



five steps to
UNSTOPPABLE energy!

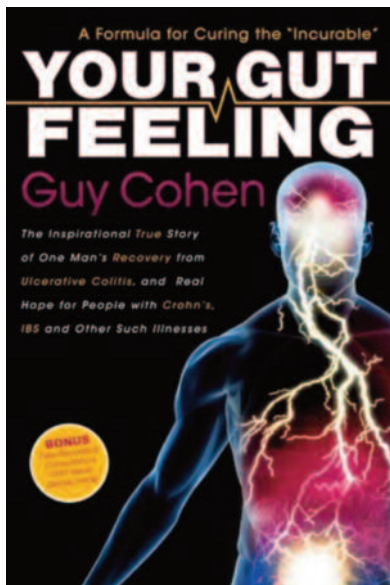


create your dream life
with energiseforlife.com

Welcome to the Energise for Life ebook:

'5 Steps to Unstoppable Energy'

We have been working very closely with Guy Cohen and believe that his techniques deliver consistent incredible results. We are constantly getting positive feedback from our customers who are benefitting considerably from the approach outlined in Your Gut Feeling - **it is a book that truly delivers.**



Guy's incredible techniques in Your Gut Feeling focus on the specific actions that can create extraordinary results in relieving or eliminating the symptoms of IBS, colitis and Crohn's disease and as a thank-you to Guy we have developed this ebook which is **the perfect compliment to the strategies outlined in Your Gut Feeling.**

This ebook is all about ENERGY and we have created it to get results. As someone who is currently suffering from the symptoms of IBS, Crohn's, colitis or another similar health challenge we believe that **the five simple, effective steps outlined in this ebook will give you the energy you need to thrive** and live life to the fullest as you start to apply Guy's techniques.

important!

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contents

contents: five steps to unstoppable energy!

step one: rebounding for energy	3
step two: hydration	8
step three: green foods	16
step four: essential fatty acids (good fats)	20
step five: breathing for energy	27
next steps	31



step 1: rebounding for energy

1

Imagine, a piece of exercise equipment that can strengthen the entire body from the inside out; increase circulation, improve digestion and elimination, melt away fat, strengthen the heart, improve cell efficiency. Stimulate body functions; thyroid, endocrine system, adrenals, strengthen muscles and bones, release stress and help you live a longer more productive life. One piece of equipment for all age groups to improve the immune system, fight diseases and reverse the symptoms of aging.

Dr Young, author of The pH Miracle



Rebounding for Brilliant Health

There are many ways to get fit, but rebounding has to be the most efficient, most effective and easiest.

Rebounding, or jumping on a mini-trampoline is easy, it is low-weight bearing (so anyone can do it, at any size or any level of fitness) and the benefits are wide-ranging and astonishing.

Just for starters, it burns more calories than jogging!

When you use a rebounder it tones muscle, rebuilds cells (slowing the aging process), burns fat, cleanses the lymph system, increases metabolism, strengthens the heart and **dramatically increases energy.**

And the best part? Just 15 minutes per day on a rebounder will see you experience significant benefits. That is right, just 15 minutes per day.

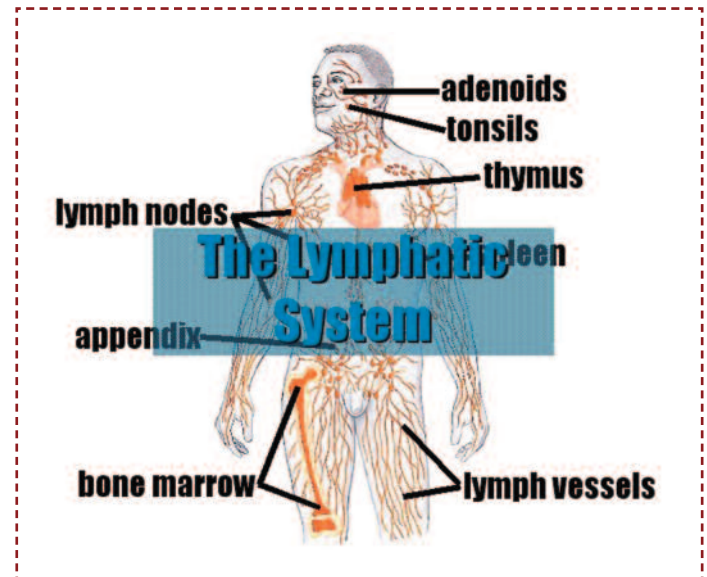
Benefits of Exercising on a Rebounder!

The benefits of exercising on a mini trampoline are astonishing and those listed above barely scratch the surface. NASA state that exercise on a rebounder is

“The most efficient and effective exercise yet devised by man”.

It is an excellent, non-impact, aerobic exercise gained by bouncing on a mini-trampoline.

It is a unique exercise in which a weightless state is achieved at the top of each jump and landing achieves twice the force of gravity on each bounce. This shift in gravity benefits every muscle and cell of the body and provides huge benefits to the lymph and immune systems (which seriously lowers cancer risk).



On studying the benefits of rebounding, NASA found that a 150-pound individual spending one-hour on a rebounder will burn more calories than the same person jogging for an hour!

