

***The Most Important E-book You Will
Read All Year!***



5 Vital Tips **you need to know** **To lose weight NOW**

Feel Like You Again!

By: Mike McPherson
& Alyssa Blue FDN-P

CAUTION



DO NOT!!

**Read this guide if you are not ready to
make a drastic change in your life both
mentally and physically!**

**Once you have learned these 5 Vital tips
there is NO GOING BACK!**

CAUTION



About the authors

Mike and Alyssa are on a mission to help empower as many people as possible to take back control of their health, by providing educational tools and resources as well as access to the best wellness technology available.

The details of their pain to purpose stories are vastly different from debilitating anxiety and depression to mortifying and excruciating IBS and digestive disorders. It was their illnesses though, that led them down a shared path of hope and perseverance. Without answers from specialists, they sought out alternative options to get relief. A path that eventually allowed them to heal themselves. They have cumulatively dedicated more than two decades of their life to this mission. The knowledge, experience and certifications they acquired, assist them in relating to so many others looking to take back their health and feel like themselves again!

Yours for Vibrant Wellness,

Handwritten signatures of Mike and Alyssa in white ink on a blue background. The signatures are stylized and cursive.

Congratulations

Take a moment and congratulate yourself on coming across the single most powerful guide that you will read this year! Wow that's a bold statement you say?

Why yes it is because we are giving away 5 Vital Tips that NO ONE in the weight loss industry is talking about...period!

These tips are literally going to revolutionize the way people lose weight for years to come.

Our promise is by the time you get done reading this guide you will be well on your way to a successful start to your weight loss journey.


How do we know this and how can we be so confident? Well at one point Mike was tipping the scales at 310 pounds. He was extremely overweight, had high blood pressure, no motivation and enough anxiety to give anyone a heart attack! If this resonates with you, you are reading the right book. These 5 vital tips are what helped him lose 85 pounds in 4 months! Whenever we work with clients we make sure these 5 Vital Tips are among the first things we teach.

Vital Tip #1

What You Eat!

The old adage, “you are what you eat,” couldn’t be more true, especially in this day and age. Food is now riddled with all different types of chemicals and preservatives. Whether you are eating boxed, packaged and processed foods or even conventionally farmed vegetables you are ingesting some kind of man made chemical. This may come as a shock to you, but Big Ag is in bed with Big pharma! What they put in and on the food gets you sick and the medicine they give you “which is also a chemical” puts a band-aid over the real root cause of why you got sick in the first place... As you cover up the symptoms, what is happening in the background is that you are becoming more and more sick. You wouldn't know that because the medicine is keeping you numb to your intuitive connection with the body. We will talk about this more later.





It's like the warning lights of your body's dashboard are flashing and you're ignoring it. Just like a car you can only get so far by ignoring the clunking and pinging until something breaks. When something breaks in your body you cannot just swap out a part. The result can be catastrophic failure and worst case scenario... fatal. This is the sad truth. We do NOT say this to scare you, but to bring awareness to you and to educate you, so you can make the best possible choices when it comes to what you put in your ONLY body. Remember you only get ONE (1) body! We want to help you to take care of it, so you can be around for your children, family and loved ones for years to come.

OK so now we got that out of the way, we are going to tell you what you should NOT be putting in your body. We are going to offer better substitutes that will keep those “warning lights” at bay and put you well on your way to living in the body of your dreams!



ORGANIC

We are going to dive into some of these in more detail in the next tips, but if you read nothing else this is what you need to know to help you lose weight **RIGHT NOW!**

EAT REAL WHOLE FOODS THAT DO NOT NEED A NUTRITION FACTS LABEL EAT AS CLOSE TO NATURE AS POSSIBLE!

What foods to buy organic:

- All meat, dairy and egg products should be bought certified organic.
- Grass fed, grass finished beef and pasture raised poultry are important considerations.

Any time you have the opportunity to meet and build a relationship with a local farmer, do it! There is nothing like actually seeing where your food comes from and how it is raised. Also you are also supporting a local family owned business!





