

The 1-Minute Weight Loss Cheat Sheet

—

Quick Shortcuts & Tactics for Busy Women

**Copyright 2011-2013 Jennifer Jolan &
Rich Bryda**

Bonus Gifts!

As a special thank you for buying this book, you can get the following 10 reports *free* at my website:

<http://WeightLossEbookStore.com/bonus>

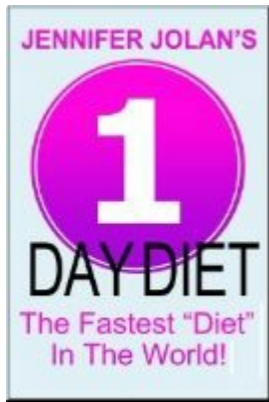
- 1. How to Lose Weight Spinning in a Circle like Kids*
- 2. The 20-Second Bathroom Trick for a Super-Charged Metabolism and a Flood of Energy*
- 3. One Tablespoon of this \$6 Supplement Detoxes 900 Yards of Toxins from Your Body*
- 4. Do-It-Yourself Face-Lift: How to Look 5 Years Younger in 2 Weeks – Got 5 Minutes a Day?*

5. *The 50-Cent Miracle Weight Loss Food You're Not Eating*
6. *#1 Cheap Supplement that Reverses Gray Hair & Infuses Health into Your Body*
7. *How to Get Rid of Allergies in 90 Seconds with Water*
8. *The Ultimate 3-Second Fountain of Youth "Neural" Fat Loss Exercise*
9. *The 15-Second "T-Tap" for Overcoming Hypothyroidism & Sluggish Energy*
10. *How to Make Healthy Ice Cream in 2 Minutes and Other Sweet Surprises!*

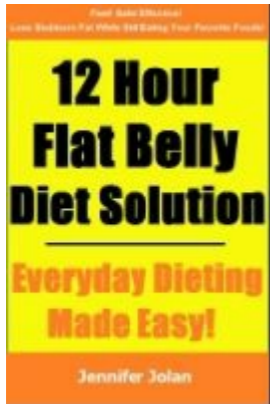
Do You Want Something *Extra* Special?

And here's a Super-Special *Additional Surprise* Gift! Go to the [last page](#) in this book (after all the bonus reports) to find out how you could receive a special surprise gift).

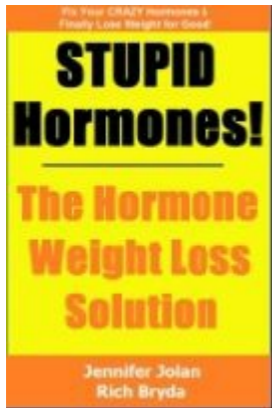
Also by Jennifer Jolan



1 Day Diet – The Fastest Diet in the World!



The 12-Hour Flat Belly Diet Solution
– Everyday Dieting Made Easy



Stupid Hormones! The Hormone Weight Loss Solution – Fix Your CRAZY Hormones and Finally Lose Weight for Good

Jennifer Jolan

Running SUCKS

**How to Run for Weight Loss
For Busy Women Who HATE Running**

*Running Sucks! How to Run for Fast
Weight Loss – For Busy Women who
HATE Running*

BRAIN Controlled WEIGHT LOSS

**The Solution to
Failed DIETS &
EXERCISE Programs**

Jennifer Jolan
Rich Bryda

*Brain Controlled Weight Loss – The
Solution to Failed Diets & Exercise
Programs!*

**EFFORTLESS
EXERCISE
SYSTEM**

**For
WOMEN**

JENNIFER JOLAN

*The Effortless Exercise System for
Women - How to Lose Weight Faster
& Easier Without Needing to Go to a
Gym*

Love Better & Fuel More Vibrant with
Apple Cider Vinegar

Apple Cider Vinegar

**Old Fashioned
Weight Loss &
Health in a Bottle**

Jennifer Jolan

*Apple Cider Vinegar - Old Fashioned
Weight Loss & Health in a Bottle*

50 of the World's
Most Popular Diets

BIG
BOOK
of Diets

Jennifer Jolan

Jennifer Jolan's Big Book of Diets: All You Need to Know about 50 of the World's Most Popular Diets - The Good, The Bad, and The Ugly

CELEBRITY DIETS

**50 Fast Weight Loss
Diets Used by
Celebrities &
Hardcore Dieters**

JENNIFER JOLAN

*Celebrity Diets – 50 Fast Weight Loss
Diets Used by Celebrities and
Hardcore Dieters*

Table of Contents

[Bonus Gifts!](#)

[Do You Want Something *Extra* Special?](#)

[Also by Jennifer Jolan](#)

[Before We Begin... I Want to Thank You First with a Bonus Book!](#)

[Bonus Book: 15 Healthy Snacks for Weight Loss: Quick and Easy Snacks that Taste Great for Busy Women on the Go](#)

[Getting Started](#)

[Beef Jerky](#)

[String Cheese](#)

[Apples and Bananas](#)

[Protein Bars](#)

[Nuts](#)

[Protein Shake](#)

[Cottage Cheese and Fruit](#)

[Unsweetened Almond Milk](#)

[Grapes](#)

[Plain Air Popped Popcorn](#)

[Hard Boiled Eggs](#)

[Tuna](#)

[Dill Pickle](#)

[Black Olives](#)

[Blueberries](#)

[Summary](#)

[The 1-Minute Weight Loss Cheat Sheet –](#)

[Quick Shortcuts & Tactics for Busy](#)

[Women](#)

[Note to My Readers](#)

[How to Touch Your Belly to Burn Off Fat](#)

[The Exercise](#)

[Background and Insight](#)

[In Conclusion](#)

[Tap into This Gland for Additional Fat Loss](#)

[Cold Water Helps](#)

[Performing in the Cold](#)

[One Caveat](#)

[I Forbid You to Do the Stairstepper – Do *This* Instead!](#)

[The Only Requirement](#)

[What Not to Do](#)

[The Routine](#)

[Added Bonus Benefits](#)

ATP

On Getting Started

Bumping it Up

An Alternative

A Funny Name for a New Type of Running

An Easy Exercise Tweaked into an Incredible Fat Loss Exercise

The Routine

Special Arm Movements

Brushing More than Your Hair

Bonus Book: Prescription & OTC

Drugs, Antibiotics, and Vaccines SUCK!

How to Stop Destroying Your Health Accidentally

Chapter 1 – Killing Us Softly with Big Pharma?

[Chapter 2 – I Love Antibiotics!](#)

[Chapter 3 - “Dead Bacteria Cannot Mutate”](#)

[Chapter 4 – A Prescription for Problems](#)

[Chapter 5 – Get Over the Over the Counters!](#)

[Chapter 6 – Vaccinate, Inoculate, Medicate, But Perhaps Then You Have to Resuscitate](#)

[Chapter 7 - It's All Up to You](#)

[Bonus Gifts!](#)

[Additional Gift!](#)

(Click [Here](#) to jump to the Good Stuff!)

COPYRIGHT AND TRADEMARK NOTICES

This eBook is Copyright © 2011-2013 Jennifer Jolan (the “Author”). All Rights Reserved. Published in the United States of America. The legal notices, disclosures, and disclaimers at the front of this eBook are Copyright © 2009 [Law Office of Michael E. Young PLLC](#), and licensed for use by the Author. All rights reserved.

No part of this eBook may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by

an information storage and retrieval system -- except by a reviewer who may quote brief passages in a review to be printed in a magazine, newspaper, blog, or website -- without permission in writing from the Author. For information, please contact the Author by e-mail at socialmediapublishing@yahoo.com or by mail at 4201 Monterey Oaks Blvd, Austin, TX 78749.

All trademarks and service marks are the properties of their respective owners. All references to these properties are made solely for editorial purposes. Except for marks actually owned by the Author, the Author (as both author and as publisher) does not make any commercial claims to their

use, and is not affiliated with them in any way.

