

The Green Food Energy Diet for Your Body and Your Life

If you've ever tried to lose weight, chances are you succeeded for a while, then put the weight back on, *and then some.*

Nothing is more illogical than a self-defeating eating plan—one that robs the body of some essential nutrients while overburdening it with others. It doesn't matter whether you're on a high-protein, low-fat, fruit only, vegetable soup-based, coffee enema, vegetarian, or Ayurvedic weight-loss program, the only thing that matters in the end is this: did you lose the weight safely, without affecting your overall health, and have you kept it off?

Losing weight isn't easy, but the formula for losing weight is quite simple: spend more than you take in. If only our finances worked that way!

If you expend more calories than you ingest, then *you will lose weight.* But you have to be smart about it. You can't just sweat it out in the gym and starve yourself; you have to be prepared to be patient, consistent, and to work towards continuous, long-term results.

The Green Food Energy Diet not only works, the results are long lasting and here's why.

It's based on the health benefits of super green foods, "living foods" that contain all the enzymes and nutrients that nourish the body as the metabolism changes and adjustments are made in caloric intake. Green foods actually contain every known nutrient as opposed to having a high amount of any single element. Green foods have 18 amino acids

(including all 9 essential amino acids), branched chain aminos, and over a dozen minerals, a wide spectrum of vitamins plus soluble fiber, complex carbohydrates, chlorophyll and more. Green foods increase the uptake of oxygen, alkalize the body, and assist in the reduction of high blood pressure and triglycerides. They act to keep the metabolism engaged without calorie intake, actually fooling the body into metabolic energy production "vs." food burning energy production.

Pure Planet, the makers of the Green Food Energy Diet, use only the purest ingredients, which taste the freshest and the best of any diet supplements on the market today. They are guaranteed to contain no binders, fillers or additives. **Just Barley**, one of their premier products, is 100 percent organic, provides more chlorophyll, trace minerals and enzymes than any other brand, and it's very affordable. **Just Barley** is great for eliminating cravings, the bane of any dieter, due to its ability to stabilize blood glucose levels.

Since obesity and diabetes often run hand in hand, this is an often overlooked aspect of weight loss. Grady Brown, a customer of Georgetown Health Market in Indianapolis, Indiana, reports great results: "I've reduced my blood sugar down from 518+ to a steady 85-110, which is within normal range. I also take **Green Kamut** [also from Pure Planet]. All people with diabetes should take this!"

You can use the Green Food Energy Diet as a complement to your own diet plan, or as a diet on its own. But remember, no weight-loss program is complete without an exercise component. Weight-bearing exercise is especially good at building muscle mass, which burns calories faster, and even burns

How the Green Food Energy Diet Works

Here's how The Green Food Energy Diet works: Depending on how much weight you have to lose or how fast you want to lose it...choose program A, B, or C.

PROGRAM A <i>Lose 2 pounds per month</i>	PROGRAM B <i>Lose 3 pounds per month</i>	PROGRAM C <i>Lose 5 pounds per month</i>
<ul style="list-style-type: none"> You will need one jar of Just Barley 80 grams per month. 	<ul style="list-style-type: none"> You will need one jar of Just Barley 80 grams and one jar of Activated Barley 280 grams per month. 	<ul style="list-style-type: none"> You will need one jar of Just Barley 80 grams, one jar of Activated Barley 280 grams, and one Ginseng Plus 100 tablets per month.
<ul style="list-style-type: none"> Drink 8 ounces water mixed with two teaspoons of Just Barley 30-45 minutes before each major meal to increase digestion and suppress appetite. 	<ul style="list-style-type: none"> In addition to program A, have one tablespoon of energizing Activated Barley with fruit or vegetable juice in place of a snack or meal to create blood glucose stability. 	<ul style="list-style-type: none"> In addition to programs A and B, take four Ginseng Plus (also from Pure Planet) tablets after your midday meal to increase endurance, mental clarity, and stamina.



calories while you're not exercising! Furthermore, the combination of alkalizing green food and more muscle tissue is the strongest defense against osteoporosis. Green foods actually help build lean muscle faster.

Remember that there are two types of

exercise: cardio and muscle toning. Cardio is great, but the benefits of cardio in weight loss are limited. If you really want to lose weight, you have to build muscle, because that speeds up your metabolism and keeps those pounds off.

Let the energy in the Green Food Energy Diet help get you motivated to start exercising. You'll feel better, look better, and sleep better, knowing you're doing the right thing for your body, and your life.

No matter how you choose to lose, the Green Food Energy Diet can complement your eating program. And if you only need to lose a few pounds, or you're trying to maintain a healthy weight, the Green Food Energy Diet should be part of your daily supplement routine. ■

MY EARLIEST MEMORIES include my mother being hospitalized for surgeries (hysterectomy), my grandmother bedridden, my aunt dying of MS, my grandfathers both dying of heart attacks, an uncle of AIDS, and eventually losing my father to kidney failure. In every case we hoped beyond hope that the doctors assigned to save them would succeed. In each case we were disappointed. This inspired me to investigate every known alternative to allopathic (Western) medicine. My journey led me to Anne Wigmore; inspired by her success with living green food, I set out to spread her message—the message that living food created healthy cells and that dead food created diseased cells. I have now dedicated over 17 years of my life to educating people on how to live a long life and overcome health challenges by trusting God and nature.

—Dave Sandoval



Dave Sandoval

Resources

Just Barley, Activated Barley and other Pure Planet products are available at health food stores and natural health centers. If you need help finding Pure Planet superfoods in your area, contact Pure Planet—Organic By Nature toll-free at (800) 695-2017 or visit their website at www.pureplanet.com.

Pure Planet—Organic By Nature founder David Sandoval hosts the popular radio show Health Discovery on WWRL in New York City at 1 p.m. Thursdays and 9:30 a.m. Saturdays, EST.



Why the Green Food Energy Diet Works

The Green Food Energy Diet is a metabolic activator that retrains your body's reaction to food. There are four simple reasons why this program will work. See if you can relate.

1 Reverses Cellular Starvation—Most people have nutrient-deficient diets to some degree. When we further reduce our caloric intake we also further our nutritional shortcomings. This increases the body's desire for food and the nutrients they contain. These irresistible cravings are encoded messages that are sent to the brain demanding nourishment. This program literally creates a *cellular satisfaction* that restores the "will power" we are told we lack.

2 Increases Energy and Balances Blood

Glucose—Most diets create blood glucose crises by being extremely limited. These energy crises must be met by food consumption. The Green Food Energy Diet has several blood glucose balancers including chlorophyll, alkaline and beta-glucans. These blood glucose regulators actually stop the cravings triggered by these low-calorie diets.

3 Eliminates "Empty Stomach" Gas—The body is conditioned to create digestive bile at regular intervals.

When we reduce our consumption patterns these acids cause empty stomach upset and headache pain. The foods in this program keep the metabolism engaged. This reverses the gas, bile and acid reflux that make diets unpleasant.

4 Stops the Rebound Effect!—As soon as our bodies sense a reduction in daily caloric and nutritional intake, they are triggered into a starvation-resisting mode. In this mode, the body resets the metabolism to survive on fewer calories (slows it down) and also begins to take any excess energy and store it as fat! That's right—eat less, store more fat. The Green Food Energy Diet instigates powerful digestive function, forcing the body to accelerate the metabolism, burning fat and freeing up stored energies and eliminating accumulated toxins.

Note: Remember you must understand and work within the rhythms of your body. The Green Food Energy Diet was designed to restore these natural rhythms.