Dirty Dozen

Strawberries
Spinach
Kale Collards
& Mustard Greens
Nectarines
Apples
Grapes
Bell & Hot Peppers
Cherries
Peaches
Pears
Celery
Tomatoes

Clean 15

Avocados
Sweet Corn
Pineapple
Onion
Papayas (nonGMO)
Sweet Peas (frozen)
Asparagus
Honeydew Melon
Cabbage
Kiwi
Mushrooms
Cantaloupe
Mango
Watermelon
Sweet potatoes

Foods listed on the EWG's Dirty Dozen are the most chemically sprayed crops and it is advised to spend a little extra money to buy these organically grown.

Always choose non-GMO and organic when possible. For budget considerations, produce that has a skin/shell and those on the Clean Fifteen list for least sprayed crops are considered okay to purchase conventionally grown.



Vital Tip #2

When you eat is incredibly important for losing weight!

We are told that you need to get 3 square meals a day, that turns into 5 or 6 with snacks. That we should eat breakfast as soon as we wake up and graze all day. This old paradigm of thinking couldn't be more WRONG. It is causing you to gain weight and keep it on.

INTERMITTENT FASTING

Every culture and race since times immemorial has had a fasting practice whether out of necessity due to famine or drought or for religious practices and purpose. Our body is wired for survival. Until about one hundred years ago food was not cheap, convenient or readily available. We are not designed like grazing animals. Snacking all day, forces our body's to constantly perform a very energy taxing process, overworking our pancreas to pump out insulin and actually puts us on a fast track for dis-ease.



Did you know that digesting food takes close to 65% of our vital energy, that's why after Thanksgiving day dinner you want to take a nap. It's not the turkey, it is because we stuffed ourselves and our body is using all of its resources to digest, making us feel tired. It is never advised to over eat, as stuffing yourself also creates inflammation in the body too.

The human digestive system works best on 2-3 meals a day. Why? So we can provide proper fuel to nourish all our systems, cells and tissues and when we are not digesting the body can focus on other tasks, like healing inflammation. This is where the power of intermittent fasting comes in. There are many ways to implement a fasting practice. Easiest way to start is by increasing the window of time between dinner and breakfast in 30 minute increments. If you have never fasted before, go slow, a good goal to aim for is a 12 hour fast/feed split. Our body's are brilliant, as you work your way to a longer fast duration the body does something amazing called "autophagy," Latin for, auto eating, this is a process in the body where it metabolizes worn out cell parts for fuel (since you are not consuming calories) providing us with health new cells and shifts into a state of ketosis (hence KETO diet) where the body actually burns FAT for fuel.



As a general guide this happens for men at around 16 hours fasted and women at around 14 hours. More considerations must be made for the hormonal balance of premenopausal "cycling" women. For more specific information about fasting and hormone testing reach out us at www.wholeisticlyfe.com



BIGGEST MEAL AT MIDDAY

We are diurnal beings, meaning our circadian rhythm is guided by the sun. We rise in the morning and sleep at night (unless you are a shift worker). Our digestive fire is at its peak when the sun is the highest in the sky, likewise that is the time when we have the most opportunity to utilize the food we consume as fuel for higher energy demands of the day.

STOP EATING 3+ HOURS BEFORE BED

Again this follows the natural flow of our body clock, the circadian rhythm. It is worth mentioning that your body does not just stop digesting food when you sleep, but having the largest meal of the day right before bed can cause the uncomfortable feelings associated with indigestion.

These are some common practices everyone will benefit from, but if you want to dive deep it really comes down to your metabolic type. It is a science that honors your bio individuality. If you want to learn more about how your specific body turns food into energy we offer testing to determine your metabolic type too.