Unless otherwise expressly noted, none of the individuals or business entities mentioned herein has endorsed the contents of this eBook.

LIMITS OF LIABILITY & DISCLAIMERS OF WARRANTIES

This eBook is a general educational health-related information product.

As an expressed condition to reading to this eBook, you understand and agree to the following terms.

The eBook's content is not a substitute for direct, personal, professional medical care and diagnosis. None of the exercises or treatments (including products and services) mentioned in this

eBook should be performed or otherwise used without clearance from your physician or health care provider.

There may be risks associated with participating in activities or using products mentioned in this eBook for people in poor health or with pre-existing physical or mental health conditions.

Because these risks exist, you will not use such products or participate in such activities if you are in poor health or have a pre-existing mental or physical condition. If you choose to participate in these risks, you do so of your own free will and accord, knowingly and voluntarily assuming all risks associated with such activities.

The materials in this eBook are provided "as is" and without warranties of any kind either expressed or implied. The Author disclaims all warranties, express or implied, including, but not limited to, implied warranties of merchantability and fitness for a particular purpose. The Author does not warrant that defects will be corrected, or that that the site or the server that makes this eBook available is free of viruses or other harmful components. The Author does not warrant or make any representations regarding the use or the results of the use of the materials in this eBook in terms of their correctness, accuracy, reliability, or otherwise. Applicable law may not allow the

exclusion of implied warranties, so the above exclusion may not apply to you. Under no circumstances, including, but not limited to, negligence, shall the Author be liable for any special or consequential damages that result from the use of, or the inability to use this eBook, even if the Author or his authorized representative has been advised of the possibility of such damages. Applicable law may not allow the limitation or exclusion of liability or incidental or consequential damages, so the above limitation or exclusion may not apply to you. In no event shall the Author's total liability to you for all damages, losses, and causes of action (whether in contract, tort, including but

not limited to, negligence or otherwise) exceed the amount paid by you, if any, for this eBook.

You agree to hold the Author of this eBook, the Author's owners, agents, affiliates, and employees harmless from any and all liability for all claims for damages due to injuries, including attorney fees and costs, incurred by you or caused to third parties by you, arising out of the products, services, and activities discussed in this eBook, excepting only claims for gross negligence or intentional tort.

You agree that any and all claims for gross negligence or intentional tort shall be settled solely by confidential binding arbitration per the American Arbitration

Association's commercial arbitration rules. All arbitration must occur in the municipality where the Author's principal place of business is located. Arbitration fees and costs shall be split equally, and you are solely responsible for your own lawyer fees.

Facts and information are believed to be accurate at the time they were placed in this eBook. All data provided in this eBook is to be used for information purposes only. The information contained within is not intended to provide specific physical or mental health advice, or any other advice whatsoever, for any individual or company and should not be relied upon in that regard. The services described

are only offered in jurisdictions where they may be legally offered. Information provided is not all-inclusive, and is limited to information that is made available and such information should not be relied upon as all-inclusive or accurate.

For more information about this policy, please contact the Author at the e-mail address listed in the Copyright Notice for this eBook.

IF YOU DO NOT AGREE WITH THESE TERMS AND EXPRESSED CONDITIONS, DO NOT READ THIS EBOOK. YOUR USE OF THIS EBOOK, PRODUCTS, SERVICES, AND ANY PARTICIPATION IN ACTIVITIES MENTIONED ON THIS

EBOOK, MEAN THAT YOU ARE
AGREEING TO BE LEGALLY
BOUND BY THESE TERMS.

**Before We
Begin... I Want to
Thank You First
with a Bonus
Book!**

I realize I'm often accused of giving away far more value than I should, but I demand that *my* readers always get more than they expect.

In that light; before we get to the nitty-

gritty, I have a special bonus booklet that I want to gift to you here and now.

Note: For those readers who can't wait to get started and want to get straight to *1-Minute Weight Loss Cheat Sheet*, just [click here to jump straight to it!](#)

For a little introduction to some of the things I love to snack on, and a sample of some goodies that make great snacks for those of us who care about our health, check out my *15 Healthy Snacks for Weight Loss: Quick and Easy Snacks that Taste Great for Busy Women on the Go* on the next page!

**Bonus Book: 15 Healthy Snacks for
Weight Loss: Quick and Easy Snacks
that Taste Great for Busy Women on
the Go**

By Jennifer Jolan

Getting Started

How often do you reach for snacks? If you are like most people, it's several times per day and may even be more if you are having a particularly active or even boring day. We snack for a variety of reasons that can be anything from feeling sad and tired, to being bored and hungry in between meals. We snack when we are hungry, and we snack when we aren't hungry one bit. Needless to say, snacking is a big part of our lives. Walk through any grocery store and it is clear to see that we are nation of snackers. There are aisles just loaded with all kinds of snack foods. And you know you need to put some in your cart

because after all, you are not going to give up snacking, even if you are on a diet and trying to lose weight. So the key here is to make sure you are putting the right kinds of snacks into your cart. That way, when you get home or need something on the run, you have healthy snacks that you can choose from.

When you think about it, choosing healthy snacks is essential to a healthy diet, and that goes for people who are trying to maintain their health and not just lose weight. Everyone needs to have healthy snack habits. After all, if you add up the number of snacks you will consume in one year, it is easy to be in the 400 to 1,000 range; depending on if you have one or two or more snacks per

day. That's a lot of snacking, which means it is a lot of nutrients and calories.

Before we get into the top 15 snacks you should have in your grocery cart, let's just take a moment to discuss how important snacking is to our nutritional needs. Snacking plays an important role and does such things as:

- Fill in the gaps between missed meals or those meals where you were not all that hungry and ate lighter.
- Help keep you from over-eating when you sit down to the table and you feel ravished.
- Help to keep your energy level up so that you can get through the day.
- Help young people to sustain

their growth.

- Help your body get some of the nutrients it needs, provided you choose healthy snacks.

- Give us an excuse to have those tasty things that we wouldn't necessarily eat at, or with, meals!

People often reach for snacks when they feel hungry. But they also do it when they just blindly feel like doing something, often paying no attention to what they are really eating. Just think about how many times you have opened up the pantry or refrigerator and pulled out something to eat and didn't really pay much attention to what you were doing. Sometimes we even do this while we are on the phone, talking away. Get

off the phone, and you may not even realize you had consumed a couple of hundreds calories!

And it's not just making bad junk food snack choices that get us; it happens with beverages as well. We are a nation that drinks a lot of its calories on a regular basis. When you consider all the sugary, high caffeine beverages that are available, it is easy to see where this would be a problem. One stop at Starbucks, for example, could set you back around 400 calories and loads of sugar. That's a snack that is calorie-packed and not offering much in the way of nutrition!

It's a cycle. When we eat junk foods or those that have little to no nutritive

value, we tend to need to keep eating more and more, which gives us more calories than our bodies need. When that happens, we store those extra calories as fat. And if you are trying to lose weight and keep reaching for the wrong snacks, you are setting yourself up for failure.

Grabbing unhealthy snacks will keep your body craving unhealthy foods because of the lack of nutrients. When your body gets the nutrients it needs, you will most likely stop craving all the sugar, fat, and salt that is found in most unhealthy snack options.

There is a better way! You have to make it a priority to reach for healthy snacks, day in and day out. When you do this, you will become used to them and crave

them, as well as help your body get the nutrients it needs. You will feel better, be better able to maintain and lose weight, and you will have more energy.

Choosing healthy snacks is a key to having optimal health and wellness. And believe it or not, it is easier than you may think! Read on for the top 15 snacks foods that you should have in your grocery cart and be reaching for when you want snacks.

Beef Jerky

Why eat beef jerky for a snack? One simple word: protein.

Protein is the building blocks of life. Eating protein for a snack can play an important role in helping you to lose weight, as well as maintain a healthy lifestyle. Protein does a lot to help keep you from feeling hungry. It gives you the energy you need to keep going, and it will not leaving you feeling ravished and ready to raid the kitchen for whatever you can get your hands on.



