

## The Carb & Acid Trap That's Keeping You From Losing Weight



For most people trying to lose weight, their methods are complicated and all-consuming.

They hold off on dieting until they can focus on it, gear up, and then spend all of their energy trying to eat right, exercise, and watch the scale.

Or, they wait until it hits a PAIN POINT that makes you force yourself to take action.

Either way, I am here to tell you there IS an easier way!

What if you could just focus on doing 2 simple things and your body would do the rest of the work for you?

And unlike other fad diets that flat out don't work - this actually DOES work, and you CAN finally lose the weight and feel great!

Before I explain how this is possible, I first need to explain the problem most people find themselves in...

### Living on Carbs

You know the advice from the past few decades from public health officials and diet gurus alike – they all said cut fat in order to lose fat.

And as we did that, what happened?

We substituted carbohydrates and sugar, plus a boatload of other chemicals (read: artificial sweeteners), for all of the fat we were no longer consuming.

We've all seen how that worked out, haven't we? As low-fat eating became more and more popular, heart disease, diabetes, and certain types of cancer grew steadily, and our waistlines kept steady. If anything, we got fatter as a society.

When you are eating carbs and sugar, you are getting your energy from carbs and sugar, and this is the most dangerous and dirtiest form of fuel for the body.

Sugar and carbs also cause your insulin to spike (fat-storing hormone), and then you store fat, and inflammation in your body sky rockets!

This is a trap, as once the fat is stored, it's very hard to release it if you keep consuming carbs and sugar.

## THE CARB & SUGAR TRAP

What happens next only exacerbates the problem.

When you eat sugar, what do you think you are going to burn as your PRIMARY source of fuel? SUGAR!

Then what will you crave? SUGAR!

Remember how I said that's where your energy is coming from? Well, as soon as your body wants more energy, you're going to get a signal that makes your brain want and CRAVE more carbohydrates.



So you eat more. Can you see how the vicious cycle goes!

Meanwhile, fat cells are not just growing in number, they are also storing acid. Yes, acid. When you're in a state of acidosis, or too much acid in your body caused by an acidic diet and/or lifestyle, your body does its best to dispose of all of the acid and toxins that is inundating it all day long.

One of the solutions it relies upon is storing acid in fat cells. Once acid is in fat cells, it does not want to leave. And because your body is processing new acid all the time, it's too busy to give an eviction notice to the acid that's glued itself onto fat cells.

In fact, if you're experiencing any kind of stress, your body is actually going to hold on to fat as much as possible, anticipating a famine like our ancient ancestors might have experienced.

That is why being overweight is an ACID problem!

**Knowing all of this, is it any wonder it's so hard for many people to lose weight?**

However, I promised there is a better way... 2 simple things to focus on and that fat and acid that have been holding on tight in those cells will release quickly and easily.

Well, here's the formula:

**Healthy Fats + Chlorophyll = Fat Release**

Two things got you here, simple carbohydrates and acid, and two things are going to get you to where you want to be, healthy fats and chlorophyll.

## Healthy Fats



First, let's talk about the part of the formula that's counterintuitive – it's actually eating MORE fat. I know how ingrained the low-fat thinking is for many people, even today, but I urge you to give this better way a try.

More and more research points to eating a diet rich in healthy fats in order to lose weight. This is because it shifts the fuel your body burns for energy from sugar and carbs to fat, including the fat holding on

tight to all of those cells.

Fat is a CLEAN source of fuel, that gives you a slow-burning energy ALL-DAY LONG!

It also has benefits like:

- Lowering incidence of heart disease
- Better brain function and concentration
- Control over insulin and blood sugar levels, fighting diabetes
- Lowering rates of depression and anxiety
- Healthier digestive function
- Better hormone and reproductive health, especially in women of child-bearing age

There are several healthy fats that will help you lose weight and acid, like avocado, extra virgin olive oil, and coconut oil, raw nuts like almonds, macadamia nuts, walnuts, and raw seeds such as hemp, flax, and chia.

I encourage you to eat more of those. But the most important healthy fat to consume is the one your body is almost assuredly not getting enough of, and that's Omega-3 fatty acids.