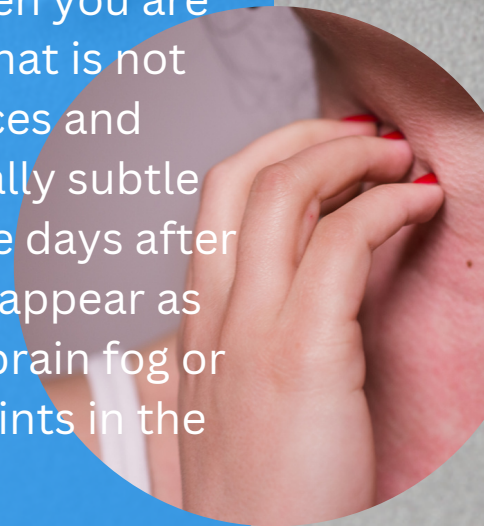
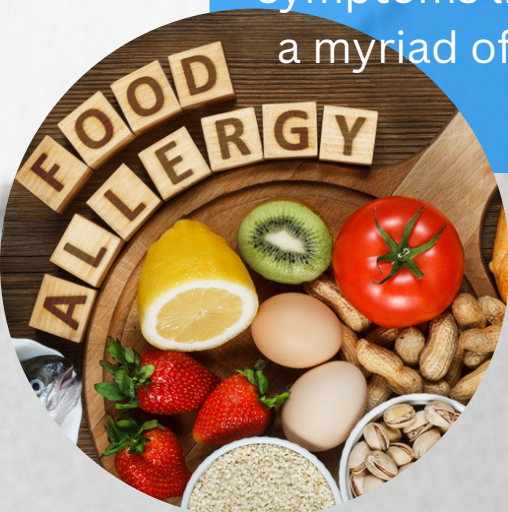


Vital Tip #3

The Most Inflammatory Foods

The most inflammatory foods you need to remove RIGHT NOW are common household staples and found in most recipes, hiding in plain sight. These foods were once nourishing to our body, now due to conventional farming practices have been bastardized at the expense of our health.

Food allergies are becoming more common, not because the food is to blame, but how it is being grown and harvested. It is apparent when you are having an allergic reaction to foods, what is not apparent though are food intolerances and sensitivities. These reactions are typically subtle and often have a latent onset. It may take days after consuming the offending ingredient to appear as symptoms like a runny nose, joint pain, brain fog or a myriad of other unsuspecting complaints in the body.



Slight of doing an elimination diet there is really no way to know if you have an actual sensitivity or not without doing some pretty specific FOOD SENSITIVITY TESTING. If you are interested in learning more about what these tests are and how to get them done, visit <https://wholeisticlyfe.com>. These tests help give your body a voice and you the knowledge to lose weight even faster!

Problem: **WHEAT AND OTHER GLUTINOUS GRAINS**

The grains we eat today are not the same grains our grandparents ate. The staple crop wheat in particular has been so adulterated in America it is hardly recognizable to that of previous generations and to countries abroad that reject geoengineering of agricultural products and harsh pesticide and herbicide chemicals utilized in our industrial farming practices.

Glyphosate is the main chemical ingredient in commonly available weed killers. Did you know that this chemical is routinely sprayed on our grains during cultivation and what is worse, at harvest, in order to dry the crop, to get it on store shelves faster, the wheat is dosed in these deadly chemicals! Glyphosate causes intestinal permeability, “leaky gut,” and it is classified as a carcinogen, meaning it is known to CAUSE CANCER. A shocking 99% of all industrial wheat grown in this country are genetically modified. Most of the GMO crops grown are used as feed for conventionally raised livestock. Animals eating these grain products (mind you this is not even considering their living conditions, hormone injections or antibiotic usage), are extremely ill.

Is it any wonder that the humans that are then fed the byproduct of these sick animals, find themselves getting sicker and FATTER?

You have heard the phrase, “we are what we eat,” more accurately stated, “we are what they ate.” Additionally, even organic, clean-sourced gluten containing grains like rye, barley, spelt, kamut and triticale are more challenging proteins for our body to metabolize even for those with no history of celiac disease. Research shows gluten causes irritation and damage to our gut lining.

Solution:

Explore available gluten free grain options like amaranth, buckwheat and millet, that have more responsible growing practices. Choose certified gluten free oats (oats are naturally GF, but are often cross contaminated during manufacturing). Quinoa is a versatile, complete protein. Rice is also gluten free and nut flours are becoming more prevalent, offering great substitutions to wheat and other gluten products. There are lots of options for delicious, clean, gluten-free alternatives appearing on store shelves, but as always, read the labels.





Problem: ***DAIRY***

Dairy is a unique food in that it offers a balanced macronutrient ratio between fat, protein and carbohydrates and a ton of beneficial enzymes. However, the way conventional cow's milk is manufactured today does not provide us with dairy products that comprise these healthy properties. With high heat pasteurization from cows that are over milked and are often kept in atrocious living conditions, conventional dairy products including milk, yogurt, cheese, butter and ice cream are keeping you inflamed and inhibiting you from LOSING WEIGHT.