On a

scientific level, proteins are important for your cell functions, so when you eat good sources of protein for your snack, it helps your body be able to keep going. It provides your body some of the nutrition that it needs, will keep you from feeling hungry, and will give you the energy you need to push on.

Beef jerky is a good source of a high protein snack, yet is not high in calorie count. You can find some good sources of beef jerky that will give you around 11 grams of protein. And the good news is that it comes with just 70 calories per serving. So this is a snack that will not hurt your waistline, but will help you with your weight and health goals.

Proteins are important to the body because they are made up of amino acids, which act like building blocks. Some of these amino acids are essential, meaning that the body cannot make them, and you need to get them through the diet. Beef jerky is a source of a complete protein that offers the body all the essential amino acids, and is low in

fat. It's a top-rated snack option that will help keep you satisfied and humming along!

To find a good source of beef jerky, check the brands in your area. Compare such things as the amount of protein per serving, as well as the sodium and fat. Choose one that will deliver a lot of protein, with little fat and not too much sodium. If you can, find fresh made beef jerky in your area or try making it yourself.

String Cheese

When is the last time you had some string cheese? As a kid, and maybe even as an adult, you have likely had some. You sat there pulling it apart, string by string, having fun, and enjoying your snack. Sure, it's fun, but did you realize that it was actually a smart snack choice as well?

String cheese, like beef jerky, is a powerhouse of protein. It's a snack that is going to help curb the craving to eat something and will also give you a dose of protein and some calcium to boot.



By

keeping snacks like string cheese on hand, you can quickly grab a healthy snack that you can eat in minutes and meet the nutrition needs your body is craving. String cheese can be purchased at most stores, and even many convenience stores. So, like beef jerky, if you find yourself at a convenience store or gas station and need a quick

snack, there is a good chance they will have some on hand. Just head over to where they keep the chilled foods and see what they have to offer.

String cheese comes in a variety of flavors and styles, including some that have more fat than others. If you are watching your weight, you will want to opt for the variety that is low fat. There is a good chance you will never know the difference in flavor because most people tend to like the low fat string cheese just as much as the full fat varieties (or at least pretty close to it).

Furthermore, string cheese can easily be taken on the go. If you are heading out to work or school, going out for the day, or taking a hike, you will find that they are

convenient to take along. When you buy them, they are already pre-packaged, making it super easy to grab and go!

Apples and Bananas

You have probably heard the old saying that an apple a day helps to keep the doctor away. Well, there is some truth to that!

Apples and bananas, like most plant-based foods, are loaded with nutrients. Not only are they good for you and tasty, but they are packed with things that you can't see, such as phytonutrients and antioxidants. These things help to keep you healthy on a level you may not even be aware of. For example, antioxidants

help to fight cancer and keep your cells healthy.

Apples, for example, have about 5 grams of fiber each. And it is fiber that helps to fill your stomach up and keep you from feeling hungry. There are many different types of phytonutrients in apples, which help to regulate your blood sugar. When your blood sugar stays regulated, you are less likely to feel like you are on a roller coaster ride, where you are starving one minute and then full the next, and then back to starving.

Keeping your blood sugar regulated is an important key when it comes to smart snacking. You want to pick snacks that are not going to send your blood sugar level spiking too high, or that will make

it fall too low. If your blood sugar level stays at a healthy level, you will feel good. Choosing healthy snacks is a key to helping keep your blood sugar level regulated and at a healthy level.

Apples and bananas are loaded with the nutrients that your body needs. Plus, they are super convenient and easy to take on the go. When it comes to apples, you can also find a variety of different kinds, so it helps to keep things interesting. Try the variety of apples, ranging from green to red or yellow, and sample the various flavors.

A great way to eat your apple and also add some protein and healthy fats in is to slice it up and have it with a small serving of almond butter. The almond

butter is a healthy source of protein, tastes great paired with the apple, and will help to meet those protein needs and keep you from getting hungry so quickly.

Protein Bars

Remember all that you have read so far about the importance of protein? Well there is another simple, healthy, and convenient way to get your protein in the form of a snack. It's the protein bar!

Over the last decade or so, protein bars have really taken off and become mainstream. While they were once something that could only be purchased at health food stores, today you can walk into any Target or Walmart and find an aisle filled with protein bar choices.

They are individually wrapped and the perfect size, making them an ideal snack

for home or on the go.

The good thing about protein bars, too, is that there are many different brands, types, and flavors. It would be difficult to become bored of protein bars because you could simply switch flavors or try a new kind. The variety is plentiful!

Protein bars will give you a hearty dose of protein and have been designed to be a perfect snack food. They are loaded with nutrition and are usually low in fat and calories. With most protein bars that are available today, you simply can't go wrong.

There are many types of protein bars that focus on different things, including performance, being a complete meal substitute, light options, muscle-

building, and others. All you need to do is try a few protein bars in order to find the ones you like and that fit your health goals. Be sure to compare such things as the amount of protein, fat, and sodium so that you can choose a healthy protein bar option.

One of the great things about protein bars as a healthy snack is that they are so convenient. They are sold in most stores and convenience markets, and they can be transported anywhere. Forget buying popcorn at the movies. Simply take along a protein bar in your pocket or purse and you are set. You will make it through the movies, have a snack, and you won't ruin your diet or health goals! Protein bars are a top pick for those

looking for a quick pick-me-up that packs a power protein punch, as well as some other healthy nutrients.

Nuts

Nuts are one of the healthiest snacks you can ever have. Some people pick up the jar of nuts, look at the back label, and set it back down. They do this because of the fat content, but they shouldn't!

What most people don't understand is that the fats that are in nuts are healthy fats. So they are okay to have. They are actually good for your body! Your body needs healthy sources of fats, and nuts are one of the few foods that will deliver them. But beyond being a healthy source of fats, they are also a great source of protein, and they have other

nutrients that the body needs to be healthy.

In fact, the Harvard School of Public Health found that those who try to lose weight are more successful when they stick to that of a Mediterranean Diet that includes nuts. They also found that those who eat a handful of nuts each day are better at controlling their weight.

What this means for someone who likes to snack and that needs to find healthy snacks, is that they should opt for eating a handful of nuts when they need a snack. The healthy snack will keep them feeling and looking great.

There are a lot of different types of nuts to choose from, but some are even better for you than others. So just which ones

are the best?

- **Walnuts** – They are loaded with heart-healthy Omega-3 fatty acids.
- **Almonds** – They are loaded with Vitamin E, which helps your body age healthy.

Stick to these two types of nuts and you can't go wrong. Just make sure to eat them in moderation.

Protein Shake

There are times when you just want a beverage as a snack. Everyone wants to do that from time to time. But what you reach for can make a big difference when it comes to your diet.



If you reach for a soda, you are usually going to get a bunch of high fructose corn syrup, which is linked to obesity. If you

reach for some other drinks, you may end up with a lot of empty calories in the form of sugar. There are also options that will leave you with a lot of fat, such as ice cream or fast food shakes.

But there is a better option. A protein shake, which you can make yourself or buy pre-made. They will provide you with a lot of protein and nutrients, and they will help you avoid the high fructose corn syrup and sugary drinks, which will spike your insulin, as well as adding empty calories to your day.

Protein shakes have been beneficial in helping many people to lose weight, as well as maintain a healthy, athletic body. To find a good protein shake that fits your weight loss and health goals, stop

by a local health food store or GNC and speak with someone that works there. They can help answer questions about which ones are ideal for what you want to do (lose weight, build muscle, etc.). Me, I usually buy Optimum Nutrition's whey protein from Amazon.com. It works especially well with my 1-Day Diet.

Protein shakes may not be quite as easy to have on the run, unless you have made it up ahead of time or are buying them pre-made. However, if you are going to be around the house and want a good healthy pick-me-up, a protein shake will deliver the nutrition you need!