This makes it 68% more efficient than jogging (NASA, Journal of Applied Physiology 49(5): 881-887)

My research has also found that rebounding:

- Fights fatigue by strengthening the glandular system to increase the capabilities of the thyroid gland, the pituitary gland and the adrenals.
- Rebounding has a natural analgesic effect on the body which helps to relieve joints and pain in the neck, back, and head through the increase of circulation and oxygen flow

- Conditions and strengthens the heart which allows the resting heart to beat less often. This in turn sends a stronger surge of blood through the veins. It provides an extremely effective 'no impact' exercise - especially important for those with less mobility or undergoing rehabilitation.
- Rebounding has been found to lower elevated cholesterol and triglyceride levels.
- It increases metabolism which assists the body in burning more calories.
- One of the primary causes of aging is the declining performance of the heart and circulatory system. Rebounding is incredibly effective in increasing the performance of both the heart and the circulatory system and thus slows the aging process.
- Rebounding specifically stimulates the flow of lymph fluid through the lymphatic system. The change in gravitational forces allows for greater blood flow and this increases the amount of waste and toxins flushed from the body. Rebounding can increase lymph flow by up to 15%!
- As mentioned above, rebounding provides an increased G-force (gravitation load) and every cell in our body becomes stronger in response to this. Healingdaily.com report that 'this cellular exercise results in the self-propelled immune cells being up to 5 times more active. These immune cells are responsible for eating viruses, bacteria and cancer cells, so it is good that they be active.
- Rebounding has also been found to enhance digestion, relaxation, sleep patterns, nerve impulses and muscle fibre.
- Blood pressure can be significantly reduced by rebounding. This is achieved by boosting the muscle tone of the middle arterial muscles and the improvements to the circulatory system.
- According to healingdaily.com, rebounding can also prevent 'sagging breasts' by strengthening and conditioning the connective tissue and muscles around the breast and by stimulating lymph flow in this area!

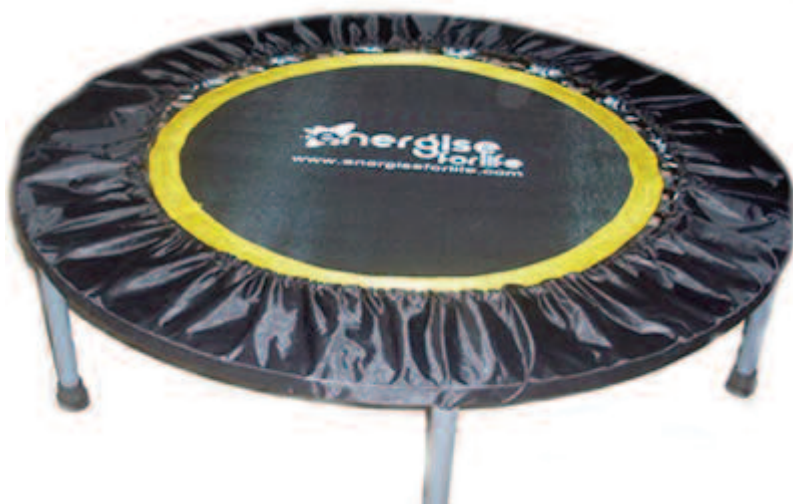
Dr Young states that rebounding also brings the following benefits:

- * Reduces your body fat
- * Firms your arms, legs, thighs, abdomen and hips
- * Increases your agility
- * Strengthens your muscles
- * Provides an aerobic effect for your cardio systems
- * Rejuvenates your body when tired
- * Puts you in a state of mental and physical wellness

All in all it is just magnificent!

What is a Rebounder?

A rebounder is simply a mini-trampoline, about 3 foot in diameter and about 10 inches high. Pictures do a better job of words in this case, so quite simply, here is our rebounder:



At Energise, we believe we stock the most value for money rebounder in the world:

- It folds in half, making for easy storage
- It is sturdy in design, with six strong legs (other rebounders only have four and are unstable) that also fold away
- It has 32 replacable springs
- And it comes with a free support bar, carry case and is £20 cheaper than other comparable models

[Click here to more information and to buy your rebounder](#)



How to Use A Rebounder

Using a rebounder is easy and anyone can do it! You don't have to have any fitness, flexibility, skill, stamina, coordination or strength to start. You can be any size, shape, weight or height. Mum, Dad, Grandma, Grandad, teenager, marathon runner, couch potato, origami expert... anyone!

You simply have to bounce up and down, jog, hop, twirl...whatever you feel like and whatever gives you the workout that you feel is getting you pumped and aerobic.

There are of course, advanced exercises to keep you moving and developing (click here for the best DVD on the subject, by Jason Vale) but it really is as easy as hopping on and moving.

I personally love to get some tunes on (currently a lot of the new Royksopp album, and Roisin Murphy) and bounce for 15 minutes each morning. It is such a great way to kick the day off and it gets you up, energised and ready for whatever the day can throw at you!

So why not give it a try?

Rebounding is:

1. Easy
2. Cheap to start
3. Rebounders fold away and are easy to store
4. You'll lose weight, gain strength and energy
5. Feel great!

What more could you ask for?!

[CLICK HERE TO ORDER YOUR ENERGISE REBOUNDER FOR JUST £69.95](#)

step 2

step 2: hydration

How Hydration Can Totally Change Your Life

Water makes up 75% of your total body weight. But I don't really care about that. I'd been trying to research and start this article for about 3 hours and rewording around and rewriting all of these water facts that really didn't seem to mean anything. They had no impact.

This did:

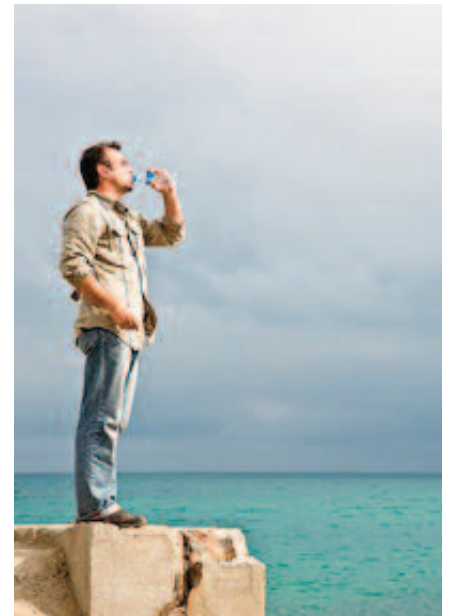
a 5% drop in body fluids will cause a 25-30% loss of energy in most people

In fact, even mild dehydration can slow our metabolism down by 3% - when you consider this, you can see why rehydration can support weight loss!

