

How To Lose Weight! And Get Good Habits!



Most of us want to lose weight, but have we lost the inspiration?

That would not be surprising. We have all learnt the hard way:

Diets Don't Work!

In this free eBook you'll learn some of the reasons why this is true. But what's even more important. - You'll learn what YOU can do to change it!



What is Inspiring?



Sir Richard Branson is best known for his [Virgin](#) brand of over 360 companies. His first successful business venture was at age 15, when he launched a Student magazine. His next venture was a record mail-order business in 1970. Two years later, he opened a chain of record stores, Virgin Records, later known as Virgin Megastores and rebranded as zavvi in late 2007. [Read more:](#)

I'm not suggesting any of this has to do with losing weight. I would be surprised to learn that Richard Branson ever had a weight problem. But if anyone can prove that inspiration gets you results he's the man. This got me thinking. Like most people, I want to make a difference. But I'm running out of time. At 72 years of age, *what inspires me?*

It has to be more important than watching a grand slam or a great movie. We are all becoming spectators to life rather than participants. Inspiration has to be more than a game-changer it has to be a life changer. For me it has to be a worthy cause. It must not only inspire me to act, but offer me a challenge to bring about meaningful change to myself and to others. I'm well past retirement, but I'm not past being inspired to pursue a cause I believe in. Not when I know I can make a difference and that this will truly matter.'

Throughout my life I have been very active. I have always worked. I have travelled, lived in different countries and seen a large part of the world. When I see things that don't ring true, or don't make sense or seem to have the backing of vested interests with doubtful credentials. I tend to take a mental note and file it in my memory bank. Usually I don't have time to do more than that. But as years go by, and I continue to be reminded of a particular issue, I take a closer look.

Forty years ago, I was made aware of the real story behind the sudden panic about cholesterol. A series of circumstances suddenly made cholesterol a big new health issue. It quickly became a massive health issue. The media became involved and

soon we experienced the biggest scare campaign in living memory. My BS barometer sent me strong signals, but I was busy running a business and didn't respond.

I became alarmed when I was told that some people had invented a new diet that cured cholesterol problems. I knew those people and when I saw a poster of their diet I realized what they had done. They had simply reversed our traditional diet and presented it as a cure for cholesterol. You'll know that diet as the food pyramid. But I'm ashamed to say I was still too busy. And what could I do anyway. We were in the midst of a worldwide media scare campaign that urged people to get tested for cholesterol. It was quickly made clear that just about everybody had high cholesterol.

Despite my suspicions and the fact that my BS barometer was going berserk, what could I do? Every man and his dog were getting tested for cholesterol and almost everyone proved to have high cholesterol. Most ended up on the food pyramid. I knew this was complete BS. All my sensors told me so. But who was I to argue with the rest of the world? I assured myself that somewhere out there, research labs were hard at work proving these false assertions. I assumed there would be a big announcement any day.

Nothing happened so I forgot about it and got on with my work. Then something did happen, but only to me. I went into a small, private hospital for a very minor overnight procedure. I woke up in a big hospital, in the cardiac intensive care unit. I was on a life support system and barely alive. I had suffered a cardiac arrest, a minor stroke and a damaged thyroid. Not exactly what I'd expected from a minor overnight procedure. When I finally left hospital, it was with a note from my doctor to immediately visit a highly recommended Dietician. Apparently, due to my thyroid condition, I would have to be on medication for the rest of my life and I would always require a special diet.

There is a strange, but well known condition that often happens to very healthy, active people who suddenly find themselves 'not in control'. They become institutionalized. Contrary to my nature, I obediently saw the dietician and received several sheets of paper with a well laid out eating plan. Like A good patient, I followed the plan to the letter. I was 43 years old. I had never had a weight problem in my life. I had never needed a diet and neither had anyone in my family, or among my friends. Soon I began to gain weight. I complained bitterly to both the doctor and

the dietician. But I sensed a hint of mistrust on their part. Clearly I wasn't following the diet to the letter.

As I look back, it's hard for me to believe that I spent the next twenty years in constant struggle with my weight. I must have tried every diet ever invented. The more often I dieted, the more difficult it became to lose the weight. And the more weight I gained. About 10 years ago, I began to have some health issues and disturbing symptoms. I was diagnosed as a Pre-Diabetic. I don't know exactly what triggered it, but suddenly my BS barometer came back to life. I knew I was in trouble and if I wanted to get better I had to do it myself.

I was retired by then, and I finally had all the time in the world. I began to analyse my condition and the circumstances that brought me to where I was. I remember all the information I had gathered over a period of forty years. I put the pieces together and I began to see a pattern emerge. It fitted in with all those early warning signals I had chosen to ignore. I remembered the misinformation, the fake science, the fake food, and the diets nobody had ever needed before, but suddenly couldn't live without. I began to see the big picture. It was like a giant jigsaw puzzle. I studied and looked for the missing pieces.

Bit by bit a picture emerged. And in this case, it was a very scary, even sinister picture. It became very clear to me that the manufactured food industry is this century's tobacco industry. Their business is established and survives solely on an addiction to their products. They are causing new diseases like Diabetes Type 2 and Morbid obesity. They are killing people and rather than seek ways to diversify into healthier options, they continue to expand their products and make them even more addictive. Their aim is to constantly increase the number of food addicts.

Make no mistake; this is not something I have thought up. This is something I prove, step by step, in my articles and my books. It has become clear that the manufactured food industry is on a mission to eventually, completely replace our natural food. Perhaps that wouldn't be such a bad thing if not for one very important fact. We see ourselves as modern, advanced, adaptable human beings. – But make no mistake; our body is none of those things. It hasn't changed since our ancient ancestors walked out of Africa 70,000 years ago.