Cottage Cheese and Fruit

Looking for a healthy alternative to yogurt? Look no further than a cup of cottage cheese and cut up fruit!

Having a cup of cottage cheese with fruit is a really healthy snack. The cottage cheese provides protein, which as you have already learned, protein is important for a range of body functions and helping you to keep from feeling hungry so quickly. The fruit, combined with the cottage cheese, is an ideal choice because it provides fiber, which

will help fill you up, as well as a range of micronutrients that the body needs.

If you need a healthy snack on the go, cottage cheese and fruit can fit the bill there as well. There are companies that make it in a convenient little cup, which you can just tote along with you. But you can just as easily make it yourself. Just be sure to keep low fat cottage cheese on hand, along with some fresh fruit. Within minutes, you can wash up and slice the fruit and add it to the dish of cottage cheese.

Ideal fruit chunks to include with your cottage cheese include strawberries, blueberries, or raspberries. Berries of all kind are loaded with antioxidants, which help protect your body's cells. It

helps keep your body from aging as quickly, but it also helps to fight off things like cancer. Another popular and tasty option is to have peaches with cottage cheese.

Additional nutritive value of having cottage cheese and fruit for a snack include getting a good dose of calcium, as well as Vitamin C, which can help keep your immune system up.

Choosing cottage cheese and fruit for a snack is a wise choice, especially if you want something that feels a little more like a meal, but without all the calories and fat. Check out the different varieties of cottage cheese that are available and see which one you prefer. When it comes to cottage cheese, you simply

can't beat this delicious and nutritious
snack!

Unsweetened Almond Milk

If you haven't yet noticed, the dairy aisle is a popular place for milk alternatives. Many people are choosing to bypass the regular milk, as they head for such alternatives as soy (bad!!) and almond milk, among others.



People are doing this for good reason. Almond milk

provides a range of nutritive benefits, and it can be a healthy and tasty snack. In fact, almond milk has about one third the calories that regular milk has. Just reaching for it, rather than regular milk, will save you a lot of calories per glass! Depending on the brand of almond milk you purchase, you can expect that a serving of the unsweetened beverage will only set you back about 35 to 40 calories. But in those calories comes a range of nutrition, including calcium, Vitamin E, Vitamin D, Vitamin A, and Magnesium.

Sticking with the unsweetened types will help you avoid the unnecessary sugar, as well as additional calories. Give almond milk a try by itself, and also

consider using it in your protein shake, which was mentioned earlier. Any place you would normally use regular milk you may want to substitute it with unsweetened almond milk. It will save calories, while providing you plenty of nutrition.

Unsweetened almond milk is a tasty snack to have any time of the day!

Grapes

Grapes have to be one of the tastiest and healthiest foods and snacks that there is! They are super easy to buy, clean, and tote around. You can wash them ahead of time and keep them clean in the refrigerator, and you can eat them on the run with ease.

When it comes to grapes, taste aside, you are also making a wise snack choice. Grapes are considered to be a food that is low on the glycemic index, so even though it tastes sweet, you don't have to worry about them causing spikes in your blood sugar level.

Grapes also contain some important phytonutrients and powerful antioxidants. The skin of grapes contains a phytonutrient called resveratrol, which is believed to help keep your body younger, longer. It's a really powerful antioxidant that you want to make sure you get into your diet on a regular basis. Grabbing a cup of them as a snack is an ideal way to do just that.

Another thing that many people like about grapes is that they make a wonderful snack on hot days. Many people freeze the grapes and then eat them frozen on warm days. This gives you a chance to have a frozen treat or snack, but it won't fill you up with a lot of sugar or fat from grabbing a

traditional frozen ice cream treat or something similar.

If possible, try to purchase organic grapes because they have been identified as one of the foods that is sprayed the most with chemicals during the growing process. Buying organic grapes will help you avoid the pesticide residue. If buying organic ones is not possible, whether because of availability or cost, then be sure to give your grapes a thorough washing prior to eating them. This will help get rid of a lot of the pesticide residue and keep it out of your body.

Grapes make a healthy snack option, providing the body with manganese, Vitamin K, Vitamin C, and fiber. Plus,

they taste great and are a refreshing treat!

Plain Air Popped Popcorn

Sometimes when we want a snack, we long for something that we can just pop into our mouth, one at a time. This is especially true when you are watching a movie or sitting around chatting with friends. Air popped plain popcorn to the rescue!



Eating air

popped plain popcorn for a snack is a healthy choice that will give you the opportunity to munch on something during a movie, or just because. With air popped plain popcorn, you can eat quite a bit of it at a time, as well.

A serving of air popped plain popcorn is considered to be around three cups. The three cups of air popped plain popcorn

will only be around 93 calorie and one gram of fat. But it also provides you with fiber, and believe it or not, protein. One serving of popcorn will give you about 3.5 grams of fiber and 3 grams of protein. And since it is plain, you don't have to worry about the salt content.

That's the beauty in keeping it plain – you lose all the unhealthy properties that people add to their popcorn.

Popcorn is one of nature's perfectly healthy snacks. It's what we do to it that renders it unhealthy. Adding a bunch of butter and/or salt will make it unhealthy and will hurt your diet goals. But just eating air popped plain popcorn will help you stay on track and feel satisfied at the same time.

If you find you are turning your nose up to air popped plain popcorn, just be aware that it is because you have trained your taste buds to prefer it dripping in butter and laced with lots of salt. You can also un-train your taste buds. Just eat air popped plain popcorn a few times, and before you know it, you will be craving it!

Hard Boiled Eggs

While this snack may take a little bit of prep time, it is well worth the wait.

Hard boiled eggs are a nutrition powerhouse, providing loads of protein to help you get through your day!

Hard boiled eggs have only about 70 calories each and preparing them is a breeze!



To make hard boiled eggs, just put the eggs in a saucepan and cover with cold water. Bring them to a boil, then put the heat down to medium, and let them boil for another 10 minutes. Remove them from the heat and put them in a bowl of iced water. By doing this, it will ensure that the yolks stay yellow. Keep them chilled until it is completely cooled off. To peel your hard boiled eggs, give it a

crack on each side and then roll it between your hands to help the shell fall off. Then, enjoy!

Some people add a dash of salt to their hard boiled eggs, but you may want to skip that, especially if you have been advised to watch your sodium intake.

Each hard boiled egg contains around 6 grams of protein and 4.5 grams of fat.

They also contain a lot of iron, about 6 mg.

Hard boiled eggs make a snack that is packed with nutrition and will keep you feeling great!

Tuna

If you are looking for something a little different, or to help you have energy to keep physically active, consider tuna.



Many bodybuilders and personal trainers choose tuna as a healthy snack option.

This is because it has a lot of protein, is low in fat, and provides some other nutritional value as well.

The key here is to buy light canned tuna, making sure that it is packed in water, rather than oil. The varieties that are packed in oil will add additional fat and calories that you don't want to take in for a snack. Stick with purchasing the ones that are water packed.

One of the bigger cans of tuna (packed in water) can account for two snacks. Just open the can, take half out, and put the rest in the refrigerator until you need another healthy protein-packed snack. Tuna is also a good source of some minerals that your body will benefit

from, including phosphorus, potassium, and selenium. There are also some B vitamins in canned tuna as well.

Another benefit of eating canned tuna for a healthy snack is that it is convenient.

You can purchase small snack sizes to tote around, or larger cans for home use. The cans do not have to be cold if they have not been opened, so it makes it even that much more convenient.

Dill Pickle

Want a tasty snack that will only set you back around 5 calories? Think pickles!

A pickle spear, which is typically not a full pickle, is only around 5 calories. If you were to eat an entire pickle, it will still add up to less than 20 calories total!



Pickles provide a tasty snack that will fill the desire for something salty, yet it will not harm the waistline because it's not loaded with calories. And in those less than 20 calories, you will still get a couple of grams of fiber, as well as a little bit of calcium, iron, and vitamin A. A great thing to pair with your pickle if you are looking for something a little more substantial is the string cheese. The two of them together make an ideal combination. You will get the protein, along with the crunch!

