



5

Easy Ways to Transform Your Health



True Health
True Life

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So here we go... you've got a mission to accomplish... and you're going to be awesome! You have to believe this!

And this is up to you... deciding that you want this is the key!

So here are 5 simple things to focus on to transform yourself to look, feel and perform better in no time...

- #1** How to Eat a Power Breakfast
- #2** How to Cut Out Refined Sugar
- #3** How to Exercise More Regularly
- #4** How to Get More Plant-Based Nutrition into your Body
- #5** How to Find Balance in your Foods



#1 - Eating a Power Breakfast... Stay on Schedule & Don't Skip it!

Start your day with a balanced meal to fuel yourself for the day ahead and set the tone.

Remember, by breakfast time you likely just went about 10 to 12 hours since your last meal... ***breakfast is the time to re-fuel!***

High quality protein and healthy fats are key here... to provide **sustained energy, long lasting energy... unlike sad foods loaded with just sugar, carbs and caffeine!**

Keys to Success

- Portion-control...
- Regular pacing of food/snacks that include protein, fiber, healthy fats throughout the day...
- Keep yourself satisfied to prevent overeating or binging...
- Help yourself avoid unhealthy foods later in the day that lead to a downward spiral...
- Keep the same or similar routine each day, even on weekends.



#2 - *How to Cut Back on Refined Sugar*

Sugary snacks don't give you enough... your body quickly burns sugar as its primary energy source and this leaves you hanging!

Carbs also convert to sugar, so any carbs that don't get burned for energy convert to fat...

Get your body to *tap into Fat first*... this valuable and slow-burning, efficient energy source... (*hint... this is the idea of Keto... and why intermittent fasting works wonders!*)

Don't ban all sugar - Fructose is a naturally occurring form, and is sweeter so it can be used in lower quantities. Its part of a whole-food diet and comes pre-packaged by mother nature, with fiber and enzymes to aid absorption and digestion, *like in fruits!*

Keys to Success

- Scan your food labels and avoid anything with the word "**diet**" on it and harmful sugar substitutes
- Avoid **high fructose corn syrup, sucralose, aspartame, Equal, Splenda** etc... although not technically sugars, they are exponentially more harmful and addictive!
- Cut out Junk food & high-glycemic snacks that spike blood glucose, and then a crash... you know the feeling!
- Don't be afraid of Fructose - eat more whole fruits!



#3 - *How to Exercise More Regularly*

Notice I didn't say exercise more, or even more intensely... *First, just make exercise a regular habit.*

Activate your body's natural detoxification systems by promoting blood flow and moving the lymphatic system!

Detoxing burns fat which releases more energy... and when once the carbs & sugar are used up, the body's next fuel source is fat burn... and now the pounds will start dropping!

And exercise cuts stress, boosts energy and your immune system! Stress releases Cortisol, A.K.A the "weight gain hormone." While exercise releases endorphins to reduce pain and trigger a euphoric feeling.

Keys to Success

- Work up a sweat and focus on breathing in fresh oxygen to feed the cells and push out toxins thru the skin and lungs...
- Get up and move your body throughout the day, even every 45 minutes...
- Set a goal, like aiming to exercise 5 times a week or more.
- Get to a point where you can say to yourself... *"This is something I do!"*



#4 - *Getting More Veggies & Plant-Based Protein into your Body*

Facts: The average adult needs 5 servings of vegetables each day but only gets 1.6 servings!

Humans are omnivores... we're set up w/small teeth and long intestines to get nutrition from plants and animals... unlike carnivores w/big teeth & wide jaws (think lions, tigers, bears).

Plant-based foods are mostly Alkalizing (not acidic - like animal-based foods) and create an environment in the body where bacteria, viruses and disease can't thrive.

Keys to Success

- Eat more Peas, Beans, Lentils, Quinoa, Nuts, Chia Seeds, Spirulina, Broccoli... great sources of plant-based protein.
- Aim to alkalize your body and reduce animal-based (acidic) foods...
- Think of eating meat as a side dish, or a condiment for flavor... instead of meat with a side of veggies - reverse that!



#5 - *Finding Balance in your Foods*

Nutrition is usually a big weakness... and our foods don't give us enough! But we get plenty of toxins and harmful junk from them. *We need to reverse this trend... starting now!*

Your gut bacteria (microbiome) makes up 80+% of your immune system! It plays a key role in aging, disease & inflammation... which all have a major effect on the quality of your life and how you feel!

The following will go a long way to nourish, cleanse & rejuvenate your body while helping boost your immune system and resist the effects of stress.

Keys to Success

- Macronutrients - carbs, proteins, fats ("40/30/30") - you can have them all... just do it equally and don't binge on any one too often.
- If you care to count them, here is your guideline: 45–65% of your daily calories from carbs, 20–35% from fats and 10–35% from protein!
- Get more micronutrients (vitamins & minerals) into your body! Especially Vitamin D, Zinc, Vitamin C, Magnesium, Vitamin B12. These are more essential than ever now!
- Strengthen your gut with probiotics and fermented foods* Sauerkraut, kimchi, natto, miso soup, Greek yogurt, apple cider vinegar are loaded with healthy bacteria!



Thank You!

I hope you found this list helpful...

*Be sure to always check with your doctor if you are unsure or have existing medical conditions beforehand.

And remember these simple truths...

Weight loss or weight gain are just natural side effects of the quality of your lifestyle, and specifically your nutrition, level of toxicity and stress...

These are the 3 pillars to your health!

Anyone can learn to control this... why not you... why not now??

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