We evolve, we do not adapt. We are forcing an ancient digestive system to adapt to human made foods that did not exist till the twentieth century. It is only 4 decades

since we reversed out traditional diet. It was a diet that consisted mostly of natural food. Instead we took on a modern diet consisting mostly of fake, processed foods. Evolution takes eons, not a few decades. Our internal body has simply not evolved to understand the food we eat. Is it any wonder we have developed a food addiction?

So what inspires me? - A Cure for Food Addiction and an End to Dieting! The human digestive system is built to process natural foods. It cannot survive without proteins. But it has proved over the centuries, through famines, even an ice age, that it gets along really well without carbohydrates. You can ask any Eskimo. Adding fake processed carbohydrates to the mix is a travesty. It has become obvious that we have become addicted to those foods. The more we eat them, the more we want them and the fatter we get. 86% of us are expected to be obese by 2030. We are on a downhill spiral. We can't stop eating fake foods because we are addicted to them.

The food industry expects us to pass our addiction along to our children. They know we will, because our children eat what we eat. So the food industry is assured of yet another generation of addicts. We are eating ourselves to death. And diets make sure we get there. Look around. We are all getting fat. Many of us are already obese. Diabetes type 2 is on our door step. Our chances of heart disease, colon and bowel cancer have never been greater. And yet, we all diet. Because fake experts teach us that fake food is a healthy option.

The fact is, our body doesn't adapt, it evolves. It is not equipped to process artificially made carbohydrate foods no matter how tempting they look or how good they taste. What can be more important and worthy of my attention than this? So yes, I am inspired to write about and publicize the facts about food addiction and the dangers of dieting. I'll keep doing it till I'm convinced that enough people are informed, who are willing to pass on the facts to other and who can at least now,



protect their own families.

It's my mission to expose an industry that like the tobacco industry grows and thrives on the back of an addiction. Most victims do not realize they are addicted and unknowingly pass it along to their children. To date, the food industry has managed to get 60% of the population addicted. Their ultimate dream is to get us all addicted. Food addiction is already the most widespread addiction - ever. We are eating ourselves to extinction, on fake, manufactured foods that our body is not equipped to process. So Richard Branson's question; what inspires me? I think I have answered it well.

All we really have to do is learn the facts about the right foods for our body that will cure our addiction. I have created a membership that teaches all that. It cures the addiction and it makes sure every bit of excess weight is gone - Forever!

Till forty years ago most people were slim and healthy. Today, most people are fat and unhealthy. This ugly food addiction is promoted under the guise of a healthy lifestyle. Are we really going to let them get away with that?

So I'm going to ask: **What inspires you?**

ABOUT DIETING

Does Our Body Adapt to dieting?



To suggest that our body adapts to diets is dangerous and grossly inaccurate. Our body is not designed to adapt. It is part of nature, it evolves. Human evolution is a very slow process. When we diet our body knows only one response; Famine! It slows our metabolism and prepares to store fat. As soon as the famine is over, the body goes to

work to restore all the lost weight. The more often we diet the fatter we get. Our body is programmed that way. It's called nature!

Dieting is a modern invention that makes us fat! *Human evolution* takes eons. As we evolved over the centuries, so did our *natural diet*. Today we refer to that diet as our *traditional food*. Through the ages, as our *lifestyle* evolved, so did our *food choices*. But the changes were small increments over many centuries. That is, until around Forty years ago, when we foolishly reversed our *natural diet*.

Till that time, we considered natural food our normal, healthy food. There was no *dieting*. No food plans, no calorie counters and no scales. Diabetes type 2 did not exist. Weight problems were rare and *Obesity statistics* were not even considered. *Gaining weight* was viewed as a sign of illness, like diabetes or a thyroid condition. We simply followed our instincts and listened to grandma. We had plenty of variety. We knew what to eat, because our instincts told us. Our natural food was always our *traditional food*.



Seventies classic before diets (credit: Henrico Prins)

We've become *addicted to processed foods*. We are dependent on the very people who cause the *addiction* and are now reaping the profits. We started with an evolved, refined, well-functioning digestive system. It worked without a hiccup for centuries. Today, dieting has become almost a science. A lot of work is put into making every diet very complicated. We need an expert to advise us on the right types of food to eat. We expect meal plans, rules and guidance. We have disconnected ourselves from our internal body. We barely give it a thought. Yet, forty years ago, most people still used their instincts.

Dieting Is dangerous to our health!

Diets have been very convenient for those who profit from our eating habits. But what's really damaging about that is we have become incompetent when it comes to making our own *food choices*. Nobody got fat on our *traditional food*. But then we reversed it. We flipped it upside down. We gave our internal body a shock it has yet to recover from. That's despite the fact, there is no evidence diet have ever been a sustainable solution for anybody.

Common sense should have told us that reversing our *traditional food* was not a very smart thing to do. But it was the Seventies. It was a time when everybody had a theory about something and claimed to be an expert on everything. It was the age of experiments and human intervention. Nature could be improved and it could also be proved wrong. People could do better we said. It was only a matter of time till somebody would turn their attention to our *normal food*. It was boring, old fashioned, out dated. It was everything we disapproved of in the Seventies. It was time to modernize.

There happened to be a group of people who aspired to a niche on the fringe of medicine. They decided the best way to get attention and credibility, was to create a *diet*. The more different to our *normal diet*, the better. They added rules, restrictions and graphs of specific food groups. They had a big poster made to depict a *food pyramid*. It showed the exact ratio of the *types of food* allowed.

The *food pyramid* was promoted as the only solution for cholesterol problems. It was therefore natural to assume the diet was a well researched, scientific marvel, created by genuine experts. It was understandable, given the rules and regulations that hinted of lots of research. In fact, it was slapped together by some amateurs who went on to call themselves nutritionists. It was simply an exact reversal of the traditional *natural food*. *Diets became normal* because we were all doing it!