Proper hydration is so important to every function of the human body (if fluids drop by just 15% we die) and dehydration is at the root cause of such a ridiculous number of symptoms. From thirst to depression to cancer to obesity to fatigue to bulimia to digestive problems to skin problems and so on. This is not to say that dehydration is the only cause, but the above is just a small selection of the symptoms of repeated, daily dehydration.

But on the more positive side being hydrated can change everything. Just the simple act of drinking enough water, on a daily basis, can have a profound effect on your life.

It certainly will help you to lose weight, as the water clears acid toxins from your system and boosts your metabolism. Our body's cry for thirst is also often mistaken for hunger, leading to overeating.



Here are some more facts to show you how important hydration is:

- A six-year study published in the May 1, 2002 American Journal of Epidemiology found that those who drink more than 5 glasses of water a day were 41% less likely to die from a heart attack during the study period than those who drank less than two glasses.
- Drinking the equivalent of 5 glasses of water daily decreases the risk of colon cancer by 45%.
- Drinking the 2 litres of water a day decreases the risk of breast cancer by 79%

In fact, one of the biggest impacts that our alkaline diet course is having on people is that it is making them properly hydrate themselves.

It is so simple, but the reason why I think we often don't give enough importance to hydration is that it is so simple. It is hard for our brain to connect such a profound effect with something as simple as drinking a proper amount of water each day.

So I am not going to argue the point too much - I think 99% of you will agree that drinking enough water on a daily basis is absolutely a good thing. So let's get into the three most important questions:

1. How Much?
2. What is Good Water
3. How Can I Make it a Habit?!

1. How Much Water Do I Need?

The easy answer is 3-4 litres per day. I know this sounds a lot, but it isn't really. And I also know that you might be thinking, that is too much for me, I'm only little, so the official calculator is:

1 litre of water per 40lbs (18k or 2.85stone) of body weight

For example, 12st = 4.2 litres per day. This, I have found, accurately works out to between 3-4 litres for most people each day. And if you stick to this, every day, I promise you there will be a massive increase in your health, energy, mental clarity and vitality. **But not any old water will do...which brings me onto point 2:**



2. What Should I Drink?

When we talk about drinking 3-4 litres per day, it is important to make this water as good, high quality and clean as you possibly can. To be honest, while drinking 3-4 litres of tap water will still hydrate you and give you some benefit, getting good, clean water is so important and so much better.

My definition of good water is:

Mineral-rich, toxin-free, filtered water with a pH of above 7 (preferably 9)

When the water fits this description you will really see a difference. I am sure that most of you will agree that toxin-free, mineral-rich water is a good thing, but what about the alkaline? Well, this is probably an ebook in itself, but I will cut and paste this excerpt from my interview with Ravi from sethhigherstandards.com as I describe it well!

Your body HAS to keep the pH of your blood, cells and other fluids at just slightly alkaline (pH 7.365) and it will do ANYTHING it has to in order to maintain this pH balance. To do this, your body calls upon its store of alkaline buffers, which it draws upon to neutralize the acids we ingest or create through bodily processes. This store of buffers is very easily depleted because most of us eat and drink such strong acids. To put this in context, the pH scale is logarithmic - so pH 6 is 10x more acidic than pH 7, meaning pH 5 is 100x times more acidic than pH 7 and pH 4 is 1000x more acidic. Coke has a pH of between 2 and 3. So you can see how a diet filled with meats, dairy, fizzy drinks, alcohol etc would quickly deplete these buffers.

And when we deplete these buffers and still ingest more acids...what happens? The body is forced into drawing upon the alkaline minerals it has to buffer which causes havoc in the body - for instance, if the body is constantly drawing calcium to neutralize the acids we consume then the symptoms of osteoporosis emerge (hence the recent research articles linking cola consumption with osteoporosis).

This is just one example. Another outcome is that the body also hangs onto excess fat to protect our body/organs from the damage caused in an acidic state. Another outcome is that we ingest high levels of sugar, the sugar ferments in the blood, creating more acids, which creates acid wastes, which feeds the sugar which has fermented into bacteria, yeast, fungus which create more acid wastes etc and a vicious cycle of acid creation further depletes the alkaline buffers resulting in skin conditions, yeast infections, mood and emotional problems, diabetes and a whole heap of other symptoms..

So when we infuse our body with alkaline, mineral-rich and acid-free water we help to flush out these toxins, rehydrate our system, detoxify ourselves of yeasts, fungus and molds and actually raise the pH of our internal environment. Our diet and modern lifestyle will always lead us to consume more acid than alkaline and so by giving our body this gift of alkaline water, we help to neutralise the acids and retain our balance at 7.365

To give more context, here is a great quote from Dr Young from his facebook page of all places (here is my facebook page if you're interested!):

Beer is just another form of urine. That's why it smells and some-what tastes like urine. The pH of beer is around 5 and the pH of coffee is around 5.5. The pH of pH Miracle Water is 9.5 which is 50,000 times more alkaline than beer or coffee. I am sure you are aware that you can keep a cancerous cell alive in beer or coffee indefinitely. They love an acidic pH because cancerous cells are acidic cells.