1Litre



Solution:

Choose goat and sheep options. These products have 40% less lactose than cow's milk and these animals are typically raised in better living conditions. There are plenty of delicious dairy alternatives from nuts, seeds, peas and oats. Be mindful here of added sugars, gums, preservatives and synthetic vitamin fortification. If you enjoy cow's milk opt for organic, grass fed, grass finished products. Lactose free options include clarified butter or ghee and fermented, probiotic-rich kefir.





Problem: Vegetable Oils

Oils like soybean, canola, corn, safflower, cottonseed, grapeseed and any unspecified blend of highly processed, highly refined oils, are toxic and the majority are also genetically engineered (GMO) in a laboratory. These oils harm us by creating inflammation in the body, the root of the majority of all health complaints worldwide, in several ways. These oils are high in Omega-6 fatty acids, which when out of balance with protective Omega-3's creates inflammation in the body. These oils are processed "refined" using high heat and then the end user is cooking/frying with these oils well past the smoke point. Cooking beyond the smoke point oxidizes the oil, meaning it is actually rancid and testing now substantiates the molecular changes to be carcinogenic. Oxidative free radical damage in the body creates inflammation and increases risk factors for diseases.

Lastly, genetic modification of seeds creates plants that when consumed have nonnative chemical compounds that are unfamiliar to the digestive system, meaning our body does not know how to digest these particles. This creates irritation in the gut lining affecting our immune system (upwards of 70% of which is housed in the gut) and taxes our liver (the body's master filtration system) as our body attempts to usher these chemicals to the exits. Overtime, after repeatedly consuming these food-like substances, our body's barrier defenses get weak and have a tougher time excreting these poisons. What the body cannot get "out," it stores "in" fat cells to protect us.

Solution

Avoid toxic oils as much as possible. When eating out, ask for "low" or "NO" oil. At home cook with organic, well sourced unrefined avocado, coconut or grass fed butter or ghee (lactose free clarified butter), leave extra virgin olive oils for low heat cooking only or salads. A little goes a long way, use them sparingly.





Problem: sugar

It seems to be common knowledge these days that sugar activates the same pleasure centers as cocaine. In fact, it has been proven to actually be 10x more addictive, yet it is legal, beyond that, it is cheap and readily available for us to purchase. However, it seems there is still a gap between understanding this concept and knowing which sugary treats are truly healthy and which are just clever marketing. You may ask why is poison being sold to us and our children, everywhere we turn, and how can it be done so deceptively, irresistibly tasty and wrapped in beautifully colorful captivating packages? The better question is not why this has been allowed to occur, but what you can do about it to break the habit, regain control of your health and **LOSE WEIGHT NOW.**

White sugar has been so bastardized by bleaching and refining with high heat, that it hardly resembles the raw natural crystals it is derived from. With 99% of the corn crop in America being a GMO and corn being a cheap staple crop high fructose corn syrup is one of the most devastating ingredients to ever be added to the food supply. HFCS is 1.7x sweeter than table sugar, both offer zero nutritional value and both are masquerading in over 80% of the processed foods sold today. Agave is no better, even “raw” agave is highly processed from plant form to liquid sweetener. all of these will spike blood sugar and put you on a fast track to insulin resistance, metabolic disorders that **KEEP YOU FAT!**





Solution

When buying anything packaged look for options that have monk fruit (lo han guo), which is an Asian fruit that is actually a natural sugar free sweetener. Real maple and date syrup (not flavoring) are fantastic substitutions as they are full of beneficial minerals. Local honey is a delicious sweetener that offers benefits as a gentle antimicrobial that can tame immune responses such as seasonal allergies. Though organic cane or coconut sugar is a less toxic option than white sugar, these substitutes should still be consumed in moderation.

Eat fruits in their whole food form, not as a fruit juice. The fiber content slows down the rate of digestion and will mitigate a blood sugar spike. Both fiber and sugar are defined under the carbohydrate macronutrient category, which can be confusing. Fiber is essential for bowel regularity, helping bind and usher toxins out of our digestive tract and adds bulk to our stools.