Nobody ever thought to check how our body felt about *diets*.

People soon stopped thinking about their body at all. We now had experts to take care of that. We could relax and focus on our exterior. We saw that as a far more interesting place for our attention. Today we have plenty of evidence of how our body felt and how it still feels today.

We have an *obesity epidemic*. *Diabetes type 2*. Hospitals are flooded with demands for colonoscopies. Heart disease is spiralling, cancer is on the increase. Pharmacies are stocked to the rafters with remedies that alleviate digestive and intestinal problems. Today most of us have no idea how the body works. We accept unqualified theories by the people and corporations who tell us what to eat. They are very people who profit from our addiction.

According to [obesity statistics](#), 86% of the population will be obese by 2030. In response to that, the 'experts' are sure to invent a new diet. If we want to live long healthy lives, we must cure our food addiction and stop dieting.

We desperately need a reality check while we can still do something about it!

Somebody has to break the circuit of addiction!

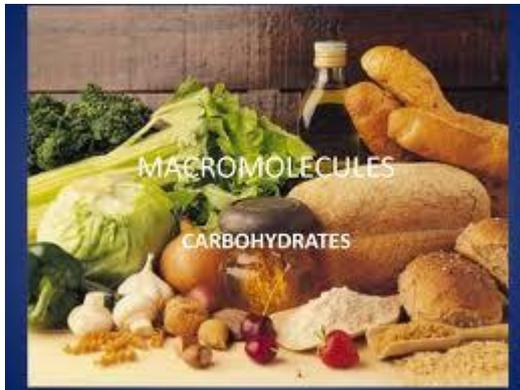
And Take action before it is too late!

What Does Eating Healthy Mean To You?



Eating healthy?

be slim *healthy people*, we cannot also expect to feed our addiction to sugar and other *processed food*.



Processed Carbohydrates Are addictive

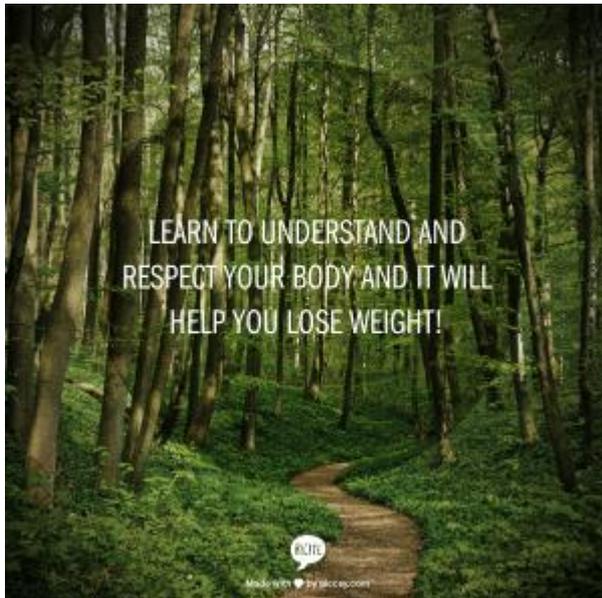
When you cure your addiction, you also cure your weight problems. That's because you'll be eating the *types of food* that please your body, before they please your taste buds. You'll make the *food choices* that make you friends with your body. This is crucial because your metabolism can finally get back to work. It can then control and balance your weight as it was designed to do. That was not meant to be your job. You can finally be the slim *healthy person* you and your body have always agreed you should be.

Once the food addiction is gone, so is the weight. That's why the first step is to cure your addiction. As long as you are ruled by your cravings and continue to eat the wrong types of food, your body will never help you to lose weight.

Eating healthy means making food choices your body understands!

Till the twentieth century, eating healthy meant eating by instinct! When you reduce your *normal food* your body responds as if you are in a famine. It slows your metabolism and prepares to store fat. When you return to your *normal food choices*, your body will begin to restore every ounce of fat you have lost. It will also add an extra layer of fat for protection against any future famine. That's its job!

Eating by instinct also means *eating natural food*. It means *Real food*, as opposed to products labelled 'food' and manufactured and processed in a factory. We are so used to diets that we can barely eat without a food plan. It is difficult because we have spent a lifetime eating by 'the rules'. Learning to break that habit will require some awareness and planning.



Why is joining a membership so crucial to success?

You are about to cure an addiction just as real as a tobacco, drugs and alcohol addiction. You have become a pawn to be used by the cereal, snack food and diet food corporations. They tell you what *eating healthy* means. They encourage you to fatten up your children on *processed foods* like breakfast cereal. Their *food choices* become your *food choices*. The act of eating is outside your sphere of control when you are ruled by your addiction.

Join our membership and let me help you cure your food addiction and lose the weight for good

[Click here to learn more about the membership!](#)

Is food addiction really becoming The Tobacco Addiction Of The 21st Century?



From Tobacco Addiction to Food Addiction!

There is no question about that. But the food industry is a lot better at it. They have learnt to avoid the mistakes made by the tobacco industry. They plan to be around a lot longer than the 100 years the tobacco industry has enjoyed. The tobacco industry was exposed. There is no doubt the food industry plans not to make the same mistake. That's why the words "food addiction" is so suppressed. - Almost secret. Instead we are encouraged to refer to it as an eating disorder.

The reason may surprise you. But an eating disorder is classified as a psychological disorder. It requires lengthy analysis and medication. There are no great expectations that a cure is around the corner. That means no threat to the food industry of being revealed as the creators of a dangerous addiction that is killing people. A food addiction is like any other addiction, with almost identical symptoms. It is classified as a physical condition. That means a cure, lasting at most a few months. Clearly not an option favoured by the food industry.

