



**DIET GUIDANCE** for those who seriously desire weight loss and wellness.  
**Obesity, illness and disease are due to emotional issues and nutritional deficiency.**

**YOU ARE WHAT YOU EAT AND WHAT YOU THINK.  
 LETS CHANGE THAT RIGHT NOW!**

**DECEMBER 31st 2005 - CNN News Report:**

Nine million Americans are severely obese. 127 million are fat or obese. **Today the numbers are much higher!**

**Obesity leads to diabetes, heart disease, strokes and worse:**

Million of Americans have been diagnosed with diabetes. Millions of adults have it, but don't know yet. Diabetes is the fifth leading cause of death among women and sixth among men. Diabetes is associated with heart disease, chronic kidney disease, blindness, and amputations. - NCHS and RAND Corp. Statistics - USA October 2003

**Diet guidance that the government would prefer you ignore:**

The reason for the epidemics of both obesity and diabetes are clear. Americans do not exercise enough, if at all, and eating habits, guided by slick corporate advertisements, are appalling. If you are reading this, it's because you are fed up and looking for help. Follow the diet guidance below and watch your life change. Forget the food pyramid. It's another corporate lie.



**"I hate the way i look and feel. Help me help myself. "**

The advice that follows is not only COMMON SENSE but also medical and nutritional FACT. Only read this expert advice and health guidance if you are a) In pain b) You've had enough c) You refuse to lie to yourself anymore d) You are sick e) You seriously want help.

Try out this free advice or discard it. However, this advice may save your life. **Why?** Because most people can't afford medical insurance and already spend too much on doctors, therapy and toxic medication ... which makes you even sicker! Because most western doctors, dairy farmers, corporations, advertisements and the government, are more interested in keeping you sick and medicated for THEIR profit - THEY vacation in Fiji whilst YOU vacation in hospital.

- Read this...because you REFUSE to become a statistic.
- Because the food pyramid is a lie. Because milk does NOT "do a body good".
- Because you've spent too much on diets that don't work and gym memberships you abandoned after one month.
- Because becoming fat **didn't happen overnight** and losing PERMANENT weight **won't happen overnight**.
- Because you and your family deserve health and happiness rather than depression, ridicule, pain and disease.
- Because it's not too late. You are alive and reading this!

## Diet - Physical 'Defects' - Physiology - Three Keys - Health Saving Solution - Choices

### Diet - You Are What You Eat.

**A diet is not something you 'go on'.** What you 'go on' is a fad, a temporary selection of food and drink. Your diet is what you consume every day of every week, every month, all year long. Look at your body. Look at the condition of your skin and your hair. Do you eat canned, boxed, fried or fast food every day - drink sodas every day - pop diet pills? Do you eat when you are **NOT** hungry? Do you eat for pleasure or comfort, or to escape pain? Are your parents fat? Do you get little to no exercise? Do you eat late at night on a regular basis? If you have answered YES to most of these questions, YOU ARE IN UNDENIABLE TROUBLE.

#### "OK, SO WHAT AM I SUPPOSED TO DO ABOUT IT?"

If you follow what is written below, you will look better, feel better and PERMANENTLY lose weight. Your skin and eyes will glow. Your hair will be soft and grow faster. Your energy will rise dramatically. For just ONE WEEK, try this advice and see what happens. You may be happily shocked.



#### AN EVERYDAY DIET ... THAT WORKS!

**1) DO NOT EAT UNLESS YOU ARE HUNGRY.**

**2) DO NOT EAT LATE AT NIGHT.**

**3) Eat for nutrition, strength and energy,** NOT for for comfort and to dull emotional pain such as depression, anger, sadness, stress and loneliness.

**4) STOP eating at fast food restaurants.** Is eating out at fast food restaurants - because you are too busy or too tired to prepare a meal - worth sacrificing your health, your relationships, your career and your future!

**5) Sit down to eat,** take your time and really TASTE your food. Stop eating in the car or 'on the run'.

**6) Eat small amounts throughout the day** rather than 2-3 large meals



#### **-IF IT'S WHITE ITS BAD FOR YOU!**

i.e. Bread, sugar, milk, ice cream, mayonnaise.  
Exceptions - Cauliflower, fish and egg whites.

**1) Milk is for calves NOT humans.** Drink milk if you want to be fat. Milk coats your intestines in mucous, blocks absorption of nutrients, and creates constant allergy and sinus problems. Milk!

**2) Cheese** - Mucous causing, intestinal blocking, constipation hell. Stick a fork in a cold pizza and visualize that solid mass stuck inside your body for up to three days.

**3) Pasta** - Great for athletes who need instant energy. Dead nutrition to the rest of us. Besides America, Italy has the fattest children and adults in the world.

**4) Salt and margarine** - Use sea salt, in moderation. Margarine is **POISON**. Use butter, in moderation.

#### SAFE AND NUTRITIOUS:

a) Eat mainly **ALKALINE FOODS** - not acid (cancer causing), poisonous foods. What's acid: Beef, pork, white flour, fried food, chocolate -

2-3 large meals.