Beer is 1000 times more alkaline than diet soda. Your own urine is 10,000 times more alkaline than diet soda. I am sure you're not going to drink an acidic beer, let alone drink your own urine. Diet soda is an acidic poison in a bottle or can. It is full of acidic sugar, (artificial or natural) carbonic and phosphoric acid. Give up the acidic diet soda and have an alkaline day with alkaline water and green drinks!

Making Water That Fits This Criteria

There are three main methods to make mineral-rich, toxin-free alkaline water:

1. Using a distiller
2. Using a water ioniser
3. Adding alkaline ingredients to the water

Using a Distiller

Using a distiller is a very efficient and effective method of purifying and alkalising your water. As noted by Dr. Weil:



“the process of distillation kills and removes virtually all bacteria, viruses, heavy metals, and other organic and inorganic contaminants. Once distilled, the water is as pure as water can reasonably be.”

What a recommendation! He also does a great job here of dispelling the incredibly inaccurate myth about distilled water leaching minerals from the body (ridiculous I know).

Distilled water is water that has been turned to steam and then condensed back into water. This process, as noted above kills all impurities, removes acid toxins and makes the water pH neutral/slightly alkaline. In my opinion, this is the very best type of alkaline water filter.

[Click here for more info on water distillers](#)

Using a Water Ioniser

Water ionisers are, unsurprisingly, products that ionise water. The water is ionised (electrically enhanced) by running it over positive and negative electrodes. This separates the water into alkaline (70%) and acidic (30%). This is exceptionally beneficial as the alkaline water is then used for drinking, while the acidic water can be used on the outside of the body as it is proven to kill many types of bacteria.



These are more expensive than distillers but are FAR more user friendly, as they simply attach to your tap and produce water at a pH of your choice instantly, as soon as you turn the tap on!

We are getting some amazing feedback from our customers.

[Click here for more info on water ionisers.](#)

Adding alkaline ingredients to the water

The third method is to add ingredients to the water to increase its alkalinity. I would only make these alkaline water additions to water that had already been put through an alkaline water filter, however they can be handy in an emergency when there is only mineral or tap water to hand.

Lemon Water: I have already blogged lemon water to death, however, I will mention it here as it really is an alkalising superstar. By squeezing lemon juice (or lime juice) into water you immediately give it a healthful kick. Lemon water is very alkaline and is great in helping to detoxify the liver and kidneys.

pH Drops: these are an excellent way to dramatically increase the alkalinity of the water. These drops offer intense alkalinity and only a few are needed for an incredible boost to the alkalinity of your drink. There are several types around but I would only really recommend Dr Young's PuripHy



What Else Can I Drink

Alongside this lovely water, I recommend you to drink: herbal tea, vegetable juice and green drinks. Try to stay away from fizzy water though as the carbonation process makes the water have a pH of about 5.

BUT IMPORTANTLY - I don't want any of this to hold you back. I don't want you to think 'great - I'm going to get really hydrated, but just after I do x, y and z and buy x, y and z.'. No excuses.

Start hydrating NOW.

3. How to Start Hydrating - and make it a habit

I know it is difficult. Not only to start consuming this volume of water, but also to simply remember to drink this much water throughout the day.

Here are my top five tips for making this a habit.

1. **Carry A Big Bottle:** this is the best tip - because it makes sure you always have your water on you to sip. I personally like to have a big 1 litre bottle at all times (here is a nice energiseforlife.com bottle you can order!) and when I do this I always drink my 4.2 litres!
2. **Set a Reminder:** this isn't something you will have to do forever, but I recommend you set an hour reminder on your phone or watch to beep and remind you to have a big gulp or a glass of water every hour. It is amazing how often you suddenly realise it is lunchtime and you've not really had anything to drink!
3. **Substitute:** for every other drink you go to have, be it a tea, coffee or juice - substitute in water. You will be surprised at a) how good it makes you feel and b) how much of a pat on the back you can give yourself afterwards. This simple tip can lead to some really good, positive reinforcement that yes, you can say no and it makes you even more healthy!
4. **Always Have Water At Your Desk:** simply having a bottle at your desk at all times means that when you do remember you can tuck straight into it, rather than thinking "oh yes, water, now let me just finish this email first"
5. **Finally** - know your outcome and plan your route to success. Here is a daily hydration schedule you can download (sorry it is low res at the minute - there is a high res on the way). You can use this to build up your new hydration habit over the next five weeks, so that at the end of week five you are hitting your hydration target day in, day out. And if you have been hydrating for five weeks I can PROMISE that you will feel a profound difference in your health and wellbeing.

If nothing else - your body uses up 2.5 litres of alkaline water per day in its activities to simply keep you alive - please at least put that back in!.



step 3

step 3: green foods

To enjoy unstoppable energy, you have to make positive changes to your diet, and the single biggest thing you can do to increase your energy is to increase your intake of green foods.

Why Greens?

Sometimes nature does the most obvious things to help us out.

You know how there are certain things in life that just seem so obvious you think that can't be true! Certain consequences, like removing red wine stains by tipping white wine onto them (I still can't believe that works!), are in fact, everywhere. And chlorophyll gives us another one of them.



Knowing how important the health of our red blood cells are to our wellbeing, if we're looking for something to ensure our red blood cells are clean, healthy and plentiful, wouldn't we look for something that gives our body exactly the tools it needs to do this? Of course we would.

And what is the most essential substance that our body uses to build and transport red blood cells? Hemoglobin.

So it makes sense that we should, somehow, give our body hemoglobin! "But how?" I hear you ask.

"Chlorophyll", I answer.