We are constantly encouraged to eat processed foods. Whole industries are built around snack foods. Like the tobacco industry, the food industry, survives and thrives on the back of an addiction. This time it is to manufactured, processed foods. They are every bit as harmful and damaging as alcohol, cigarettes, drugs. And any other form of addiction.

Like the tobacco industry, the food industry has powerful government support. They serve an important role in the economy. Their products are very profitable and addictive. They are great for business. They are just not good for people! When our interests as individuals, conflict with the interests of big

business, we know it's a fight we can't win. But in this case, our future, and that of our children's is at stake.

It Is That Important!

It is estimated that 60% of the population are already addicted. Our children eat the same food we eat. So they too are addicted. We see that, because it is no longer only adults that become obese. Obesity in children is increasingly common, so is diabetes type 2. Even morbid obesity is beginning to affect children

Is Food Addiction As Serious As Drug, Tobacco And Alcohol Addiction?

Absolutely! In fact, food addiction has become the biggest killer of all. It is the most widespread addiction we have ever experienced. More people suffer from it than all the other addictions combined. There is no such thing as a safe, harmless addiction. If you are getting fat, it's because you have a sugar addiction. Or perhaps one of the other variations of food addiction. You keep getting fatter because your addiction drives you to eat more and to do it more often.

Overcoming food addiction!

All addictions invade our body and our mind. They are equally difficult to cure and exhibit very similar symptoms. But to an addict, food addiction has one useful advantage. You don't have to give up food. You only have to give up the types of food to which you are addicted. Those are the foods that barely existed till 40 years ago. We didn't need them then and we don't need them now. We only eat them because we are addicted to them.

It's true! We can't imagine a life without processed foods. But hanging on to bad habits is true of all addictions. Once the cravings and the binge eating has gone, so has the addiction. That means, once we cure our addiction, it no longer has any power over us. We become immune. Food addiction tricks our

mind into believing that much of the bland, tasteless types of food we crave, like bread and pasta, are filled with wonderful flavours. The fact is, to get some flavour; we have to add something, like a filling between two slices of bread, or a sauce to cover the pasta.

What Are The Food Addiction Symptoms?

Apart from making us obese and forcing us to eat way more than our body needs. These are some of the symptoms you can expect: Cravings, binge eating, hunger pains, withdrawals, fatigue, high blood pressure, depression, anxiety, headaches and other pains.

The most serious consequences to our health are morbid obesity, Diabetes type 2, and heart disease, strokes, colon and bowel cancer. Some of the less deadly diseases are Alzheimer's disease and premature ageing. They will not kill you, but some may wish they had. In other words, we are talking about an addiction with consequences as serious as any hard drug addiction.

How Do We Stop Food Addiction?

The first step is to learn to understand how the body works. That means learning to understand proteins, carbohydrates and fats. We need to know what they mean to our body. This helps us understand the addiction. You can't cure something till you understand how it works and what it does to your body.

A HEALTHY LIFESTYLE!

What Does It Take To Get a Lean, Healthy Body -?

That'll last a Lifetime?



SIMPLY!

A cure for your food addiction,

And an understanding of the right types of food!

Achieving a healthy lifestyle at the very least, demands we eat the right food and take care of our body. And I don't mean by diets and exercise. I mean learning to understand the needs of our internal body which is what keeps us alive. Today, we talk a lot about healthy lifestyles. But clearly, we do not practice healthy lifestyle habits. Two thirds of us are overweight, obese and suffering from food addiction. Eating by instinct has long been forgotten.

We may look very modern on the outside. But inside, we still operate with the same internal system that our ancestors had. Our body does not adapt. It evolves. To think we can override nature shows both arrogance and stupidity. After all, our body is our home. We depend on it for our health, our appearance and our longevity. It determines whether or not we can enjoy a healthy life.

The fact is we have no time for our own internal body. We are way too busy with our external looks and appearance. As to our food choices? We have 'experts' for that! - Right? We just want to be left to pander to our taste buds. Unfortunately, that usually puts us in direct conflict with our own body. At least 60% of the foods we eat are unnatural. These foods are a twentieth century invention. Yet incredibly, so called 'experts' claim that these are foods essential to a healthy diet.

Today, 60% of us are obese. Statistics suggest this will increase to 86% by 2030. If we don't begin to listen to our body, we will eat ourselves to extinction by the end of the century. Healthy lifestyle tips begin with learning how to achieve a genuine healthy lifestyle.

How do we choose the right healthy food? - And take a healthy lifestyle approach. Not to please our palate, but to support our body. We are being trained to eat unnatural, foods that are alien to our body. We are developing an addiction to those foods. We have lost our natural instinct for intuitive eating - An instinct that guided us for generations.

Today few of us know we have such instincts. The benefits of a genuine healthy lifestyle have become tainted by misinformation. Why is it so important to choose the right healthy lifestyle? Because if a food is bad for our body. It is equally bad for us. If we don't listen to our body, how can we know what it needs?

Killer processed foods!



Processed foods!

Today, the average person's diet consists mostly of processed foods. These are foods that did not exist till the 20th century. They are often called the right healthy foods. But ask yourself: Are we really living a healthy lifestyle? Most of us are unhealthy, heading for obesity. We choose to eat fake, packaged foods that our body has not evolved to process. Where is the health in that?

People like to say; our body always adapts. - Our body never adapts. It is locked into evolution. That's a process that takes eons. Not a few decades. Our current ideas on how to best live a healthy lifestyle are detrimental to our health. And they are an insult to nature. We have been grossly misled by a food industry that thrives and profits entirely from our addiction to their foods.

Our energy and good health comes from rich protein foods. Yet we send our children off to school on breakfast cereals. These are fake, processed foods that will slow them down and inhibit learning. The feeble attempt by cereal manufacturers to suggest, on their packaging, that they contain high protein content is so wrong - even desperate, as to be laughable.

