

# Health TIP:

## The morning beverage that will jumpstart your health and weight loss.

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**When it comes to diet drinks, there's one beverage that continues to be a favorite among the weight loss experts.**

It's not diet soda, or even just plain water, but a simple warm drink that can actually do wonders for your dieting efforts during the day. Hot lemon water, in fact, is the drink that's been found to leave you with glowing skin and an energized metabolism.

Just squeeze half a lemon into a glass of warm or hot purified water, it beats drinking coffee hands down. This simple drink has physical benefits that will help you to get where you want to be.

Coffee—especially when taken with no sugar—can give you a much-needed energy boost in the morning, has been proven to expand your lifespan, and is even a powerful fighter against cancer and diabetes.

Hot lemon water, on the other hand, will give you a weight loss pick-me-up that'll keep the efforts going all day long.

People who maintain a more alkaline diet lose weight faster, [and] since lemons help to make the body more alkaline, drinking lemon water is a good weight loss aid.

An extra bonus: Lemons are also high in pectin fiber, which helps fight hunger cravings, so not only does the drink add in alkaline, but it helps to make sure overeating is curbed throughout the day.

**If weight loss is not your main goal, the tart drink can help with multiple other health concerns. Here are eight more reasons you should drink hot lemon water every morning:**



### **1. Aids digestion.**

Lemon juice helps to flush out toxins, particularly from the digestive tract. Its composition is similar to the acids in saliva and digestive juices and it stimulates the liver to produce bile.

### **2. Acts as a diuretic.**

The increase in the rate of urination helps to eliminate toxins from the body and gets rid of bloat.

### **3. Boosts your immunity.**

The high vitamin C content has anti-inflammatory effects, and high levels of potassium boost nerve and brain function.

### **4. Balances pH levels.**

Lemons are one of the most alkalizing foods for the body. Drinking lemon wa-

ter regularly can reduce acidity, including uric acid in the joints, one of the primary causes of pain and inflammation.

### **5. Clears skin.**

Vitamin C and other antioxidants fight skin aging, decreasing wrinkles and blemishes. It rejuvenates the skin from the inside out. The alkaline nature of lemon juice kills some of the bacteria that cause acne.

### **6. Enhances your mood and boosts your energy.**

The scent of lemon has mood-enhancing and mind-clearing properties. It can reduce anxiety and depression.

### **7. Promotes healing.**

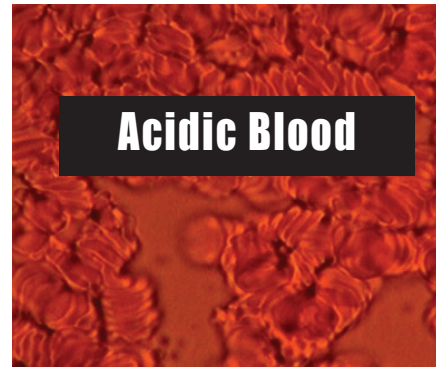
The vitamin C (ascorbic acid) found in lemons promotes healing and helps to maintain healthy bones, connective tissue, and cartilage.

# Did you know?

## CANCER THRIVES IN AN ACIDIC ENVIRONMENT

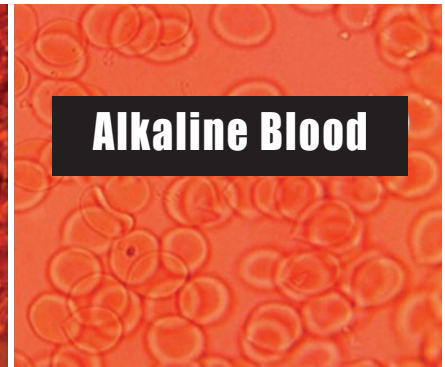
**"No disease, including cancer, can exist in an Alkaline environment"**

*Nobel Peace Prize Winner  
Dr. Otto Heinrich Warburg*



**Acidic Blood**

*Meats, Sugar, White Bread, Coffee, Soft Drinks, Alcohol, Cigarettes, Prescription Drugs, Process Foods.*



**Alkaline Blood**

*Vegetables, Fruits*

### 8. Freshens breath.

You know how crisp and clean lemon juice smells. A warning; however, citric acid can erode tooth enamel. It is a good idea to rinse your mouth with purified water after drinking lemon water.

