



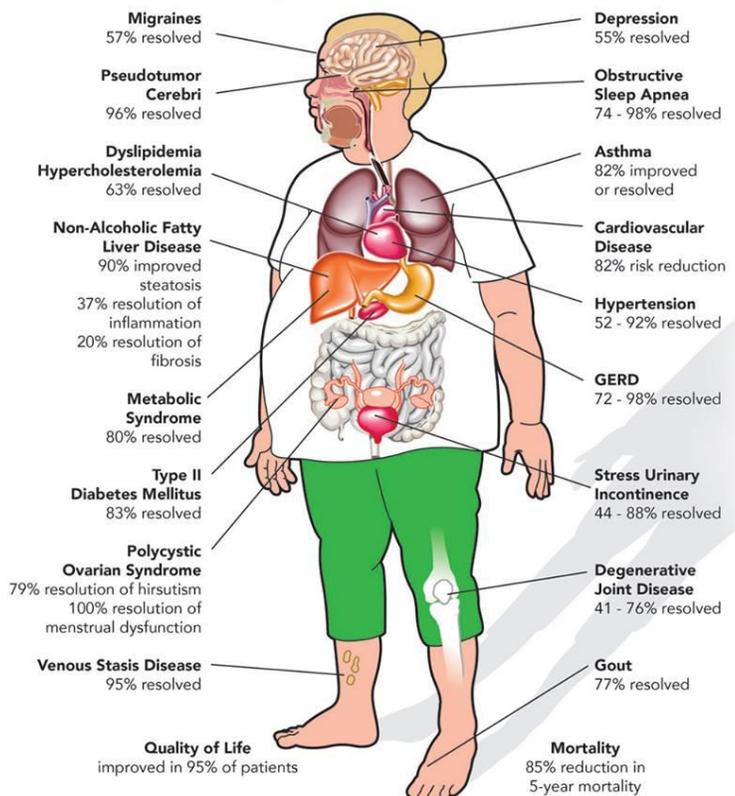
KEN'S CRAZY GOOD HEALTH AND WEIGHT LOSS PROGRAM

Most Good Health Programs *Do Not Work Long Term.*
 Most Weight Loss Programs *Do Not Work Long Term.*

This One Does. It Has A 26 Year Track Record.

Congratulations! You have made a decision that will change your life forever. You have decided that you want to not only lose weight and become a new, more attractive “you,” but you have taken the first step to an abundant, healthy, energetic life-style that you can stick with for the rest of your life.

When you lose fat...



Check Out These True Life Health Success Stories:

<http://www.forksoverknives.com/category/success-stories>

How Much Should I Weigh?

This is a subject that there seems to be a lot of varying opinions on. I'm going to leave that final decision up to you. Go to these two website pages for a host of information and online calculators to help you decide:

Find your ideal body weight here: <http://www.calculator.net/ideal-weight-calculator.html>

Find your ideal Body Mass Index here: <http://www.calculator.net/bmi-calculator.html>

What to Do Now

There are two goals here:

- Cut down on the **volume** of food you eat. Eat at least a third to half less of what you have previously been (over) eating.
- Eat at least three meals a day. Eating (healthy) in between is actually okay, too. Read what happens when you skip meals: <http://fitlife.tv/5-reasons-skipping-meals-might-be-making-you-fat-2-may-surprise-you-original>. We recommend substituting one meal per day with the VSHAKE listed below, at least initially.
- Exercise the way the experts do, with a rebounder, a mini-trampoline, because it helps move the lymphatics, creates circulation and moves acids up to and out of the skin's surface. Weight-lifting, done in moderation, is also fine: <https://www.facebook.com/130716166943671/videos/574801602542431> and <http://www.phmiracleliving.com/Articles/2006-11-4-ExerciseRebounder.html>
- Planking is also another recommended exercise: <http://fitness.mercola.com/sites/fitness/archive/2014/12/05/5-plank-benefits.aspx>
- Eat the right **alkaline** foods. This is explained in detail in the pH information on the website below and in the charts below. Start reading the web page and all of the links and videos. You will then understand the science behind his alkalinity program (made popular by the hit movie, *Forks Over Knives*.) This program has been successfully used for over 25 years — to address every type of health condition known to man, including weight loss.
- Click here: <http://ernestlmartin.com/alkalization.htm> for documentation on alkaline living.
- Click here: <http://ernestlmartin.com/alkalization.htm#biblicalalkalization> for a

biblical perspective on healthy, alkaline eating.