The Benefits and Wonders of Chlorophyll - why I love it!

Chlorophyll is miraculous. It has SO MANY health benefits it makes it a true wonder-food. However, the most marvellous and amazing benefit it gives comes from the fact that its molecular structure is absolutely identical to hemoglobin except for the center atom.



In hemoglobin this is iron, whereas in chlorophyll it is magnesium. This means that when ingested, chlorophyll actually helps to do the job of hemoglobin (hemoglobin is so vital to the health of our blood - in fact, blood is approx 75% hemoglobin).

It helps to rebuild and replenish our red blood cells, boosting our energy and increasing our wellbeing almost instantly.

I know this sounds a bit like the old ancient Japanese legend that eating brains makes you smarter - BUT - eating/drinking chlorophyll does increase the quality AND quantity of your red blood cells.

Chlorophyll has the power to regenerate our bodies at the molecular and cellular level and is known to help cleanse the body, fight infection, help heal wounds, and promote the health of the circulatory, digestive, immune, and detoxification systems.

Chlorophyll consumption increases the number of red blood cells and, therefore, increase oxygen utilization by the body. Chlorophyll also reduces the binding of carcinogens to DNA in the liver and other organs. It also breaks down calcium oxalate stones for elimination, which are created by the body for the purpose of neutralizing and disposing of excess acid.

Other Chlorophyll Benefits

So in addition to helping to rebuild and replenish our red blood cells, chlorophyll, being highly alkaline, also gives the body the following benefits:

- **Anti Carcinogenic:** Chlorophyll protects against a whole host of carcinogens found in fungus-laden foods such as nuts and grains, the toxins from cooked meats, and air-borne carcinogens (from pollution). It blocks the metabolism in the body of harmful chemicals known as procarcinogens that damage DNA. Studies published in the journals Carcinogenesis and Food and Chemical Toxicology clearly display that chlorophyll inhibits carcinogenesis.
- **Antioxidant & Anti-inflammatory:** containing high levels of the vitamins A, C and E, chlorophyll has strong antioxidant capacity and has also been found to help reduce inflammation.
- **Chelation of Heavy Metals:** chlorophyll is one of the most important chelates in nature. It's ability to bind to and remove toxic heavy metals such as mercury makes it an extremely powerful healer. I'm about to have four mercury fillings removed, and you can bet that I will be getting PLENTY of chlorophyll into my body after the procedure!
- **Antiseptic:** while chlorophyll doesn't actually have antiseptic properties of its own, it, quite remarkably, DOES have the ability to aid our body's tissue in destroying germs. By strengthening tissue, it increases the disease resistance of cells and, at the same time, prevents the growth of bacteria!
- **Treats Bad Breath:** This one is a real bonus and really works! Chlorophyll has a double-action remedy for bad breath. Firstly, as a deodoriser, it will eliminate odours in the mouth and throat, but secondly (and more importantly) it promotes a healthy digestive tract - which is the primary reason for bad breath. And if you need more - here is another blog post on foods for bad breath!
- **Rapid Delivery of Magnesium:** this has a highly alkalising effect on the body and helps to deliver much needed oxygen to cells and tissues.
- **Contains vitamin K, C, folic acid, iron, calcium, protein:** which are all also essential in building and repairing red blood cells and boosting our immune system.



How to Get the Benefits of Chlorophyll

All of the health benefits of chlorophyll are easy to get on a daily basis. The simple way? Eat your greens and drink your greens. I know we are always going on about the importance of greens in your diet, but this is one of the main reasons why - it ensures you're getting plenty of chlorophyll!

Here are a few sources:

- **Green Drinks:** juiced yourself (here is a recipe for you!) or made from powdered greens (such as Dr Young's Doc Broc) - green drinks are a dense source of alkalising, chlorophyll rich greens that are easily assimilated by the body.
- **Dr Young's ChloroHeal:** this is one of my top, top supplements - a concentrated, dense, tasteless (almost) source of liquid chlorophyll that you can add to any drink (water, juice, smoothie) to give your body a constant source of chlorophyll. It is amazing the difference it makes to your energy. Brilliant. And unlike most liquid chlorophyll supplements it isn't refined and highly processed (killing the goodness) or packed full of sweeteners. [click here for more info on ChloroHeal]
- **Green Food in General:** eat loads of greens! Think of great big salads and veggies - spinach, lettuce, broccoli, Asian greens, green capsicum, asparagus, peas, beans, kale etc. Any food that is green is that way because it contains chlorophyll - so eat up!

So the simple message is this: go green. Eat, drink, ingest however you can.

step 4

step 4: essential fatty acids (good fats)

Fat is the most important thing in my diet. I love it. Making sure I eat plenty of fat is my primary health goal every day. In fact, the one supplement I will never go without is a high quality fat supplement.

WHY?

There are so many reasons, so read on and I will give you the highlights. I promise that by the end of this article your opinion on fats will have changed and you will be hunting down some quality fat supplements of your own!



What Are The Important Fats

For optimal health, energy and wellness I strongly urge you to give some focus to the omega 3, 6, 9 and coconut oil that you consume. Here is a rundown of the basic facts of each to get you started!

Omega 3: The important omega 3's are ALA, EPA and DHA. The human body cannot make omega 3 on its own so it is essential that we supplement our diets. Omega 3 is also the fat that we are most deficient in. Experts suggest that we need between 20-40ml of omega 3 per day to function optimally. To get this through diet alone is difficult, even if we eat oily fish and nuts every single day. Especially as a lot of the foods (fish & meat included) are farmed in a way that makes them less nutritious than in days gone by.