Pickles come in many shapes, sizes, and varieties. When you shop for them, it is important to make sure you don't buy the ones that have a lot of added sugar or high fructose corn syrup. It is easy, and

sometimes tempting, to opt for those jars of pickles, but they will have more calories and will not be the healthy snack you were first going for.

Keep your pickles in the refrigerator for the freshest taste. They also make refreshing snacks on hot days. There's nothing like biting into a nice juicy and crunchy pickle at snack time!

Black Olives

You have probably heard before that the Mediterranean Diet is one of the healthiest in the world. I have even mentioned it here earlier because it is so healthy (too bad it isn't great for weight loss). One of the things included in this diet is olives!



When

it comes to olives, the most nutritious of the bunch is generally considered to be the black varieties. Black olives are a great source of healthy fats. They also offer the body a natural source of Vitamin E.

Black olives are considered to be healthy for a variety of reasons, including that they contain polyphenols, which are an antibacterial and

antifungal. They also help support the immune system and aid the skin in maintaining smoothness.

So for a quick, yet healthy snack, reach for some black olives. A serving is usually around 10 black olives, which is only around 35 calories. They also contain iron. The one thing that you need to watch for when purchasing them is the sodium content. If you can, seek out those with sea salt, but compare the sodium content so that you do not go overboard with the salt.

Black olives are just one healthier snack option among an array of them. By keeping them on hand, you will have a quick snack option that will not be detrimental to your diet or health. This is

especially true if you are craving something salty like chips.

Instead of chips when you crave that salt, grab 10 black olives. You will be doing your body a world of good!

Blueberries

Remember when we mentioned how wonderful berries in general are for your health? It's true! And it couldn't be truer when it comes to the likes of blueberries.

Blueberries have to be one of the healthiest foods on the planet. They are small, sweet, and loaded with nutrition. They have antioxidants that will help to keep your body healthy and humming along nicely.

Not only are blueberries a healthy snack, but they are also a convenient one. You can pick them yourself, depending on

where you live, buy them fresh, and even buy them frozen. There is just no excuse for not having blueberries in your life.

When it comes to popularity, there is only one berry that beats out blueberries, and that is strawberries. But when it comes to nutrition, most would agree that blueberries have a big edge on strawberries. Among all fruits and vegetables, blueberries are believed to have the highest capacities of antioxidants.

Blueberries are also low on the glycemic index, so they will not spike your blood sugar levels. You can eat a cup of them, feel great, and not hurt your diet or health. In fact, you will be helping your body out. A lot!

Just like with the grapes, if you can get organic, that is the best route to take. However, finding organic blueberries is not always possible, or affordable. If that is the case, be sure to wash them thoroughly before using them to try to get some of the pesticide residue off.

Blueberries are a great source of vitamin K, manganese, vitamin C, and fiber. And one serving of blueberries, which is a cup, is only around 85 calories. That's a snack that is hard to beat in terms of health and the return on what you get out of it nutritionally!

Summary

So, now you have a list of 15 healthy snacks that you can turn to in order to help your weight loss progress or simply maintain health. Having this list will help you keep your nutrition goals on pace. If you take the time to have these snacks available to you, you will not reach for the typical snacks that will kill your diet and health. There is nothing revolutionary with these snacks. There are no secret snacks out there. Use this report as a reminder that helps to keep you on the right track.

It's important when choosing snacks to

include a variety. This is why I have 15 of them listed here. You won't eat this many snacks all day, but if you can mix and match and have a variety of different types all week long, it will help keep you from getting bored. And if you recall from the beginning of this report, boredom is a reason a lot of people grab for unhealthy snacks.

Keep it interesting and try different ones. Mix and match. Get that thought into your head and stick with it. Before you know it, with some practice, you will always be reaching for healthy snacks. It will become the norm, rather than the exception.

I wish you the best of luck in your quest for healthy snacking! Bad snacking can

destroy diets. Don't let it happen to you.

Sincerely,

Jennifer Jolan

P.S. Your *1-Minute Weight Loss Cheat Sheet* information begins... right now!

Turn the page and prepare for information that will change your life!

**The 1-Minute
Weight Loss Cheat
Sheet – Quick
Shortcuts &
Tactics for Busy
Women**

By Jennifer Jolan & Rich Bryda

Note to My Readers

By now, you're familiar with my approach and you know that I get right into the "meat" of the tips pretty fast. I know you want to get straight to the tips. So that's what I give you. You're busy, so I don't want to waste your time with page-filling fluff containing useless facts and research that means nothing to you. Along with the tips I'll give you all the background information and reasoning you need to see that the information represent what I say they would. I'm going to give you a bunch of different and unusual tips, tricks, and

tactics to help you lose weight in quick, 1-minute bursts that you can do at your convenience.

I've found from helping thousands of women that if I can make weight loss easy and quick, without the typical boring exercise and diet stuff, you'll be more likely to actually take the information and use it.

Weight loss isn't as hard as people make it out to be. But you *do* need to take action. Knowing something isn't enough. You have to implement that knowledge. So I'm going to give you some advanced weight loss information that you probably never heard of and I'm going to show you how you can easily slip it into your busy schedule.

Let's get started with the first tip.

How to Touch Your Belly to Burn Off Fat

Yes, by rubbing your belly you burn off fat, but only if you learn how to do the amazing routine called The Belly Rub properly.

The Belly Rub is one of the easiest ways to lose weight over the long run. The Belly Rub is *not* a quick weight-loss technique and it was never designed to be that.

It's quick just like the other two are. And

The Belly Rub will only take three minutes of your time each day. And you don't even need three minutes in succession! Perform The Belly Rub for one minute each time after you eat a meal.

Note: You can literally burn fat cells out of your body using The Belly Rub. Not only that, The Belly Rub drastically improves your digestion. Improving your digestion increases the speed of any weight loss you were doing before by making your loss more efficient.

The Exercise

Here's how you do The Belly Rub:

1. Take both of your hands and rub them together really fast for about five to ten seconds. This creates heat. Heat is energy. Energy burns calories.
2. While lying down (or standing up), take one of your hands and rub it in a circle around your belly button. Your hand has to touch your skin. You can't do this over your shirt.

Note: With your other hand, you can put it on your heart. Surprisingly, by putting your free hand on your heart you work to strengthen your heart with the heat energy from your hand! There is no

need to move your hand in a circle over your heart.

You will rub your hand around your belly button in a circle for about 30 seconds. Use a pace of one to two circles per second.

It doesn't matter which hand or which direction you rub.

3. After 30 seconds, stop and rub your hands together again for 5 seconds to create more heat.

4. Now, do The Belly Rub again.

Background and Insight

As I said above, rubbing your hands together creates heat and this heat is a sort of invisible kinetic energy.

Basically, the heat helps to burn out fat cells from your belly area. By rubbing your hands in a circle over your belly, you also improve the digestion of food.

This teaches the body to use the food more efficiently and pull out more nutrients while properly eliminating excess food and wastes that your body doesn't need.

Note: And here's an added bonus your whole family will appreciate:

The Belly Rub also helps reduce gas!

The Belly Rub causes the heat in your hands to penetrate through the skin and loosens up, breaks down, and incinerates fat deposits. Fat deposits are resilient though. So you have to repeatedly do this.

If you do this enough (and if you're consistent), eventually the fat deposits will breakdown over time and be eliminated. This technique actually goes back to ancient China, 6,000 years ago. The real shame is that simple techniques such as The Belly Rub are lost on the modern world of pills and surgery.

In Conclusion

You may still be skeptical of The Belly Rub working, but all I ask is an hour and a half of your time, spread out over a month. In other words, all I ask is for you to do The Belly Rub for one minute after each meal and do this for 30 days. That's not asking much. You really have nothing to lose and a lot to gain. By the way, you don't have to do it only after meals. You can do it anytime you feel like it (and more than 3 minutes a day if you want), I'm just saying the best results come from doing it right after eating a meal.