First, let us address what you should not be eating on this plan. Here is the list of **acidic** foods to either never eat (especially now) or, to eat only once in a great while and definitely less than 20% of your total daily diet once you achieve your desired goal:

- Any food labeled **GMO (genetically modified)** or that has hidden, non-labeled GMO in it. Or, any animal that has been fed GMO feed (as most are today.)
- **Sugar** (even raw, natural sugar, including all sugar substitutes) and any products with sugar (or corn syrup) in them. This includes fruits, too. If it tastes sweet, it has some form of sugar in it. Sugar is sugar, natural or otherwise.
- **Wheat and/or gluten** (including pasta, chips, pretzels, cookies, pies and most breads and cereals), all corn products, white rice, and potatoes. Most processed foods today have some type of corn derivative in them. Also, no peanuts or cashews.
- **Meats, fish and chicken and eggs.** You can eat vegetarian/vegan meat and dairy substitutes, as long as they are organic. Don't worry about a loss of **protein**. You will be getting more than enough in the alkaline diet. How much protein does a vegetarian elephant need?
- **Dairy.** None of it is good for you. Not even yogurt or raw milk or salad dressings. Even most store bought organic almond milk has undesirable additives.
- **Mushrooms, soy sauce and peanuts.**
- **Sodas, coffee, teas, sports drinks, fruit juices, beer, wine, cocktails and most of your mineral and soda waters** are all highly acidic. For now, drink only bottled spring water (or, highly filtered tap or alkaline water) and herb teas (all other teas are acidic and/or have pesticides in them.) We use *Arrowhead Mountain Spring Water* in the 3 liter size (which comes in the high grade plastic bottles).
- Anything with **vinegar** in it (including most salad dressings and apple cider vinegar.) It's all acidic and may contain microscopic worms.
- **Chocolate.** It is really not good for you, even the "raw" and "sugar free" kinds, despite all of the health claims to the contrary. It is all highly processed.
- **Table salt and pepper.** Regular processed table salt and pepper is bad for you. Use **unprocessed salts**, like *REAL SALT* (also available with good seasonings mixed in.) Use additional seasonings instead of black pepper (which is acidic — red or cayenne pepper is okay.) The average person is actually **salt deficient**. A lack of salt actually produces sugar cravings. Sea salt is good only if it is unprocessed.
- Anything with **soy** in it, unless it is organic or GMO-free and non-fermented. Then it is okay.
- Anything in a can or package that is **processed** in any way.
- Do not **microwave** anything. It destroys what little nutritional value it may have

had in the first place.

- Do not cook anything above 200 degrees as it kills most nutritional value. Actually, any heat destroys the live, vibrational characteristic of food. Eat at least 80% raw food, especially for the next 30 days.
- If you can afford it, buy a [Vitamix](#) blender. It makes food preparation a whole lot easier and a lot healthier. You will use it for the rest of your life.

Breakfast:

- Have a fresh grapefruit — or two. I prefer to squeeze them and just drink the juice. Bottled or canned grapefruit juice has too much sugar and the health benefits in it are destroyed in the pasteurization process. Do not drink orange juice at all (even if fresh). It is loaded with sugar.
- Or, better yet, vegetable smoothies. The greener the better. Make with avocados, other greens, and mix in your vitamins (if liquid or powder.) Add PHOUR SALTS (see below.)