### DO NOT COMBINE:

#### a) Carbohydrates with protein.

i.e. Meat and eggs can be eaten with vegetables and salads, but NOT bread or potatoes. Ever wonder why you get gas and indigestion? Now you know.

#### b) Fruit with any other food.

The body cannot process the combination and produces gas and indigestion. Melons should always be eaten alone.

#### c) Do not drink liquid with your meal. Drink BEFORE or AFTER.

Sip water with your meal if you absolutely need liquid to help you eat and digest. A glass of red wine with dinner is allowed and is actually nutritious and good for you.



### VERY BAD THINGS:

a) **SUGAR.** Sugar **ages** you and **poisons** your body. Instead use honey or **STEVIA**.

b) **SODA.** What is soda - Fizzy water, chemicals and sugar.

c) Anything labeled "**DIET...**". There are more cancer causing chemicals and poisons in diet products than the regular product.

d) **Decaffeinated?** Same thing only worse than original due to additional chemicals.

e) **Fast Food Restaurants** such as **McDonalds**, Burger King, Jack In The Box etc. super sized meals equals fried fat and chemicals plus protein combined with carbohydrates, equals **SUPER SIZED OBESITY and DISEASE**.

f) **Anything in a box or a can is DEAD.** There is NO nutrition.

g) If you can't read or understand **label contents**, or it takes you three minutes to read them, why are you putting the contents in your mouth! **Whey**, saccharine and **aspartame**- common

nicotine, caffeine and alcohol.

b) **EAT LIVING FOODS** - Raw vegetables (organic if possible), fruit (not canned), and nuts (unsalted). Dark green vegetables are high in calcium, vitamins and minerals. Nuts are fattening but high in protein. Salad dressings: try rice vinegar (Marukan), lemon juice, extra virgin olive oil.

c) Eat **cage free** poultry and eggs. Fish, seafood and sushi provide nutrition and variety.

d) **Plain yogurt or Kefir:** Full of calcium, excellent for the immune system, diarrhea, nasal allergies and yeast infections. Add fresh fruit, nuts or mint for flavor.

e) **Boiled/baked potatoes, rice and whole grain bread** - NOT white bread or french fries. Popcorn without butter is ok.

f) **Steam, boil, bake, grill or poach. NO FRIED FOOD** (cancer causing). Raw and fresh is ideal where possible.

### BEVERAGES:

a) **Drink water.** Water flushes out residual toxins, including fat. Add mint leaves or lemon juice for flavor. How much water - Half your body weight in ounces equals your ideal personal daily water intake. **Water depletion** enables obesity.

b) **Natural juices** without added sugar or 'high fructose corn syrup'. Try juicing as often as possible for outstanding nutrition and health - take a look at 'the Juice Man' for proof!

c) **Green tea** is excellent. Anti-cancerous and health enhancing. The slim and fit Chinese swear by it.

d) **Red wine** is nutritious, anti-cancer and enhances health. The French drink gallons of wine and are slim, healthy and fit.

**If you eat natural healthy food, YOU WILL NOT BE FREQUENTLY HUNGRY or have food cravings, as you do when you drink sodas and eat canned, boxed, fried and fast foods.**

Consume "**SUPER FOODS**" often:

**Acai Berries**, spinach, broccoli, tomatoes, carrots, cauliflower, cucumbers, marmite, mackerel, sardines, halibut, wild Alaskan salmon, oysters, yogurt with acidophilus, **kefir**, tofu, beans and legumes, bananas, purple grapes, prune juice, aloe vera juice, garlic, wheatgrass, flax seed, bee pollen, spirulina and sunshine!

ingredients - are POISON!

## In Moderation With Caution:

- 1) **Alcohol** is SUGAR and POISONOUS to your system. If you become drunk, your body is in toxic shock.
- 2) **Meat** - Eat only when your body craves protein. Red meat is filled with cancer causing chemicals and poisons. Love the taste of a juicy steak? What you are tasting is URIC ACID. i.e. Urine, mixed with hormones and antibiotics. **Luncheon meat and hot dogs are cancer causing, chemical hell.**
- 3) **Chicken** - Extremely toxic, with high risk of salmonella poisoning. Chicken frequently causes diarrhea.
- 4) **Fish and Seafood** - Excellent, especially WILD salmon, not farmed. Observe [seafood mercury content](#) warnings.
- 5) Use only **Virgin Olive Oil** when cooking. Primrose Oil and Flax Seed Oil are also acceptable.

## FYI - Vegetarianism:

We do not agree that humans need become 100% vegetarian but it is interesting to note the strongest, healthiest, most gentle, agile and non-aggressive animals in the animal kingdom are vegetarian - Elephants, giraffes, horses, gorillas, llamas, cows, sheep, rabbits and deer.

"Scientists and naturalists, including the great Charles Darwin who gave the theory of evolution, agree that early humans were fruit and vegetable eaters and that throughout history our anatomy has not changed. The great Swedish scientist von Linné states: "Man's structure, external and internal, compared with that of the other animals, shows that fruit and succulent vegetables constitute his natural food."