For forty years we have been encouraged to pass our addiction to the next generation - our children. We do it because we don't know the facts. We are bombarded with misinformation, aimed to assure us that processed foods are safe, healthy and nourishing. Remember: they used to say that about cigarettes! Nothing could be further from the truth. But to the food industry, our food addiction is their bread and butter. We are their addicts, there to be used and exploited.

It's hard to accept that we have been tricked into a food addiction. But it is harder still to remain victims of a brutal industry that actively and knowingly, turns us into food addicts. And assume we'll pass our addiction along to our kids. This is an industry that is right now - strong arming our supermarkets and grocery stores to push all the natural, healthy food out the door. They stand ready with a fake food replacement.

The industry is protecting their market by making sure we will soon have nowhere to turn for food except to fake, processed, pretend foods. The most frightening fact is that to date, not a single regulator has demanded scientific proof that fake, processed foods are suited to our digestive system. We are left to accept 'research' conducted by the food industry. We have no reason to trust that fake manufactured 'food' is fit for human consumption. There is every indication that it is not!

This is an important consideration because the human body has not changed in eons. Our digestive system was designed for natural protein rich foods. It has not, and will not change, to adapt to foods that were invented in the twentieth century. Our body treats processed foods as alien. Processed food is already recognized as the likely cause of food addiction. So how did it all begin?



Eating healthy!

Forty years ago, we abandoned our traditional diet.

It included a diet based on natural protein rich foods. Why did we abandon it? We were faced with the biggest media scare campaign ever seen. It was about the dangers of high cholesterol. Almost everyone who got tested had high cholesterol. A new diet was quickly invented. It was the only known solution. Naturally, it was assumed science stood behind the diet. But it was in fact nothing but an expedient reversal of our traditional foods. In time it became known as the food pyramid.

Instead of nature's fresh healthy produce. We were given a diet based on new, factory produced processed foods. You find that hard to believe? Not when you consider the tobacco industry. They have been profiting from a deadly addiction for a century. To add insult to injury, it took thirty years to reveal to the public why almost every person tested for cholesterol had a high result: The tests had all been wrong. Instead of gauging the HDL LDL ratio, they added the numbers together. There never was a cholesterol emergency and therefore there was never a reason to abandon our traditional, natural food.

If you believe that living a healthy lifestyle is your right. And that healthy living does not include an addiction. Then you need to act now. Don't listen to diet talk. The only people who benefit from diets are those who promote and sell them. If you are overweight or obese, chances are you're addicted. The only

healthy lifestyle choice you can make is to: Cure your addiction. When you do that, you stop the hunger pains, the cravings and the binge eating. You lose all the weight and you eliminate the need for diets. It will be a weight loss that will last a lifetime.



Fast, greedy food!

Do you think it sounds all too simple and easy? Of course it does. Our body is not rocket science. People complicate it. Nature simplifies it. Our internal body hasn't changed for eons. It is identical to that of our ancestors who emerged from the last ice age. If they could survive that, - our body can't be that complicated - right? That's why the diet and food industry work so hard to make it seem that way. They make simple things like how to live a healthy lifestyle, impossible without a diet expert.

If you hope to sell an idea or a product, give it some authority and credibility. You make it sound a little technical and complicated. - Just enough to impress the customers without scaring them off. But the *food industry* takes it a step further. They have the advantage of already profiting from a full blown food addiction. They know once they get you addicted, you'll be theirs for life. They will not only have you, they'll get your kids and your grandkids as well.

A healthy lifestyle is not a given! Why does nobody stop the food industry? Nobody can stop them. Governments don't tell THEM. THEY tell governments. They are the most powerful, industry in the world. Recently they managed to ensure our kids will get an even earlier chance to get addicted. They took control of the new, school Food Plate. Now it's just like the original Food Pyramid, just square and a little bit worse.

But you, - yes you, have the power to stop them, at least at your own front door. You decide on the type of food you bring into your home. You decide whether you fill your fridge and pantry with processed foods or with high protein foods. You are the boss, within the walls of your own home. It's for you to choose if you are a family of food addicts or a family ready to slim down and start living a genuinely healthy lifestyle. You have the opportunity to make your family Lean, healthy and happy. Without diets, food plans, or counting calories.

What is offered here is a lot more than a few healthy lifestyle tips. This is no ordinary weight loss program. First of all, it's not a diet. It's a step by step, 6 week course, designed to cure your food addiction. In the process, you will eliminate your food cravings, your binges and your weight problems forever. You'll make the healthy lifestyle changes that your body has needed for a very long time. When your body enjoys a healthy lifestyle, so do you.



Kids deserve a healthy lifestyle!

You will see a weight loss in the first week. Your cravings and binge eating will quickly disappear. That's because your body will get the food it is programmed to process. The membership provides direct, real time access to me and other members 24/7. Nobody gets left behind. So what should you do? You should join our membership and cure your addiction. That will also cure your family's addiction. Because they eat what you eat. The cure is easy because you will have the right support: It will take you through a process that:

***Cures your addiction.**

***Eliminates the hunger, cravings and binge eating.**

***You will have the support you need to succeed.**

***You will learn why you never need to diet again as long as you remain friends with your own body.**

***You will learn about the types of food your body wants you to eat.**

***Here we will not be satisfied till you have lost all the weight and learned exactly how to keep it off permanently.**

The course will teach you a genuine healthy lifestyle.

Your reward will be that lean healthy body

You always wanted.

[You can get all the details right here:](#)

Warning!

The food industry has successfully, but incorrectly inferred that processed foods give us energy. That is misleading and cannot go unchallenged.