Lunch and Dinner:

- Again, vegetable smoothies.
- Have a salad or, just eat (organic) vegetables right out of the bag (skip the baby carrots, however.) No traditional salad dressing. There are no healthy salad dressings in any food store (they all have either vinegar or dairy in them). Instead, use fresh lemon juice and mixed seasonings that also come in a convenient small bottle that you can also carry around with you. A new product on the market is *Bitchn' Sauce*, based mainly on almonds. It comes in several different flavors and is excellent as a dip and can also be used as a substitute for salad dressing. Mix with organic [Veganise](#) to make it go further. Non-roasted salsa and guacamole are another viable option. Be sure to add non-processed salt (*REAL SALT*, regular or seasoned) in it.
- Make a plate of fresh, raw (or cooked) vegetables. Season heavily with the seasonings/sauces mentioned above. You can also just eat organic broccoli or mixed vegetables right out of the bag with an appropriate dip (from above).
- Duplicate these delicious dishes from one of America's most successful vegan restaurant chain, *Native Foods*. Note that not all are necessarily alkaline, but all are healthy. Three quarters of their customers eat there simply because they like the food and are generally health conscious. The other one quarter are vegans.
- Another alternative is the *VSHAKE* (below.) Have that instead of a traditional dinner.

Snacks:

- Have some celery, carrots, broccoli or any other fresh, raw, organic vegetables.
- Eat almond nuts, preferably raw, organic, preferably soaked or liquefied.

- Be sure to drink several glasses of water throughout the day. Don't drink water with your meals and don't add ice to your water (it causes all kinds of digestive problems.) Keep a glass or bottle near you all day long and in your car.
- Keep a daily log of your weight — and your waist size.

Not Sure Where to Shop?

Most good, organic, non-GMO foods are available at your specialty food stores (*Whole Foods, Mother's Market & Kitchen* and some from *Trader Joe's*.) Many grocery stores now have an organic section. Farmers Markets can also be a good source of locally grown produce.

Note that not all “organic” labeled foods are truly organic. Conversely, many non-organic farms still produce many quality foods (and do not use pesticides.) The standards for organic labeling are often too restrictive and expensive for many farms to adhere to (even though they use no pesticides.)

Supplements You Will Need

([Order](#) One of the Following Three High Quality Vitamins and Most of the Other Supplements)

[Order](#) and start taking the powdered Reliv Now right away. Read the *Reliv Testimonials* to see what *Reliv* products have done for others over 25 years of promoting good health. This is the *Reliv* product that is most commonly utilized in the multitude of *Reliv* testimonials. Reliv Now will provide the nutrition your body will need to sustain you through this lifestyle change. Take one scoop per day in the morning. Comes with one serving of [Luna Rich](#) mixed in.





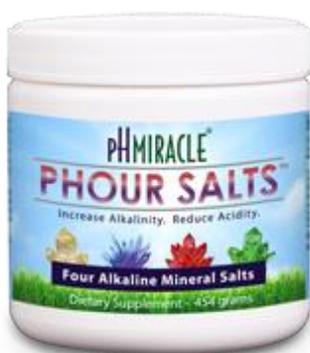
Lifelong Vitality Pack is doTERRA's soft-gel lifelong vitality supplement that is formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. Coupled with doTERRA's CPTG Certified Pure Therapeutic Grade essential oils and a lifelong commitment to doTERRA's wellness lifestyle, they naturally support a lifetime of looking, feeling and living younger, longer. The only vitamin of the three to offer omega, essential to good health. Ideal for traveling. [Order here.](#)

[Order](#) and start taking *PASSION 4 LIFE* Liquid Vitamins. *PASSION 4 LIFE* liquid vitamins are the best liquid vitamins that we have tested and assimilate into your blood stream within minutes.



[Order](#) and start taking the *doTERRA Slim & Sassy Metabolic Blend*. Take two before lunch and dinner, as this does an amazing job of naturally curbing your appetite through the day.

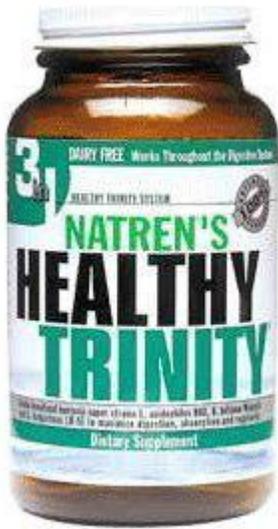
Order *VSHAKE*. It is the perfect vegetarian protein supplement. Use once a day as a meal replacement.



Order and start taking Dr. Young's pHmiracle *PHOUR SALTS*. They are essential for good health, achieving alkalinity and reducing sugar cravings. Read [this article](#) for a more detailed understanding. The average person is salt deficient. Take in powdered form, mix with water and fresh lemon once a day. Or, mix with your smoothie.

