriel Method principles, given clear and simple action steps, and find the real and lasting solution to your weight problem forever.



- **Coaching** - you'll have 2 coaching calls per month: 1 with your Coach Mentor, and 1 with a GM Specialist (depending on your needs).
- **Access To Me (Jon Gabriel)** – you'll have direct access to me (Jon Gabriel) 4 days per week to ask any questions and get help with anything you need.
- **Breakfast w/ Jon** – 2 times per week, you'll receive a short, inspiring video update (via email) from me in my kitchen sharing ideas about food, weight loss, mindset, health, and more.
- **All-Access Pass** – during the program, you are granted an all-access pass to anything and everything Gabriel Method. This includes each and every home study program, live event, online seminar, and anything and everything else that might come along in the interim. You're officially a VIP.