Yes, you read that right... Even if you're taking a supplement, you probably aren't getting enough.

It is critical that the average adult take a full 3,000mg of Omega-3 fish oil every single day. That's far more than you're likely getting from a standard fish oil supplement, which is why [Alkamind Daily Omega-3](#) is the world's best fish oil.

It's also a great idea to eat more Omega-3 fats to lose weight and get off your acid from foods like:

- Wild-caught Alaskan or Pacific salmon
- Wild-caught Atlantic mackerel
- Walnuts
- Chia/Hemp/Flax seeds
- Herring
- White fish
- Sardines
- Anchovies



## Chlorophyll



This is another thing that you are almost undoubtedly not getting enough of, even if you try to eat healthy salads, green smoothies, and other greens.

The best food source of chlorophyll is raw leafy greens like:

- Spinach
  - Kale
  - Swiss chard
  - Wheatgrass
  - Snap peas
  - Parsley
  - Watercress
  - Green beans
  - Arugula
- Leeks
  - Endive
  - Chinese Cabbage
  - Seaweed like kelp and red algae
  - Mung bean and alfalfa sprouts

Chlorophyll is so essential for our overall health that its chemical structure is almost identical to that of human blood.

What it does for all of that fat is create a cellular environment so alkaline, the fat has no choice but to release.

That's why acid and fat are so bound together in the weight loss journey.

While science has proven the link between weight loss and chlorophyll, we've yet to see the medical establishment embrace its potential.

That's in part because very few people have caught on to eating enough chlorophyll to see this shift to alkalinity and easy weight loss.

**We all need at least 5-9 servings of raw, leafy greens a day to get enough chlorophyll.**

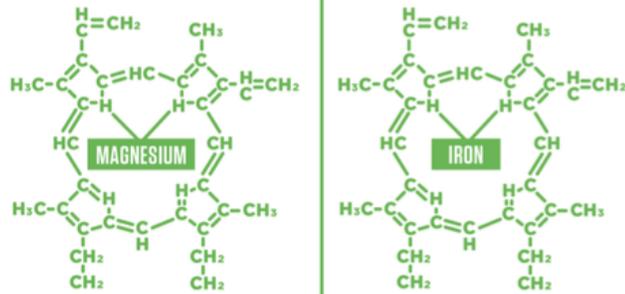
Very few people can realistically achieve that with food alone in our modern lifestyle – especially because each serving of greens is less effective than it used to be due to soil depletion.



Try all of our new flavors – Citrus, Berry, Naked (straight-up greens with no added flavor) – and decide for yourself which one is the world's best tasting green drink powder.

## CAN WE BUILD BLOOD FROM GRASS?

### IDENTICAL STRUCTURE OF CHLOROPHYLL & HEMOGLOBIN



CHLOROPHYLL MOLECULE  
PLANT CELLS

HEMOGLOBIN MOLECULE  
HUMAN BLOOD CELLS

**NOTE:** Dark green leafy vegetables contain chlorophyll, the substance that gives the plants their green pigment. The molecular structure of chlorophyll is almost identical to the hemoglobin in our blood, with one small exception - the center atom of hemoglobin is IRON, while the center atom of chlorophyll is MAGNESIUM. So if you want to cleanse and build better blood, drink more alkaline greens rich in chlorophyll!

And that's what makes [Alkamind Daily Greens](#) so effective as a weight loss tool. It alone provides 5 servings of raw, organic greens, so it's great source of raw chlorophyll.

[Alkamind Daily Greens](#) is now better than ever!

It's been reformulated with a more **powerful sprout blend**, and we've added **Moringa**, one of the world's most potent super foods that works as a powerful anti-inflammatory.

Add [Alkamind Daily Greens](#) to your morning routine and in less than 30 seconds, you'll have taken down 5 servings of raw organic greens and be well on your way to meeting your weight loss goals!



Now through midnight tonight is your last chance to lock in the old price on **Alkamind Daily Greens** and **Daily Minerals** before our price adjustment goes into effect TONIGHT at midnight.