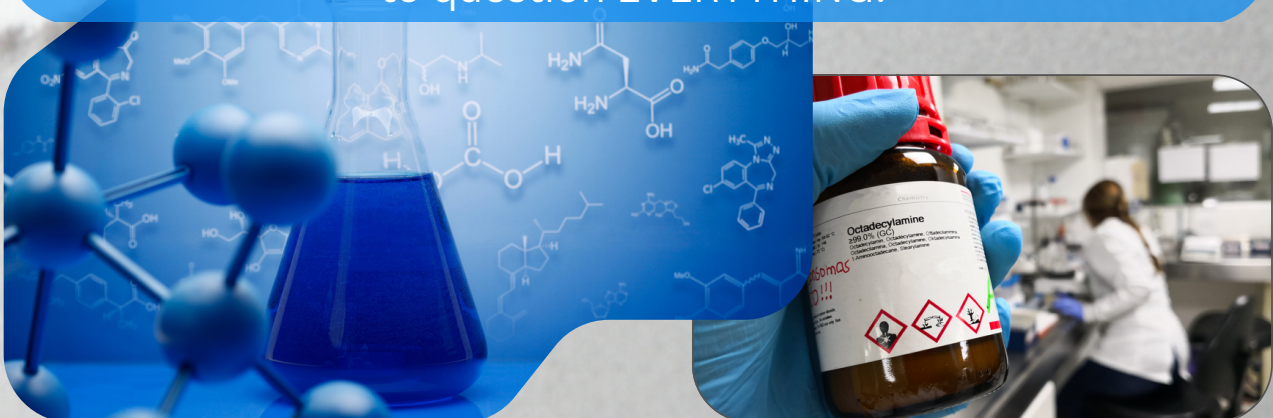
Carbohydrates are not evil once you understand them... you can use them to your benefit!



Vital Tip #4

Chemicals in Food that are keeping you FAT!

We mentioned this briefly at the beginning of the book, but now we are going to dive in. There are substances being put in and on food that make you SICK and GAIN WEIGHT. This is NOT your fault! This is not a topic that is talked about in the mainstream, but you need to know this information if you want to lose weight and regain or maintain your health. For decades now we have just believed, without questioning, that what we are putting in our mouth's is delicious, craveworthy even, so it must be healthy for our body. When a chemical company is the world's largest seed supplier this should cause some alarm bells to go off in your mind. This is not for shock value, it is what it is and we are here to tell you that you need to question EVERYTHING!





Problem: ***ARTIFICIAL COLORS, FLAVORS & CHEMICAL ADDITIVES***

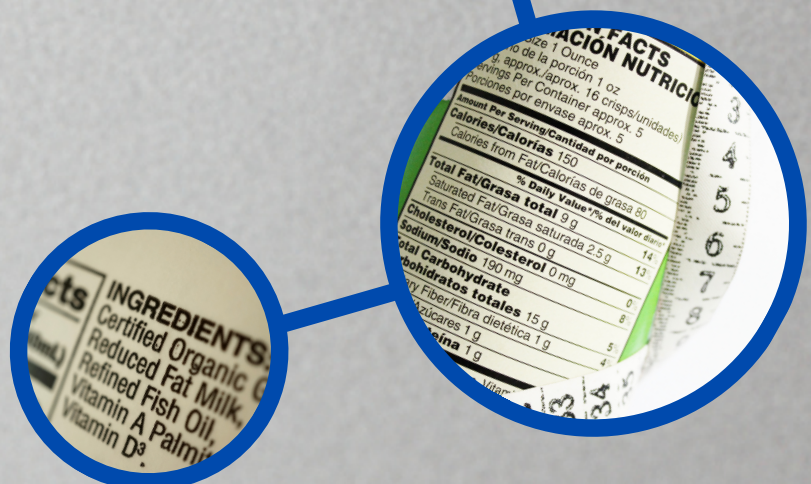
We have all seen the ingredient labels with long names we cannot pronounce and packaging displaying dyes like red lake and blue 40. These are not foods, so it goes without saying they should not be in, on or around your body, let alone in foods you pay to eat. There is substantial evidence linking artificial colors to behavioral issues like ADD, ADHD and spectrum disorders. Did you know, there are companies dedicated to creating flavors that are designed to trick our minds via our taste buds? These flavor additives activate pleasure centers in the brain, like a drug, they are keeping us addicted. Addicted consumers equals more revenue for companies, as we keep coming back for our next hit. In addition to colors and flavors, the chemicals added to processed foods for manufacturing purposes and as preservatives, to give ingredients an extended shelf life are keeping you FAT! The body does not recognize these foreign chemicals, in many cases these ingredients are known endocrine disrupting chemicals that mess with our hormones so now you are hooked and because the body has to work harder to try to get rid of these toxins they create stress. Stress over time ages us faster and makes it harder to lose WEIGHT!