Order and start taking *Luna Rich X* lunasin. Click on this link to learn more about lunasin and what it does. You should immediately start to feel better, with more energy and fewer aches and pains and reduced inflammation. See what [professionals have to say](#). Take a minimum of four per day.





Order and start taking *Healthy Trinity* probiotics only if you are having gut problems or are recovering from antibiotic or drug medicines. After eating acidic foods for many years, the gut flora becomes damaged and food does not digest properly. Burping, belching, gut discomfort (GERD), irritable bowel syndrome (IBS) and indigestion may result. To help turn this around quickly, high quality probiotics are recommend as a quick short term solution (only), until your body is rebalanced to a proper alkaline pH through proper eating. Probiotics need to be fresh and cold. If they are off the shelf and not refrigerated, they are useless (despite whatever the marketing gimmicks on the label say to the contrary.) **Order** from us through in order to get the freshest

date. Take one or two per day, as needed. Place order on Monday, Tuesday or Wednesday only in order to receive the fastest fresh shipment straight from the factory.

All of the above products are available at:

<http://www.ocproactivehealth.com/products>

Expect to lose as much as one pound per day, though you may go two or three days with no weight loss. Remember, this is a lifestyle change, not just another 30 day diet plan. On those plans, you start to regain the weight once you stop eating correctly and taking their recommended supplements.

Do you need some inspiring success stories from those who have adopted a plant based diet? Check out [this page](#).

If you find yourself “falling off the wagon” or having cravings for certain types of unhealthy foods, we recommend using the Emotional Freedom Technique (EFT) to overcome these kinds of emotional problems. Make a [phone appointment](#) for help in that regard. Or you can download the EFT Manual and other EFT information for FREE at the [bottom of this page](#). Dr. Mercola also has an excellent EFT page:

<http://eft.mercola.com>

The ball is now in your court. Hopefully, you have clicked on all of the [blue hyperlinks](#) and have read the complete articles on good health and the information on the supplements. These supplements have been researched over the years by us and have been proven to produce the maximum benefit to ongoing good health.

Store substitutes will not work as well.

Please email us if you have questions. And, we would love to hear your testimonials (before and after pictures would be nice, too.)

Disclaimer

The information contained in this instruction manual is for educational purposes only and does not constitute medical advice. *We highly recommend consulting with a licensed physician before starting on any weight loss program or change to your diet.*

Email: elegan3@aol.com Phone: 714-403-9970



3 Carbonated Water, Club Soda, Energy Drinks

4 Popcorn, Cream Cheese, Buttermilk, Prunes, Pastries, Pasta, Cheese, Pork, Beer, Wine, Black Tea, Pickles, Chocolate, Roasted Nuts, Vinegar, Sweet and Low, Equal, Nutra Sweet

5 Most Purified Water, Distilled Water, Coffee, Sweetened Fruit Juice, Pistachios, Beef, White Bread, Peanuts, Nuts, Wheat,

6 Fruit Juices, Most Grains, Eggs, Fish, Tea, Cooked Beans, Cooked Spinach, Soy Milk, Coconut, Lima Beans, Plums, Brown Rice, Barley, Cocoa, Oats, Liver, Oyster, Salmon

7 **Neutral pH**
Most Tap Water, Most Spring Water, Sea Water, River Water

8 Apples, Almonds, Tomatoes, Grapefruit, Corn, Mushrooms, Turnip, Olive, Soybeans, Peaches, Bell Pepper, Radish, Pineapple, Cherries, Wild Rice, Apricot, Strawberries, Bananas

9 Avocados, Green Tea, Lettuce, Celery, Peas, Sweet Potatoes, Egg Plant, Green Beans, Beets, Blueberries, Pears, Grapes, Kiwi, Melons, Tangerines, Figs, Dates, Mangoes, Papayas

10 Spinach, Broccoli, Artichoke, Brussel Sprouts, Cabbage, Cauliflower, Carrots, Cucumbers, Lemons, Limes, Seaweed, Asparagus, Kale, Radish, Collard Greens, Onion

ALKALINE FOODS

ACIDIC FOODS

RawForBeauty.com