All the carbohydrates we eat, processed or natural, are converted to glucose. That's pure, liquid sugar. It's the fuel that drives us when we have the energy to spend. Our energy comes from protein foods. If we don't eat enough proteins we won't have enough energy. To say that carbohydrates give us energy is like saying that gasoline drives our car. Your car is not going anywhere till you get behind the wheel and drive it. Another thing the food industry neglects to mention is that processed foods did not exist till the twentieth century. Till then we managed perfectly well without them. In other

words: Processed foods are entirely superfluous to our needs. We can get all our carb needs from vegetables, greens and nuts etc. Processed foods serve no health or dietary benefit to our body. The only thing they appear to have given us is a food addiction.

Imagine! Only forty years ago, it was still normal to have a lean healthy body!

And guess what? Dieting was not a normal thing to do!

If you are intrigued by the circumstances that caused these events and you want all the facts. For example, who and what caused food addiction, how did it happen and who reaps the benefits. You will learn it all from my books and articles.

Discover why people used to be lean and healthy, without having to diet. Why it would still be that way, if we hadn't been coerced and tricked into abandoning our traditional diet. In fact, we did much worse than abandon it; we reversed it. We adopted a modern new diet. It became known as The Food Pyramid. It consisted of 60% manufactured, fake food. To this day, nobody has ever thought to inquire how our internal body felt about that. You will learn the reason for your weight problems and a way to eliminate them forever. Today's so called healthy lifestyle choices, are driving us to extinction. We eat foods mainly to satisfy our addiction. To save ourselves and our children, we must cure our food addiction and we need to do it NOW!

Nobody is going to rescue us from the diets, the detoxes, the food plans, the pseudo-science and misinformation. Nobody cares that it is slowly killing us. You need to know that it is not in anybody's interest to help you cure your food addiction. It keeps the diet and food industry in business. Without it, they have no business! Nobody is willing to put their money on natural food as an alternative. There is no money in that. But there are endless riches to be made from fake, addictive snack foods. These can be churned out in factories 24 hours a day. Just look where it comes from: Giant, multinational food corporations. They did not even exist 40 years ago.

Do you think for one moment, these giant corporations will lie down and vow to stop profiting from our addiction? Do you think the government will force them? They couldn't even stop the tobacco industry.



Governments need these corporations a lot more than they need us - the public. They also have the grain growers to consider. The only place you, as an individual, have any power and influence, is with your own family in your own home. Isn't it time you learn exactly what your own body wants you to eat? How to live a healthy lifestyle. How to eliminate hunger pains, cravings and binges? And how weight problems can finally disappear for good, at least in your own family?

Food addiction is not only your problem. It will become your children's problem and that just isn't fair! Not when all you have to do is make some healthy lifestyle changes. They are simple changes that will cure your food addiction and give you and your whole family a healthy lifestyle.

Why Is Protein foods Our Most Important Food?



Protein Foods!

Without protein foods, we don't exist. Why should you believe me? The information I possess, is rarely talked about because it endangers several massive industries, and therefore the government. But that only makes it secret, not untrue! My aim is to appeal to your common sense and natural instinct to recognize the truth. I'm 72 years old. I've been there and I've done that. I'm comfortable in my life and I'm too old to make a fortune. What I seek is to leave a legacy. I want to leave something that makes a difference in this world. I happen to have all this extremely valuable information. It would be criminal of me not to share it.

If you still need more assurance, get a second opinion. Not from a 'diet expert' or a Guru, a nutritionist or a dietician. I mean an opinion by a medically qualified doctor.

My name is Kirsten Plotkin. I grew up in Denmark, where my grandmother, like any other grandmother, taught me about our natural carbohydrates and protein foods. I learned how my body works and how it interacts with the food I eat. I learned to do what everyone else did: Eat by instinct. During my 72+ years, I have seen and learned a lot. I watched when forty years ago, millions of people began to abandon our traditional, protein foods. They were coerced and scared into switching to manufactured, processed foods. Soon it became clear that people were getting fat. The size of our food plates became larger and obesity became common - even normal. We live in a free, open society, where anything is possible. We use technology that I remember when it was science fiction. At our fingertips, we have access to information about everything there is, and has ever existed. The downside is that all this great, useful information is mixed up with every bit of nonsense false claims and

misinformation ever written. We can get a million instant replies to any question. But it's up to us to sort out the truth. So in reality; nothing has really changed.

But what should have alarmed the medical profession, forty years ago, was our new modern diet that required at least 60% of processed foods. Natural, healthy food was rapidly replaced by fake processed foods. They are made in factories and processing mills around the world. To validate these products as 'healthy', a mountain of misinformation has gradually developed, form "research lab' within the headquarters of the food industry. We see it promoted in advertising and editorials. Diet experts and Guru's use it to create their diets.

The cereal and snack food manufacturers have create an accepted, self-serving story about what is healthy food and what is not. The aim is to over-complicate our body and force us to seek "expert" diet advice. The entire economy now depends on us giving up protein foods for processed foods. Today, misinformation overshadows any genuine information still out there. To watch this unfold has been like watching brain washing in slow motion.



Yet despite everything I knew, about the need for protein foods. And the signs of food addiction, I still became just another victim. And it happened under direct medical supervision. That's one of the things that are driving me today.

I remembered what my grandma taught me. She was a hotel chef, something rare in those days. But she knew everything about food. So when I finally came to my senses, I set up a food regime based on her advice and put it into action.

I had to fight some serious food cravings. But I had anticipated that and was prepared. It was tough and it took a lot of willpower. But within a surprisingly short time my food cravings disappeared. Gradually, so did my weight problems. My health improved and I could finally claim to have returned to the same healthy lifestyle I had been forced to give up at age 43. That was more than a decade ago. I have remained lean and healthy to this day - I never diet, I never count calories and my weight remains the same.