Solution

Avoid products that have many syllable ingredients you cannot sound out, and opt for real, whole, fresh foods that have no nutrition facts panel. And when choosing to purchase manufactured foods, invest a few moments of time to read the ingredient labels, not the marketing on the package! Look for familiar food ingredients, be open to exploring and have fun trying new things, who knows you may like it.





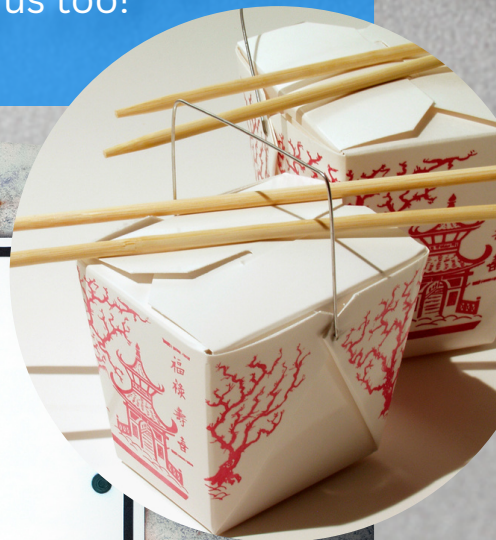
Problem: ***Monosodium Glutamate***

MSG is an excitatory neurotoxin that when consumed as a food additive, affects the function of neurotransmitters. MSG has been linked with OBESITY & METABOLIC DISORDERS and has detrimental effects on the reproductive organs. Though MSG is a flavor enhancer with $\frac{1}{3}$ the sodium content of salt the downstream effects of inflammation, mood dysregulation, impaired glucose tolerance, oxidative stress and DNA damage make this an ingredient to steer clear of. When you read ingredient labels MSG can also be misleadingly labeled as yeast extract so be mindful of this too.



Solution

Avoid MSG all together as well as bleached, refined, synthetically iodized table salt. When you are looking to spice up your meals, instead choose a heavy metal and microplastic free, mineral dense sea salt and well sourced organically grown herbs. They not only taste good, they are nutrient powerhouses that do good for us too!



**STAY
AWAY!**



Problem ***Aspartame***

Are you surprised to learn that sugar free candies and sodas are **KEEPING YOU FAT**? Even though it boasts zero calories on nutrition facts labels, Aspartame, when consumed, is viewed by the body as a poisonous chemical. It is in fact way more detrimental to our overall health than just consuming the sugary alternatives. Why?

Because at least the body knows how to metabolize sucrose. It does not recognize these chemical sweeteners, so it creates a state of stress within the body to remove the toxin, creating irritation and inflammation as a byproduct. Overtime after repeated consumption the body gets overburdened and has a more challenging time removing the toxins. Guess what happens when the body cannot poop, pee or exhale out a toxin...it stores it in a FAT cell to protect us!!



Solution

If you want to LOSE WEIGHT and build health, avoid these artificial sweeteners at all costs. Choose options that include real food for sweeteners (reference sugar options above). Another sugar free option we recommend is Xylitol. Made from birch trees, it is the only sugar alcohol we recommend because of its well researched benefits to reduce oral carries as well as intestinal imbalances. It does this by reducing fungal and streptococcus bacterial overgrowths and dismantles their biofilms.



Vital Tip#5



Power of Belief!

THE BELIEF FACTOR

YES I said it, your beliefs, the thoughts you think, are keeping you FAT! This tip, although the 5th and final tip, is the single MOST IMPORTANT TIP that you will read!

Your mind controls everything!

What if I were to tell you that you can hack your subconscious mind just like hacking computer files? And these computer files are the negative beliefs (i.e. programs) that you are running every single day without you even knowing it! You could have these beliefs and blocks playing on a negative feedback loop in your subconscious mind from when you were a child from parents, teachers or something you witnessed, unknowingly implementing them.

Here is an example of how a belief or a block is made:

Dialogue (Parent/Child example)

Child (You)- I finished as much as I could.