One other thing before I wrap this up. Here are a few added thoughts (if you're

a woman): If you're a woman who has heavy, painful menstrual periods, the belly rubs can help you. On the days of your period, try doing the belly rubs for up to ten minutes at a time to help relieve the pain.

The belly rubs are also beneficial for women experiencing menopause and women trying to conceive because of the improvement in circulation, lymphatic, and nerve impulses to the pelvic areas.

Tap into This Gland for Additional Fat Loss

This routine is known as the *Thyroid Tap*.

The actual physical tapping of your thyroid gland (it's on the lower front part of your neck, where the "hole" in your neck is) stimulates an under-active thyroid to move towards more normalized activity.

You will need to do these thyroid taps daily and for a few weeks, but it's so

easy and quick that it shouldn't be a big deal to do them.

Take one or two of your fingers and tap your thyroid with your fingertips for a minute at a time a few times each day when it's convenient.

I recommend you do this tapping for a grand total of three minutes a day.

You can do it whenever and wherever, even when you're watching television, so make an effort to do them so your thyroid can get back to a normal functioning level.

An under-active thyroid (hypothyroidism) is one of the key factors that prevents people (especially women since hypothyroidism is more prevalent in women) from losing weight.

Most of the time, people don't even realize they have hypothyroidism.

So, by tapping your thyroid for a minute at a time, you help to stimulate the thyroid into making thyroid hormones.

Thus, you help your chances of losing weight because you will have a healthy, normal functioning thyroid.

Cold Water Helps

Cold water, hot water, steam, and ice all get different reactions from your body and from your internal organs.

Think about it.

For the purposes of this book, we'll concentrate on cold water because it's considered "alive" as opposed to hot water which is considered "dead."

Cold water energizes, invigorates, and fortifies the body. Cold water creates circulation and overcomes sluggishness while unblocking any energy barriers within your body. One of the reasons cold water works so great is because it

stimulates the body into a reaction. I'll explain more about this shortly.

Cold water rinses, which I'm about to explain literally turns your body into a fat burning machine. The reason is simple. The cold water stimulates your body to heat up... to raise its core temperature as a reaction to the cold water, which is in effect, forcing your body to a lower core temperature.

Think of your natural reaction when you're cold. You shiver. That's your body's way of creating heat to warm you up. This is very similar in nature. It's basically a fight between cold water and your body.

Your body is saying "Uh, *nooooo*, I'm going to internally heat up to fight you. I

won't allow you to lower the core temperature.”

Performing in the Cold

Cold water rinses are simple. Here is how they force your body into a higher internal temperature that helps burn fat better:

Take your normal shower as usual. If you can make your “normal” shower just a little on the cold side, even better.

After you finish your shower, turn the water to as cold as possible and let it spray all over your body for 20-30 seconds.

That's it. Just 20-30 seconds. After that, turn the water off and get a towel as quickly as possible!

Note: Yes, you *can* get used to this within a few times.

By doing this cold water rinse, you'll force your body into fat burning mode for up to a few hours after your shower. Basically, you just flipped the switch with a simple 20-30 seconds of cold water.

One Caveat

Once you do the cold water rinse, do *not* use hot or warm water on your body for the next 20 minutes. That will just ruin everything. Give your body a chance to react and put itself into fat burning “survival” mode. Yes, you will be cold. That’s the idea! Let your body work extra to warm you up.

You’re perfectly safe in your own home, but your body is reacting as if you’re freezing to death. Your body therefore raises your core temperature to fight off the cold. Let your body do its job so you can take full advantage of its reaction in order to lose weight.

You’re first going to yell and curse my

name when you try the cold water rinses, but after a few weeks when you start to see weight loss results from the 20-30 seconds a day of cold water rinses, you'll then think I'm a genius.

Try them. See for yourself.

Its 20-30 seconds of torture, but the long term fat loss and health benefits are worth it. And it's almost a freebie, improving your fat loss in virtually no time and with virtually no more effort than what you do already.

I Forbid You to Do the Stairstepper – Do *This* Instead!

If I could rank one of the top fat-loss exercises in existence, the infamous Stair Runs-Walks may be it. It fits all our criteria of being simple, convenient, not requiring expensive equipment, and the regimen is not time intensive.

And guess what the best part is? This fat-loss exercise will not only help your overall fitness and reduce your fat levels; it helps you develop a firm butt

too!

The Only Requirement

Obviously, no exercise named *Stair Runs-Walks* is going to be possible without some stairs somewhere.

Certainly you should not buy or rent something like a Stairmaster. That is *way* over the top and wastes your time, money, and space... and a stair-stepper would hurt your results anyway. All you need are some sturdy stairs at home. If you have those, you're ready to roll and everything will be totally convenient.

If you don't have inside stairs, do you possibly have some outside? If your backyard slopes down and you have stairs leading out then use those.

Tip: If you have a good friend for a neighbor who has stairs, what you may find works best is to let her in on the secrets of this book and exercise together using her stairs. After a couple of weeks of thinner thighs and tighter glutes, she will thank you!

What Not to Do

Yes, I know you want the specifics. But humor me because before getting further it's critical that I describe what *not* to do before I describe what you *should* do.

Note: I caution you to *not* go out and try this exercise at its fullest right away.

Unless you're in good condition already and actively exercise a lot, you probably won't be able to handle this workout right away. That is just fine. It is best to build up to it.

But as the song goes, don't worry, be happy!

The good news is this: Your results from

this exercise will be so quick that even if it takes you two weeks to begin doing the exercise exactly as outlined, you're still be *way* ahead of everyone else.

The Routine

The plan for *Stair Runs-Walks* is simple. Here is what you do:

1. Run up one to three flights of stairs.
2. When you hit the top, walk back down the stairs.
3. Repeat as many times as possible for five minutes *without* stopping.

A big part of the reason why this is so efficient at burning off body fat is because you are always moving.

You do get a rest on the walks down the stairs, but it's an active rest. It is not a passive rest.

Note: Have you watched Olympic runners? After an agonizing run,

whether sprinting or long-distance, the runners hit the finish line and in spite of the fact they are exhausted they do not lie down. Instead they *walk!*

You'd think the last thing they want to do is keep moving but a heavy-breathing slow walk *is* how they recover. The human body seems to want to recover from an exhaustive run by walking and moving, albeit at a much slower pace.

Added Bonus Benefits

These between-run walks starting at the top of each flight of stairs gives you an added bonus benefit. You don't get a complete rest before you have to run up the stairs again. You will find that you will need to take a lot of deep breaths. You will consume oxygen heavily.

About the deep breaths... those add to your fat-burning. The walks down the stairs help turn you into a fat-burning machine!

“Why is that?” you ask? It's science, but simple science. For your body to burn off fat and use that fat for energy, your body must combine your fat with oxygen to release that fat effectively and

efficiently. The more oxygen you breathe into your lungs and, therefore, ultimately into your bloodstream, the more body fat you will burn.

Note: Consider this: If you skipped exercising completely and only performed several deep breathing exercises throughout the day, you would increase your body's fat loss by the deep breathing alone. It won't be nearly as effective as breathing while exercising, but it'll still burn more fat than if you do not exercise. That oxygen is a nice, effective fat-burning agent. And given that this exercise requires only *five minutes*, and that's once you work up *to* five minutes, you just have no excuse not to

spend those five minutes on the stairs *and* getting that healthy fat-burning oxygen.

Remember, even if your body begins getting used to the Stair Runs-Walks and can get through the first two or three minutes without breathing heavily, I encourage you to consciously perform a deep breathing pattern on the walks to maximize your weight loss.

Just don't use deep breathing alone as a substitute for the Stair Runs-Walks.

The Stair Run-Walks exercise has additional fat-los benefits. Not only does the deep breathing become far heavier and unforced as you get into the exercise's rhythm, but also the actual movement you perform helps you a great

deal too.