Omega 6: Omega 6's are LA and GLA and are found in safflower, sunflower, hemp, sesame and flax. However, remember that when oils are exposed to light, air or heat they become toxic, so 99% of the sunflower and safflower oils that are commonly used are useless for health purposes. Using these (or any of the oils mentioned here) raw and fresh on salads, pastas etc is a great way to increase the amount of healthy fats in your diet. But remember - many of us actually consume too much omega 6 in relation to omega 3 which can cause problems (getting the ratio between 3, 6 and 9 is important).

Omega 9: Omega 9 is mostly OA, which is found in the lovely olive, almond, avocado and macadamia oils. Again, the ratio is important, but many of us use less of these oils, so this is not something we need to consider quite so much. The handy thing is that these oils all taste delicious, so they are easy to incorporate into our lives.

Medium Chain Tryglycerides (MCT) from Coconut Oil: MCT are hard to come by, and almost all other oils we consume are long chain. We specify coconut oil because it is almost always organic, is incredibly resistant to heat, light and air (unlike all other oils) so it can be cooked with and still healthy, and because it tastes great!

Background and Benefits of Fats

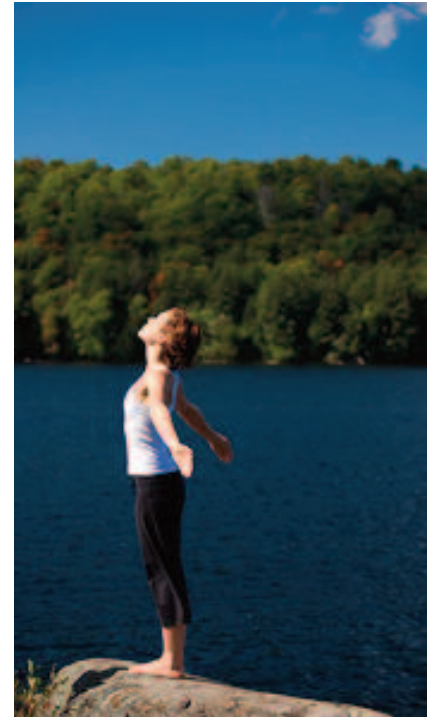
Forget everything you know about fat for a moment. Fats get a bad rep. For years the health industry and food manufacturers have bundled all fats, good or bad, together and have told us to keep them out of our diets. However, there are two sides to the story of fats. It is absolutely true that you should aim to completely eliminate the 'bad' fats, such as trans-fatty acids and saturated fats. However, there are also the 'good' fats, also known as Essential Fatty Acids that are so beneficial and vital to our wellbeing, yet sadly we are chronically deficient in them.

As mentioned these Essential Fatty Acids (EFAs) are called essential because the body absolutely requires them to function, yet it cannot manufacture them itself. It relies upon us to consume these fats, namely omega 3 and omega 6. These fats are so important that even if we eliminated the bad fats from our diets completely, we would still, eventually, die if we did not ingest any of these EFAs. We simply cannot live without these fats!



Do you, or have you ever suffered from any of the following:

- Dry skin, acne or skin disorders such as eczema, psoriasis or rosecea
- Constipation
- Weight gain
- Low energy levels
- Brittle hair and hair loss
- Poor nail growth
- Deterioration of liver and kidneys
- Depression
- Inability to sleep
- Low immune system
- Digestion problems, inflammation, bloating
- Allergies
- Low libido
- Tingling in arms and legs



These are just a few of the symptoms of omega 3 and 6 deficiency. And these symptoms show up fast!

Personally, I used to suffer from dry skin, eczema in my ears (very irritating!) and quite bad acne. These ALL cleared up within a few weeks of proper EFA supplementation. My father was well on the path to arthritis in his shoulder (years of cricket!) and could not lift his arm above shoulder height. After a month on the fats he had proper functioning again. He couldn't believe it and spread the word to all of his friends who all also felt similar benefits.

We are chronically deficient in these fats and they are just so important.

And here are some of the benefits...

Aside from the few benefits I have personally noted (written above), Udo Erasmus has found that proper consumption of EFAs can lead to the following:

- **Increased Energy:** Omega oils increase oxidation rate, increase metabolic rate, increase energy levels and increase stamina.
- **Weight Loss:** Increased metabolic rate means that we burn more calories. Helps kidneys dump excess water held in tissues. Help decrease cravings, lower glycaemic index of foods and suppress appetite.
- **Cardiovascular Disease Prevention:** Consumption of EFAs may prevent heart attacks and also reduce risk of sudden death due to cardiac arrhythmias. Omega oils have a number of heart-healthy effects, including reducing triglyceride levels, raising levels of HDL ("good") cholesterol and reducing blood pressure.
- **Decrease in Symptoms of Inflammatory Diseases such as Arthritis:** Omega oils are successful in the treatment of symptoms of rheumatoid arthritis particularly in its early stages. EFAs are also very useful in the treatment of PMS (and related cramps) and inflammatory bowel disease.
- **Strengthened Immune System:** Omega oils can make hormone-like eicosanoids that regulate immune and inflammatory responses. Omega 3 has anti-inflammatory effects and can slow autoimmune damage;
- **Improved Brain Function:** The brain is over 60% fat and omega oils are vital components of our nervous system. They are needed to make the neurotransmitter serotonin. Depression and other brain diseases show decreased levels of omega 3;
- **Increased Recovery and Healing Capabilities:** Omega oils are necessary for cell growth and division. They form all cell membranes and regulate vital cell activity;
- **Healthy development of Infants:** For nervous system development, a growing child needs optimum omega 3 fatty acids.