Parent- You need to finish everything on your plate.

Child (You)- I can't eat anymore!

Parent- If you don't finish everything on your plate then NO dessert!

Child (You)- Ughhh, Ok..

Does this sound familiar? Has this happened to you?

What is happening here is that a “trusted authority,” a parent in this example, is creating a subconscious belief, based upon reward and punishment.

IF you do “x,” something unwanted
THEN you can get “y,” something you do want.

The belief that is being instilled is:
YOU HAVE TO FINISH EVERYTHING ON YOUR PLATE

Because:

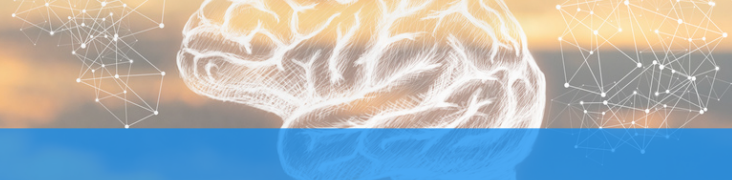
You do not want to get in trouble

You want to be praised

You do not want to disappoint

Overeating...





Stuffing yourself to only get rewarded with what is typically more addictive, sugary substances like ice cream, cakes or candy. Something repeated over a period of just 21-days can create a new habit. Habits performed over years, become programmed beliefs. The belief that you must force yourself to finish your food, only to reward yourself with even more food, is both mentally and physically damaging. Overeating puts stress on the body. Digestion is already an energetically demanding process. The body metabolizes and absorbs what it can and excretes the rest as waste, so when excessive amounts of food, MORE than what the system is designed to handle, needs to be digested, this creates inflammation in the body. And what the body cannot excrete, gets stored in fat cells. Overeating is one of the main reasons why people can't lose weight. And no, It's NOT your parents fault! This is simply an example of how quickly and innocently a subconscious belief can be created.

Beliefs sound like this:

You don't deserve to lose weight!

You can't lose weight...you have let yourself go to far

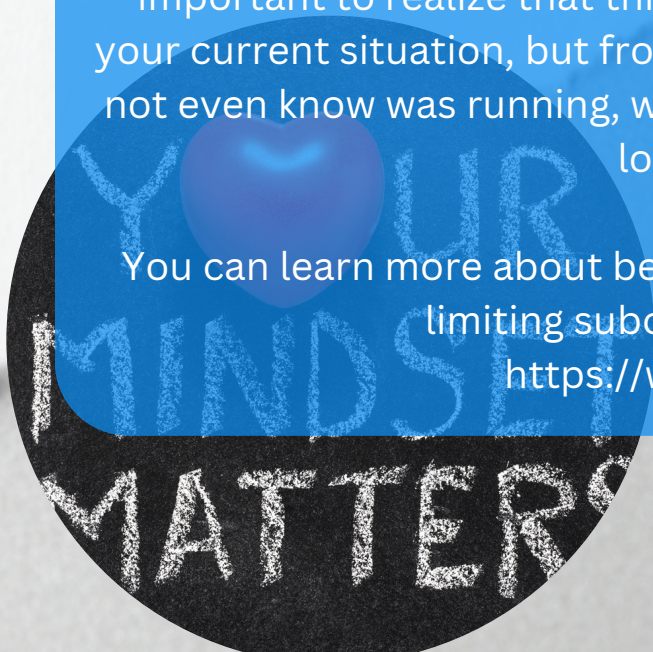
Your parents and whole family are fat, so I will be fat too

You don't love yourself enough, or at all, to lose weight!

Growing up my parents told me, "I will always be FAT"

Now that you understand how a belief or a block is formed it is important to realize that this negative self-talk is not coming from your current situation, but from a program that is running that you did not even know was running, which in turn is blocking your success for losing weight!

You can learn more about beliefs and how to change or remove self limiting subconscious programs at:
<https://wholeisticlyfe.com>



6 Week Intuitive Weight loss Program

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**20%
Off**

6 Week Intuitive
Weight loss
Program

**FEEL LIKE U
AGAIN**

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The world's first intuitive weight loss program

This is a 6 week program that includes

- Personalized Metabolic Testing
- Food & Mood Tracking Log
- 2x 1-on-1 Coaching Calls
- 4x weekly Group Calls
- Community Accountability