This is knowledge that has been missing in our lives for a very long time. How could I keep that to myself? I want you to experience the joy of being free of the weight. - Of never again having to feel vaguely hungry all the time. Of having the energy you get when your body is healthy and happy. Of never again having to worry about what you eat or how much you eat. Your own body will tell you. This is what nature intended. Only humans have had the power to ruin it!

Protein Foods - Or Carbohydrates?

What Do They Do And How Do They Work?



The secret to a healthy lifestyle was once a given. Even a school child could give an answer. Today, needs of our internal body is a mystery to most of us. We are being trained to focus on our external persona. Like how we look, how we feel, how we dress and how we interact with others. The closest we get to our digestive system, is our taste buds.

We have been trained to distance ourselves from our internal body. The less we know, the more credibility is given to "diet experts" and the food industry. They want to tell us what to eat. These are self-elected experts who have no science or medical training. The word 'Nutritionist' means expert on food. They don't know how the body works. So how can they advise us on what it wants?

We no longer have the connection to our own internal system. Something our ancestors took for granted. We have lost our ability to recognize our essential foods by instinct.



Protein does not come in a box!

How did unqualified people invent a replacement for our traditional diet? They did what was expedient and easy. They looked at the importance of each of our natural food, and flipped them upside down. They then added a large base of processed foods, around 2 thirds of the total. That's how the food pyramid was created. It's how we went from an age old traditional diet, based on protein foods. To a modern new food pyramid, based on processed foods. Today we have an obesity epidemic. A looming epidemic of diabetes type 2. We have a big increase in heart disease, colon and bowel cancer. It is becoming clear that the cause is a growing food addiction. It's an addiction that already affects at least 60% of the population.

Don't imagine for a moment that excluding *protein foods* from our diet is harmless. We cannot exist as human beings without proteins.

I have been through it myself, so I know how hard it is to change. It's even harder when it involves a cure for food addiction. But I also have the advantage of knowing that it is So Worth It! So to make it really easy for you, I

have developed a very special membership with the emphasis on making the cure as easy as possible, without sacrificing the benefits.

So who profits from our addiction?

It began with a food industry that discovered they could grow their business on the back of a food addiction. They created an addiction that could be stimulated by the mass production of cereals, snack foods and other useless processed food products. Other industries soon joined in. They lined up with their own fake food products. Today we have countless varieties of cereals, snack foods, diet foods and confectionary.

We gave up nature's energy food - protein foods. We replaced it with fake, processed carbohydrates. Take a good look around the mall and you'll see what this is doing to us.



I hope you take this opportunity to act. You can stop your sugar cravings, your binges and your constant feelings of hunger. You can cure your food addiction and lose all the weight. You can save your kids from having to experience weight problems and all that goes with it. I did it! You can too. All you have to do is follow me in the membership.

So why don't we all just change our diet from mostly carbohydrates to mostly protein foods?

That's a good question. But would you suggest a sterile water cure in a drug addict's syringe? Or tell an alcoholic to switch to lemonade? Remember: This is not about a diet; it's about curing an addiction. Addictions can be hard to cure.

If you 'go cold turkey' and eat only high protein foods. You'll endure severe withdrawal symptoms and it could damage your health. You see, it is not just you that needs a cure. Your internal body is also addicted. That's where most of the damage has been done. Before you can cure your addiction and lose your weight for good. You must first understand what it involves and how to approach the cure. After all, we are talking about food you have been unable to give up - probably for years. Above all: You need help and support while you go through the process.

Why were people so quick to switch from high protein foods to carbohydrates? They were scared. They were up against the biggest media scare campaign in living memory. They were coerced and bullied. Particularly when it became apparent that almost everybody had a high cholesterol reading. Food addiction became the price we paid for abandoning our protein foods. It took thirty years to reveal that there never was a cholesterol emergency. It was just an incompetent method of deriving the test results. Every test, from day one, had been wrong. By then most of us had paid a big price for that mistake. It cost us an obesity epidemic. Diabetes type 2 and other life threatening diseases. We will never know how many lives have been, shortened, damaged and even lost to this 'oversight'.

The Manufactured food industry has a powerful, influential lobby. No government dares to offend them. Not even at the cost of a food addiction that affects more than 60% of the population. These corporations rely on our food addiction to grow and prosper. They expect us to pass it along to our children. That's how they chart their future success. – And we do pass it on, because we are hopelessly addicted!

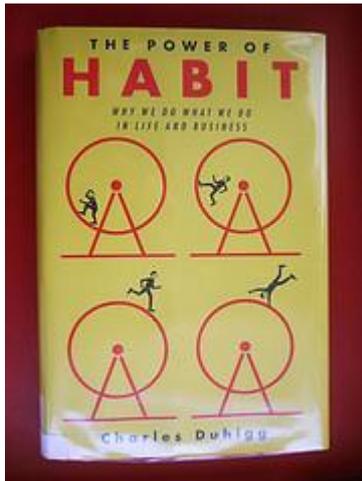
In the sixties and seventies, we were proud that heart disease was in decline. This is the 21st century and heart disease has never been more common and diet related cancers are on the increase too. The only change we have forced on the human body, aside from cosmetic surgery, is our food choices. From the day we changed them. We gradually changed from a majority of slim healthy people to a majority of fat, unhealthy people.

Latest obesity statistics claim 86% of the population will be obese by 2030. Nobody believes it will stop there. We are eating the wrong food and it's killing us. We are driving ourselves to extinction. - And our food addiction is behind the wheel! How big is the problem? Check your local pharmacy. Shelves are stocked to the rafters with digestive and intestinal remedies. Every home has at least one of them on hand. We assume that's normal. But is that not the point? Few, if any of these remedies were needed or even existed till we changed our diet.

So does dieting ever work?