- **Decreased Possibility of Infection:** Omega oils have anti-fungal, anti-yeast, and anti-microbial properties, helping to protect against infections;
- **Stronger Bones:** EFAs aid in the transport of minerals that keep bones and teeth strong, helping to prevent osteoporosis;
- **Protected Genetic Material:** EFAs regulate gene expression, and omega 3's inhibit tumor growth;
- **Reduced PMS Symptoms:** Studies indicate that omega 6 intake was voted, by women, among the top three most effective PMS treatments. Omega 3 may be even more effective;
- **Clearer Skin, Stronger Nails, Shinier Hair:** EFA deficiency often leads to dry, flaky skin, weak hair, and brittle nails.

More recently, studies have also highlighted the positive effects of essential fatty acids on the development of infants, in treating ADHD and other behavioural problems, in treatment for depression and to treat Alzheimer's disease.

The Right Fats Don't Make You Fat

I've mentioned weight loss in regards to consuming healthy fats a few times already in this article, which might be confusing you - so I thought I'd clear it up quickly.

It is such a great shame that it was decided that all oils should be labeled together as 'fat' because their effect on the body, and the way the body uses them could not be different.

The body stores saturated and monounsaturated fats. When you consume sweets, simple carbs and starches the body uses what it can quickly, but the majority of this energy is converted into saturated and monosaturated fat and is stored. In short, it isn't easy for the body to use this type of energy and it can lead to overeating and sugar addiction as in the absence of good fats, the body seeks more and more.

Good fats such as the omegas and coconut oil are easily used by the body as slow-burn energy. The body is able to store much more of these fats as energy and literally none contribute to the increase of your waistline.

Udo Erasmus, the world's leading authority on fats and oils states:

In our culture, most overweight results from excessive consumption of sweet and starchy foods. If we limit our intake of carbohydrates to our body's energy requirement, normal body weight is one of the benefits. Fats suppress appetite and therefore help to stabilize body weight. The good fats (omega-3 especially and omega-6) increase body fat burning, decrease body fat production, and increase body heat production (i.e. fat burnoff without exercise).

For best results, lower carbohydrate intake and increase consumption of good (omega-3 and omega-6) fats made with health in mind.

This is also especially true of coconut oil, which as mentioned is a MCT - meaning that the body can utilise this fat rapidly as energy, and none is stored as fat in the body.

I know it might feel weird at first putting spoons of pure fat into your body - but these fats are different, in fact, I really wish they weren't even called fats because it is SO misleading!

How To Get Enough Fat in Your Life

So the final piece of the jigsaw, now you know how important fats are, that the right ones won't make you fat and that the right ones are essential for your health is this - how to get enough!

Supplements

The two main supplements we highly recommend are:



1. Udo's Choice: this is simply the very best oil supplement in the world. Period. There is no better quality oil supplement out there. Udo's Choice contains only organic ingredients and the product is cold pressed to retain all of the nutritional benefit. It supplies a range of omega 3, 6 and 9 in a 2:1:1 ratio which is optimal for human health and has a pleasant nutty taste, meaning that it is delicious on salads, pastas and vegetables. 100% vegetarian. [Click here for more on Udo's Choice]



2. Coconut Oil: as mentioned, coconut oil is one of a kind in that it provides a clean, organic source of MCTs, as well as being extremely heat, air and light resistant so it is the only healthy oil you can cook with (making stir fries healthy again!). Coconut oil is also known to increase your metabolism dramatically and give the body and instant source of clean, slow burn energy! It is also delicious, making it a really easy supplement to take. It honestly just takes like Bounty chocolate!

Click here to get your hands on some lovely coconut oil.

If you are serious about getting more energy, you really need to get into fats - and give your body a great, clean source of energy it can use immediately and ongoing. I promise you'll notice the difference!

step 5

step 5: breathing for energy

This is perhaps the quickest, easiest way you can increase your energy out of all of the suggestions in this guide. By breathing correctly you can instantly boost your energy levels, even during the afternoon slump!

The way we breathe massively effects the health and workings of our body. Unfortunately most of us breathe in a way that does not offer the body any support. Shallow breathing from the chest only uses the lower part of the diaphragm, leaving the upper part inactive and collapsed.



This not only makes us more prone to stress and other negative emotions (there is a reason why people say 'Just take a deep breath' and why smokers relax as soon as they take a nice big deep breath on their first lungful of smoke), but when parts of the lungs are not used they gather a build-up of slimy mucus. This mucus irritates the cells of the lungs and leads to irritation and inflammation, causing an acid environment of trapped germs and bacteria.

Deep, slow, directed and focused breath, coming from deep within the stomach is one of the most simple, straightforward (and free!) things you can do for your body.

The Habit of Deep Breathing

Breathing is obviously something we do naturally, without thinking. This makes it hard to build a habit around! Throughout this course we will structure and build these exercises into your day, making it impossible for you to forget and fail.

When I first started consistently practicing the following breathing exercises I experienced an immediate and



noticeable effect. Firstly the effect on my energy was incredible, but also my mental clarity, especially in the afternoon was incredible. I became so much more effective and was able to get so much more done! The first few days required some serious reminder alarms and post-it notes. But this should be much easier for you, as we have built these exercises into your other routines, meaning that it should become an instinctive part of your day. Just in the same way that you wash your face, then immediately know to clean your teeth – you will have your morning oils and then know it is time to practice deep breathing.

The positive reinforcement you will get from the effects you will feel will make this activity habitual in no time.

Breathing Exercise 1: Basic Deep Breathing

This is the introduction to deep breathing. It is a simple 3 step process:

1. Lie flat on your back
2. Put your hands gently on your stomach at the bottom of your ribs with your fingers just touching each other
3. Take a slow, deep breath letting your stomach rise slightly, separating your fingertips



Breathing ‘with your stomach’ may feel unnatural at first, so repeat this 30 times or until breathing ‘with your chest’ feels like the more unnatural action.