Obvious you don't move when you're doing deep breathing without exercise. And perhaps most important, deep breathing alone won't help you develop a firm butt like the way this exercise will.

The bottom line is that body fat needs a lot of oxygen present in order to burn itself off and be released as energy. Most people only shallow breathe, they rarely exercise, and they usually breathe polluted air. We don't get as much oxygen as we should into our cells. Think back 100 years when most families lived on a farm or in a country environment. The clean outside air combined with their labor made them

lean machines.

With modern times, we get the good with the bad. With our tablet computers and office jobs we get thicker thighs and hipper hips. Ugh! It's a good thing we can do something about those to help make up for what we give up for modern living.

ATP

The actual fat burning process where energy is created and released depends on something called *adenosine triphosphate* or *ATP* for short. By oxygenating your body's cells through the exercise-induced deep breathing, your body produces an environment that encourages the production of ATP. With more ATP you get more fat burning. And that's the boring science behind it. Fortunately we don't have to be scientists to have thinner thighs and waistlines.

On Getting Started

The first thing you need to do is test yourself on one to three flights of stairs.

Note: By the way, your goal should be to run up the stairs in the range of five to fifteen seconds or so. One flight of stairs isn't necessarily worse than 3 flights depending on how long it takes you.

Just choose what works best for you and put in the effort.

Once you know how in-shape you are, you can decide how hard you will seriously try to do the full five minutes of running up the stairs and walking down the stairs. Non-stop.

How you do this is up to you. I strongly

encourage you to take it slow for the first one to two weeks if you're not very athletic. This gives your body a chance to build up, extend your abilities, and to make sure you don't become overly sore. Becoming too sore too soon will discourage you and you won't want to continue this waist-reducing routine.

What I'd like for you to do for the first day is spend only one minute running up the stairs and walking down them. Don't stop during that one minute. Repeat this sequence five separate times during the day.

Mix it up at first. Listen to your body to decide what will challenge you without exerting you. For example, you could spend one full minute doing the Runs-

Walks, stop and rest one full minute, and so on until you've completed the full five minutes of Runs-Walks. Or, you can do one minute here and there throughout the day... even if you do so several hours apart.

It's all up to you.

Bumping it Up

Once you feel you that you have fully mastered those one-minute Stair Runs-Walks, you're your time to a full two minutes of non-stop Stair Runs-Walks. Then, once you've mastered that, bump up to doing them for three minutes, again non-stop. Keep going to four minutes non-stop, and then finally you'll be doing it for the full five minutes non-stop.

Note: When you first read about the Stair Runs-Walks, you may be fooled into thinking that five minutes isn't much at all. Trust me, you will find out the first time you begin this exercise that five minutes *at first* is

like an eternity. If you're used to doing the stairstepper, you'll be in for a shock at how much more intense real stairs are.

For the average person, moving up to the five-minute level will take somewhere between one to three weeks. If you're somewhat athletic and in shape when you begin, then the full five minutes of non-stop Stair Runs-Walks should take you a week or less.

Whatever you do, do not concede the race before you even begin it! Don't feel that you have to be able to do the Stair Runs-Walks for five minutes, non-stop, immediately. *Most* people can't.

Once you master the top level, stay with it and don't go more than the five

minutes. You'll reach a point of diminishing returns. After doing the Stair Runs-walks for five minutes non-stop, five days a week, for two weeks, you will almost certainly have lost at least five pounds of fat from this one exercise alone. And keep this in mind: the time it has taken you to read just this far into this book is *far* more time than you'll consume doing Stair Runs-Walks over several days' time! In other words, those five pounds are coming off not because you have built up to become a marathon runner, but only because you've built up to five minutes! And for many of you, you're doing this inside your own home! Running was never as good as this, or as effective!

An Alternative

In spite of how easy the Stair Runs-Walks sound when you first read about them, some people find them too challenging. I want to offer an alternative just in case you're unable to do the running part of these Stair Runs-Walks.

Almost anybody can do this alternative routine. And if you're one who needs to begin here, you may find that you work up to the actual Stair Runs-Walks that I described above.

The downside to the alternative, though, is that you'll need to do it for 20 minutes a day, six days a week, for two weeks to get the same results as the five minutes

of unmodified Stair Runs-Walks just five days a week. (The oxygen that the actual Stair Runs-Walks infuses into your system is a major helper.)

The alternative is simply walking up and down one to three flights of stairs, non-stop, for 20 minutes each day. Since you'll need to do this for six days a week; that's a total of two hours of exercise time for the week. It reduces the time benefit of the Stair Runs-Walks, but it's something that almost anybody can do and it does help anyone who does them burn off fat.

Really, 20 minutes daily isn't much, especially if you have stairs conveniently located in your home. Make sure that you have a good audio

book or music to listen to and the 20 minutes will fly by. Still, 20 minutes a day adding up to two hours a week is obviously way more time than the daily five minutes a day that requires only 25 total minutes each week.

Still, there's nothing wrong with starting with the alternative if you need to. And you may find that your joints take the alternative better and you stick with it. As we age, being able to run even on a flat surface gets trickier. So, do whatever *you* need to do. I just wanted to add this easier alternative since not everyone can run up stairs. Either way, get ready to lose a lot of fat really fast. The bottom line is this: go find some stairs and start running and walking on

them. A stair-stepper is not as effective. Use REAL stairs.

You do want to lose a lot of weight really fast and sculpt a firmer butt and more toned legs?

And true to this being the 1-Minute Weight Loss Cheat Sheet, you can do these Stair Runs-Walks for just 1 minute at a time. If you were able to do them 1 minute at a time, 5 different times a day, excellent.

A Funny Name for a New Type of Running

Tabata is a form of interval training. This concept is named after Dr. Tabata who discovered that this type of interval training produces much better fat loss results than aerobic training.

Tabata requires only four minutes of your time. Four lousy minutes! But those are an extremely intense four minutes. You'll see this is true even when you're performing simple exercises.

The 1-minute Tabata follows this pattern:

1. 25 seconds of running in place as fast as you can
2. 15 seconds of rest
3. 20 seconds of running in place as fast as you can

That's it.

It takes just a minute. You can do it during TV commercials. You don't need to set aside huge chunks of time to workout. Make your workouts fit into your busy schedule. With Tabata running in place, you can watch TV and then do these during commercials.

If you can do this three to five times each day, you'll get really good fat loss results.

But the key is to really put in the effort

when you're running. Move your legs and arms as fast as possible. If you don't give it 100% effort, you won't get the great results that I'm promising you. Don't worry about how fast you're going... it may be slow, just worry about your effort and intent to do it fast. It may be slow for other people, but if it's fast for you, then you'll lose a bunch of fat.

An Easy Exercise Tweaked into an Incredible Fat Loss Exercise

I want you to apply the Tabata method to jumping jacks. These will be Tabata Jumping Jacks and in all, this 4-Minute Miracle Exercise Bonus will just take eight minutes of your time each week.

When comparing Tabata-based interval exercises to aerobic exercise, there is not even a close comparison. Not if you look at results. And, perhaps even more important, not if you look at the time

required. Aerobics require intense sessions several times weekly. Tabata intervals require intense sessions twice a week for only four minutes each!

And you are not going to like what I'm about to say if you have done aerobics most of your life. You won't like it because you'll realize how much time you've wasted at the gym. But the good news is you won't waste time any longer. The simple truth is that four minutes doing the Tabata interval is equal to doing 45 minutes of normal cardio training for fat loss!

You may want to read that again because this is a profound and revolutionary statement. The one thing to remember though is that four minutes of doing

Tabata intervals may feel like the longest four minutes of your life. But that's fine – you'll be over them quickly!