No! It's incompatible to our body. It understands a deprivation of food as a famine. It is programmed by nature to respond to famine. It slows the metabolism and prepares to store fat. Once the famine is over it begins to recover ever pound that was lost. It then adds an extra layer of fat to protect against the next famine. That's nature in action.

The only way to lose weight and keep it off for good is to cure the addiction that causes it. It's easy to lose weight. All you have to do is starve yourself. But your body will make sure every bit of fat you lose will be recovered. That's its job. It's taking care of you. This is your opportunity to take part in a step by step program. It will cure your addiction and in the process, you will lose all the weight. And this time, the weight will be gone for good.



The symptoms of food addiction are; cravings, binges, hunger pains, withdrawals, fatigue, high blood pressure, depression, anxiety, headaches and other pains. Not much different than a cocaine addiction. Until you conquer your addiction, you'll never be free to lose the weight for good.

Before you think: 'Maybe I'll wait for the right time', consider this: There never is a right time. If you are addicted now, so are your children. Your diet and lifestyle is also theirs. An addiction can only get worse. Think what awaits them in the future when they too have children. You have nothing to lose but your weight. If you don't break this cycle of addiction - Who will?



So Why Did We Suddenly Begin To Diet?

There are very few areas concerning the human anatomy and biology that falls outside medical regulations. One glaring exception is our diet. Although the food we eat has a bearing on everything to do with our health, lifestyle and longevity. It has never been considered important enough for medical scrutiny. That is probably because of the traditional diet. But when that changed, at least somebody in the medical community should have paid attention. Because they didn't, amateurs were able to move in and cast themselves as experts in a niche that gave them an instant impression of medical know how and authority. But to make it work the niche needed a purpose. A diet would be a way to influence and guide people's eating habits. But there was on big obstacle. People didn't diet. They just stuck to the traditional, natural diet.

Most people are reluctant to change long standing habits. They liked the food they grew up on. - Grandma's food. They saw no reason to change. Imagine how convenient it was for those people to come across cholesterol. They could now warn people. The media can always smell a good story. Imagine the sheer luck of stumbling on cholesterol. And then produce a readymade diet that would cure it. - It was a miracle, big enough to warrant a story. But to then discover that just about everybody who were tested, needed the diet. Well, that was just icing on the cake. It was good enough for a worldwide scare campaign.



The food pyramid

So our amateurs had a second, unbelievable stroke of luck, by the fact that almost everybody proved to have high cholesterol. It was too good to be true. And of course, it wasn't true. They were simply done incorrectly. Instead of gaging the HDL LDL ratio, they added the numbers

together. But it took 30 years to reveal the fact. You might say: too little too late!

When the revelation was officially made, there was no media campaign. It was all very low key. In fact, so much so, that most people missed it. Doctors were embarrassed. Nutritionist used the news to their advantage and people went on with life. The only losers were the millions of food addicts that nobody wanted to acknowledge. They still struggle with their addiction and unknowingly pass it along to their kids. Just as the food industry expects them to do.

What has made all this even worse, has been the medical profession's reluctance to accept that they made a mistake. That it then took thirty years to uncover and rectify it. Perhaps that's why they choose to believe no great harm was ever done. But the mistake allowed The Food Pyramid to be enshrined as the template for a healthy balanced diet. It rules to this day. It has become more political than a presidential



address.

Dieting has become an intrinsic part of today's lifestyle.

But before we move on, there are things that need clarification.

1. An entire mythology has developed around dieting. Attempts are constantly made to imbue the language of quasi science into what has become known as diet talk. This is how pure nonsense can be perceived as pure science.

2. It is also how an obesity epidemic can thrive on the back of a flourishing food addiction. And diabetes type 2 can go on killing people without alarming anyone!

3. You need to accept that your addiction to processed foods is real and dangerous. You need to cure it, fast. It is killing the quality of your life and it is destroying your family.

4. The more we diet, the fatter we get. The more often we diet the more efficient our body gets at restoring the weight. We can't change that - its nature at work!

The cholesterol scare campaign became the vehicle that launched The Food Pyramid Diet. The claim that it cured cholesterol problems inferred that the diet had been researched and tested. In fact, to this day, NO diet, including the Food Pyramid, has ever been researched or tested. There is no evidence that any diet is safe for the human body.

Meanwhile, diets have become an intrinsic way of life. Those who diet know it's a life of misery. What they don't know is that diets are the nail in the 'food addiction' coffin.

So How Do I know All This Stuff? I was there, on the sidelines, watching events unfold. I knew some of the people. I understood what was happening. But I was young and like most young people, I figured somebody else, would come along and put things right. It did not affect me personally, at least not at the time. So I filed it to the back of mind and got on with life

Later, when I became a victim, I didn't immediately link my diet problems to past events and experience. It took a twenty year struggle with my weight, for me to finally come to my senses. Once I did, I cured my addiction within weeks. I lost the weight and I have never looked back.

So what am I saying about *obesity and food addiction* that's any different?

Quite a lot actually!



There is plenty of evidence that diets are not only; not safe, they don't work. Our body won't let them. But despite that, a myth has developed that says: "A diet is necessary for a [healthy lifestyle](#). Our body will always adapt to such a diet, because it's more suited to our new way of life." This is complete nonsense.

So let me ask you a question:



Obesity statistics v diets!

How are diets working for you? How many people do you know that have lost weight with diets and actually kept it off for say; at least a couple of years? Maybe it's time to give your body a break. Let go of these false notions and try something completely different. Something that actually works.

Truly, what have you got to lose? What's the worst that can happen? You'll lose the weight- and never have to diet again. Bet that'll put a smile on your face!

Somebody has to break the circuit. Why not you?

You will get a \$3 Free Week Trial if you visit [the membership page here](#).

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Healthy Lifestyle News



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