- Living Vegetarian,  
[www.jtcwd.com/vegie/plant\\_or\\_meat\\_eaters.html](http://www.jtcwd.com/vegie/plant_or_meat_eaters.html)

## Famous Vegetarians

Beloved, beautiful, intelligent, humanitarian and healthy - from Brad Pitt to Demi Moore.

No more nutritional deficiency - here is [Your Shopping List](#)

Take a look at [the Perricone Diet](#)

## Physical 'Defects' - Beauty Is In The Eye Of The Beholder.

So, you hate the way you look besides your weight - If you have a physical 'defect' that is making your life **absolutely miserable**, fix it, but ... do NOT have cosmetic surgery for ANYONE OTHER THAN YOURSELF! Make the most of your best physical features and allow your personality to shine. Beauty comes from within. Lack of self esteem or a nasty attitude will make even the most beautiful person appear ugly and uninviting.

## Physiology, Attitude and Communication is Everything!

Carry your body with pride. Stand tall. Do not slouch, or walk looking down at the ground, or avoid eye contact. Need confidence - Think of someone you really admire - a movie star, a historical figure, a character in a movie ... and emulate their confidence, their physiology, their inner strength, afterall, isn't that why you admire them, ... because a part of you would like to be them!

If you don't believe in you, **who will!** Physiology is EVERYTHING. It's not how you look, its how you **feel** and how you **communicate** to the world around you how you feel, that will give you what you want in life ... or not. Physiology communicates to the world louder and clearer then words or tonality or clothing exactly how you feel and what you want. If your words communicate the opposite of your physiology, you will not succeed. So, head up, shoulders back, take a few deep breaths and show the world who you really are and what you want, **regardless if you are size 3 or size 14.**

## Oxygenation, Physical Stimulation and Water Can Change Your Life.

There are **three keys to life**, to health, fitness and youth - **OXYGEN, WATER and MOVEMENT**. Besides diet, physiology and attitude, without oxygen, water and daily movement (which creates detoxification), you won't remain healthy.

Oxygenation and **detoxification is absolutely critical** and occurs through physical stimulation. i.e. Exercise. **Oxygen starvation** creates pain and disease from migraine to **Cancer**, and causes your body cells to store fat. You don't have time to exercise? Can you spare **ten minutes** a day or can you afford not to!



**Health Saving, Licensed Medical Device.**  
**Oxygenation and Detoxification - Use every day to lose weight - 10-20 minutes.**

**The Original Sun Ancon Chi Machine** was created by Dr. Inoue after 38 years of oxygen research. You simply lie on the floor, put your feet on the ankle rests and set the timer for 4-6 minutes minimum, gradually increasing to 15-20 minutes maximum (Begin at 1-3 minutes if in poor health).

The Chi Machine, will oxygenate stimulate all your body systems, including your blood circulation and your lymphatic system - and **remove the toxins** you have stored and ingested. Drinking water after using the machine enables the toxins and fat to be flushed away. **IF YOU DON'T DETOX YOU WILL SLOWLY BECOME SICK AND OVERWEIGHT!**

The Chi Machine will enable you to **lose weight**, firm and tone your body, and breakdown cellulite. Free fatty acids will **not deposit in the abdomen** but instead be carried away through consumption. The undesired fat deposit in the abdomen and buttocks will steadily disappear and firmness will be restored, naturally and safely.

A consistent bad diet, little or no physical stimulation, lack of water, long term stress, depression or anger, equals chronic disease and obesity, which equals **pain and huge expense**, which equals for too many, hospitalization or premature death.

### **Chi Machine Testimonials:**

From diabetes to cancer, obesity, asthma, back problems, MS, circulation problems, fibromyalgia, stress, insomnia - **No side effects, no injury, no medication, no needles, no sweat**. Many users report the Chi Machine has changed or given them their life back, including an end to obesity, pain, costly medication, therapy and doctors bills.

**Warning:** Stay away from imitation 'Chi Machines'. They have **NOT** been medically researched and have proven to be harmful due to incorrect oscillation, and tend to overheat or breakdown within 6-12 months due to plastic parts and weak motors.

**If you can't afford a Sun Ancon Chi Machine US\$480.00**, you **MUST** find a way to **oxygenate and detox** your body as often as possible such as by walking, cycling, swimming or rebounding. You have no pool, no bicycle, no trampoline, no time? **At least take a daily walk!** This is YOUR life, your health and your happiness that is at stake.

## In Conclusion - Choices and Consequences.

Life is a journey. Life is not a race. There are no limitations other than the rules you impose upon yourself. Life is simply about choices and consequences. If you don't like the consequences,

change your choices! And just one more thing... Learn and practice LETTING GO. Learn to let go and you will discover happiness. Let go of yesterday and don't worry about the future. **It is the choices you make today that will decide your tomorrow's!**



*"Your life and health is not by chance or coincidence. It is a reflection of who you are. It is not about what happens to you, but what you do about it."*

- Author of 'Quest For Happiness and Love'.



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Extensive health information  
and cutting edge healing machines.

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Diet Guidance.

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