When you breath deeply into your stomach the diaphragm creates a suction, drawing air up into the lungs. This fills the blood stream with wonderful acid fighting oxygen and expels carbon dioxide, cleansing the body of the acid wastes and their harmful by-products.

Breathing Exercise 2: The Lymphatic Cleanse

If you are able to give yourself five to ten minutes each day to practice deep, cleansing ‘power breathing’ then you will



definitely reap the rewards. This is one of the best, most effective exercises you can do for free, every day. It is also remarkably simple.

I learned the Lymphatic Cleanse exercise from reading books and attending events by Tony Robbins (discussed in the excellent book *Unlimited Power*). Tony swears by it and I am certainly not one to argue with his energy levels! This exercise consists of breathing in the following ratio:

- Breath in for 1 count
- Hold for 4 counts
- Breath out for 2 counts

For example – if you were to breath in for four seconds, then you would hold your breath for sixteen seconds and then breath out for eight.

If you are able to do this ten times, three times a day (morning, evening and before bed) you will notice a huge difference to your energy, your clarity and your ability to ward off illnesses.

Breathing Exercise 3: The Energy Stimulating Breath

This one is not strictly deep, but it is just as effective when combined or followed by a minute or two of deep breathing. This technique is adapted from a yogic exercise and is great for pumping up your energy levels.

1. Keeping your mouth closed throughout
2. Rapidly inhale and exhale through your nose
3. The in and out breath should be as equal as possible and as short as possible

Limit this exercise to fifteen seconds at a time for the first few days, increasing the time gently over a number of days until you are up to 30-45 seconds.

While this is not deep breathing, it fires up the lungs to push and pull and causes a stimulating level of suction and release that helps to further boost the amount of oxygen in the blood and flow of lymph.

Breathing Exercises: Make It a Daily Habit

As I mentioned before, this is a truly powerful tool that can lead to an energy explosion whenever you need it most.

However, the most difficult thing is remembering to do it daily! Incorporating breathing exercises into your daily life can be a challenge to begin with, but once you've started and you start enjoying the benefits you will easily remember to do it every day.

To give yourself a helping hand, I strongly recommend that you make your breathing exercises a part of your current daily routine. By attaching your breathing activities onto another daily activity you never forget you will quickly form this new habit.

I suggest you do it in the morning, before you leave for work, every day. Then you can simply use these techniques during the day whenever you need to. I always used to get an energy slump after lunch, but these exercises ALWAYS got me back on track and buzzing again.

ENJOY YOUR NEW SUPER-ENERGISED LIFE!

Many thanks for downloading and reading our 5-Steps To Unstoppable Energy guide.

Next Steps...

Now that you are ready to get started with your super-charged, super-energised life, here are a few things you could do to kickstart the process:

- **energiseforlife.com** - Check out our site at www.energiseforlife.com - the worlds larges natural health & energy resource. You'll find a massive selection of products, supplements, resources, equipment, articles & more setting you on the path to your health goals [click here for more info]

- **The Energise Blog** - with over 400 articles, guides, recipes and how-to's teaching you how to create your dream health, body and energy [click here for more info]

- **The Energise 12-Week Alkaline Diet Course** - if you are really serious about unleashing your body's full potential I strongly recommend you check out our online course. People are getting amazing results including weight loss, weight gain (when needed), IBS relief, more energy, clearer skin, no more arthritis, no more eczema, better sleep, increased libido, clearer thinking, better moods and more! [click here for more info]

Online Alkaline Diet Course

12 week guided course including weekly emails & resources, recipes, weekly shopping lists & more!

"amazing - great material and so well laid out" - Tracey , London

"this has made more difference to my health than ANYTHING else" - Caroline , London

buy now



- **The Energise Forum** - we also have an active, busy online health message board where thousands of people are asking questions, getting answers, chatting, motivating each other and more! [click here for more info]

the energise alkaline diet course

The Energise Alkaline Diet Course is **seriously getting results**. If you want to alkalize and energize your life, this course guarantees you will start to see benefits within seven days.

Here is what our customers have to say:

I was hooked after just two weeks I felt so much better I had easily shed 10 lb in weight, I was not even hungry. I was sleeping better and my concentration was much sharper.

By the end my energy levels had gone through the roof and I knew this was for me. I have gone on to, effortlessly, lose 5 stone and the tumour has shrunk so it has all been worthwhile. Thank you so much for getting me started.

My advice if to anyone reading is to take Ross's 12 week course - I did this and I can't tell you how amazing it was.

Jill, UK

I can honestly say that I can't see me going back to the old way of doing things. When I started the course, I was around 22% body fat. I'm down to about 13% now and feeling fit as a fiddle. I recently met up with a friend who I hadn't seen since Christmas, and they couldn't believe the way I looked.

Sincere thanks for putting the hard work into this course, its affected me in ways I never thought possible.

Carl, UK

I'm on week seven now and I am living a new life.. I feel like the old me has gone and there is a new and improved me in its place. I can't believe that I have got this much more energy and I don't ever have cravings for the old foods I used to eat every day. So far I've lost 7kg, had to buy loads of new jeans and my psoriasis is nearly all disappeared. I cannot thank you enough for this course.

Peter, USA

If you want to get started with the world's most advanced, easy to use alkaline diet system then click here now. This course makes it impossible to fail.

Ready to start alkalizing now?

[Click here to sign up to the 12-week course](#) and enjoy the full alkaline diet recipe book!