### MAJOR

**To cut out visible fat, cut out simple carbohydrates with no nutritional value, such as white and wheat flour you're using for energy. When digested it floods your bloodstream with glucose, which makes the body rapidly secrete insulin.**

**This signals the body to store fat in Two Ways:**

Insulin tells your fat cells to pull in fat from the bloodstream, making you fatter.

Insulin tells your fat cells to prevent fatty acids from leaving, preventing you from becoming leaner.

Your body hangs onto all the fat it can find.

No white refined processed sugar. Sugar is acidic, acid retains fat, creates disease and causes death.

To get rid of visceral fat, cut out vegetable oils and grease. (Avocado, coconut and olive oil are fine)

To literally prevent and reverse major degenerative diseases and ailments adopt the RAVE Lifestyle: no Refined sugar, no Animal products, no Vegetable oils, Exercise and no Exceptions. A simple error in judgment or a simple discipline, compounded over time, will determine where we end up. Choose in advance. Choose health.

Eating meat creates Uric Acid. Forming Acidosis. Acid equals fat and sickness. Sickness equals disease and death. Black beans have more protein than beef. (Many more examples)

Vegetables are Alkaline. Alkalinity equals health. Health equals lean muscle, vitality, vigor and zest. The biggest and strongest Gorillas eat plants. The strongest mammals (mammals have fur or hair and humans are mammals) eat plants. No disease including cancer can survive in an alkaline environment. Every person who has cancer has a pH that is too acidic. Meat, sugar, white bread, coffee, soft drinks, alcohol, cigarettes, prescription drugs and processed foods all promote acidic blood. Vegetables and fruits or anything

green... chlorophyll, polyphenols and phytonutrients promote alkaline blood.

Chlorophyll has the same molecular structure as our very own hemoglobin (blood plasma). The only difference is at the center of ours is the iron molecule while at the center of chlorophyll is the magnesium molecule.

I have supplied snack and drink recipes (on the next page) to help boost your health.

*FREE Unlimited Alkaline Water at Purely CBD Elk Grove with the purchase of a jug! Start a healthier lifestyle choice today! Visit us at 6616 Laguna Blvd, Suite 124, Elk Grove, or call us at (916) 306-7487*

**Is Your Body Acidic?**

Many diseases thrive in an acidic environment.

the pH scale

the pH scale

Acidic = Poor Health      Alkaline = Good Health

WAKA SITHU

## Daily Health Mix

You can use any variation and mix it up to your personal taste.

Maca, spirulina, hemp hearts, hemp protein powder, hemp oil, bee pollen, psyllium husks, cacao, turmeric, flax meal, Ceylon cinnamon, honey, almond butter and chia seeds.

Put the recommended daily amount of each ingredient in a bowl and mix it up. Once it's mixed well, stir in coconut water until it is soupy. Then mix in the hemp oil, coconut flakes, crushed walnuts & pecans, soaked almonds, raisins, prunes.

Add fruit that you like and if there's extra left over, freeze it for a dessert later!

You can also mix up enough for a few days, put it in ziplock bags and freeze them. When you're ready, take it out of the freezer and cut the corner off and squeeze it out.

## Daily Drink

Mix 8-10oz of alkaline water or favorite fresh juice with the recommended serving size of Green Vibrance, Spectrum Vibrance, collagen hydrolysate, ashwagandha, he shou wu, black seed oil, sea buckthorn oil, tongkat ali and Maca root. Shake well and enjoy!

Take with Irish Sea moss, bladderwrack and burdock root capsules as well as pau d'arco, oregano oil, black elderberry, and Shilajit (not all at once, do the drink separate from any of the above capsules and take the above capsules at separate times from each other)

For an additional powerful benefit: Sovereign Silver (silver hydrosol)

Note that green vibrance needs to be kept in the freezer. It's a living food.

## Daily Power Shake

Scoop of wild blueberries  
Scoop of nutrabio grass fed whey  
Scoop of almond butter  
Almond milk  
Pumpkin, flax, and sunflower seed mix.

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