The Routine

You can do almost any exercise for Tabata intervals, but in this case, I think the maximum benefit comes from power jumping jacks. And here is how I'd like to see you do them:

1. Start jumping in the traditional jumping jacks style as *fast* as possible for 20 seconds, non-stop.
2. Rest 10 seconds.
3. Repeat until four minutes are over. (This means you'll do a total of eight sets.)

Try to be as accurate as possible with your timing. If you have a stopwatch feature on your watch or phone, use that. Or if you have a clock with a moving

hand, do this exercising while watching the clock. If you don't time them, towards the end of each 4-minute session the seconds are going to seem much longer than they are because you'll be tired. It's critical to get the full interval in for each set. A stopwatch of some sort helps ensure that.

Note: Just remember the key: Perform your jumping jacks as quickly as possible. Don't do them slowly! Tabata-based interval exercises are not meant to be casual exercises.

The bottom line is this: You are taking an easy exercise like jumping jacks and making them difficult – but effective for fat loss.

Just in case you want to see how to do

jumping jacks, here is a quick video on the web:

http://www.youtube.com/watch?v=dmYwZH_BNd0

Keep in mind, this video is showing you the form of jumping jacks. He is *not* performing the jumping jacks explosively. He didn't do them as fast as possible. You however will since you are doing them for fat loss and not as a warm-up.

Special Arm Movements

Have a problem with flabby arms? Want to also tone up your shoulders? The way you do so is simple: Arm circles.

This is a 1-minute exercise:

Take your arms and stick them out like airplane wings to your side so they're level with your shoulders and parallel to the ground.

Now do small forward arm circles for 1 minute.

Note: Don't worry too much about the size of the circles you make. Try to make it so the circles are about 1 foot

or so (from the top to the bottom of the swings).

The key is to do these arm circles as fast as possible for a minute. It's actually a lot tougher than people think. The arm circles will do a great job of toning and tightening your shoulders and arms.

Don't expect super-fast results by doing these. But over a period of four to six weeks, you'll notice your arms and shoulders looking a lot better.

I recommend you do these three to five separate times each day for best results.

Now, just to be clear: For most of these exercises I'm recommending a total of three to five minutes each day.

These are just recommendations.

Do what's comfortable for you. You

don't have to do all the exercises or techniques. I'm just giving you a bunch of options.

Pick and choose what you want.

Brushing More than Your Hair

Your skin is the largest organ you have. Something you probably didn't know is it releases about a pound of toxins *each day* from your body!

The problem is, sometimes your skin can't excrete these toxins efficiently due to clogged pores. Your pores can get clogged by skin care products such as makeup, dirt, pollution, dead skin cells, and excreted wastes. With clogged pores, your skin traps toxins inside your body. The trapped toxins usually reside in your fat cells.

A lot of times, this results in cellulite.

Yes. The. Dreaded. Cellulite.

Obviously, we don't want that. One way to help eliminate the problem is through dry skin brushing.

Some of the many weight loss and body enhancement benefits of dry skin brushing include:

- Helping you get rid of 1 pound of toxins from your body each day
- Reducing cellulite
- Stimulating blood and lymph flow
- Stimulating your nervous system and hormones

You'll want to pick a brush has natural fiber bristles and a long handle so you can reach all of your back.

The best time to do dry brushing is right before you take a shower. Start by brushing your feet and make sure to brush towards your heart. Then brush up your legs, over your stomach and then brush your back and butt. If you have cellulite on your butt, hips, and or thighs, then do the brushing a little longer on those areas.

Note: If you have a lot of cellulite and a lot of discipline, you can literally dissolve your cellulite by doing this dry brushing on your cellulite areas for 10 minutes a day for about two months.

Yeah, it'll take a while. But it's worth it! After your butt and back, finish up by dry brushing your arms, shoulders, and

breasts. Obviously you'll want to brush lightly on your breasts.

Then take a shower.

Now, all told, that takes you well past 1 minute and closer to 5 minutes if you're really into it. But you can do this dry brushing for just a minute at a time by brushing your arms and legs during TV commercials.

It's not your whole body, but it does help a lot.

There are so many important benefits to dry brushing that I hope you seriously do it every day. Who doesn't want to get rid of cellulite and toxins from their body!

Bonus Book:

**Prescription &
OTC Drugs,
Antibiotics, and
Vaccines SUCK!**

**How to Stop Destroying Your Health
Accidentally**

By Jennifer Jolan & Rich Bryda

Introduction

My goal in writing this book is not to convince you to think like me. My goal is to open up your eyes to look at your health to where you see that it's your responsibility to take care of yourself. Don't mindlessly believe and trust doctors, their "miracle drugs," and health agencies and organizations. Be pro-active.

You're the boss of your health. Nobody and nothing else is. If you take responsibility for your health and question the prevailing common wisdom, I'm convinced you'll quickly benefit with a healthier life and lifestyle.

Why?

Because common wisdom in regards to all things related to health (at least in the USA) is about as far from wisdom as you could get.

This book makes a fair, compelling, and balanced argument against prescription and OTC drugs, antibiotics, and vaccines. No, they're not all bad, but they're mostly bad for you. By the time you finish reading this, I'm sure you'll agree.

If I've done my job with this book, then after you've read it, I expect you to fight for your health and the health of your loved ones. Don't allow others to dictate their health agenda onto you.

Let's get started.

Chapter 1 – Killing Us Softly with Big Pharma?

Today we've come a long way with modern medicine haven't we? The truth regarding our state of health is simple:

More of us are dying from more major diseases than ever before.

Yep. We've come a long way. The problem is that we've been going in the wrong direction.

Today, diabetes, heart disease, and

cancer, along with so many other common ailments were fairly uncommon just a few decades ago. Senility was a problem in elderly but a minor one compared to the number of Alzheimer's patients wasting away today in shells that were once healthy and active bodies who had strong vitality.

Note: Weight gain is a massive problem today as you know. We treat the symptoms of weight gain as opposed to attacking the gain itself such as high-starch diets. We aren't fixing the weight problem but only adding to it by throwing medicine at results from obesity such as diabetes. A doctor in Tulsa, Dr. Joel Robbins, has said that if you take a medicine

without being sick, the medicine will make you sick. And it might anyway, even while repairing what it was intended to repair. That doesn't make medicine evil. It does mean we should be honest about it not being a cure in all cases and about it being dangerous in many other cases.

Medicines are difficult for our bodies to process. Many times medicines *save lives* and help people live a fuller life. Before I go any further, I must set the ground rules because sometimes people do not understand the goal of a book such as this one:

1. I am not anti-medicine.
2. I am not anti-pharmaceutical company.

I need you to know that I absolutely see the need for the medical industry. I am *thankful* for that industry. The medical industry has saved countless lives.

What I am *not* thankful for is the majority of medicines used today. They often mask the real problems. It is these times when medicines do not solve problems, but they only delay bigger problems down the road.

And antibiotics and vaccines are some of the worst culprits.

Our Lifespans Are Increasing

The average lifespan has been increasing slowly but steadily over the past century. This is due to a two-fold benefit from the medical industry:

1. Infant fatalities are far fewer than they were 100 years ago. This dramatically skews the average lifespan of a people to the upside (the good side).
2. Through trauma research and development, trauma patients are surviving in record numbers to go on to live normal, healthy lives.

According to the U.S. Census Bureau,

the average life expectancy at the beginning of the 20th century was 47.3 years. A century later, that number had increased to 77.85 years.

It would be unfair to harp on antibiotics, other prescription drugs, vaccines, and their prescribed use without first being completely fair and giving the medical industry great credit for what it does well.

What the Medical Establishment Does Well

The medical establishment is wonderful at many things, the most important of which surely has to be its expertise in treating trauma. Every decade that goes by, the survival rate of crash victims rises. This extends even to the battlefield where wounds that were lethal only 10-20 years ago become more manageable and survivable as the medical industry does its research and improves upon its techniques.

The medical establishment's praise extends beyond accidental and war

trauma. Heart patients are living longer than ever even though major, invasive techniques such as open heart surgeries are being replaced with far less invasive procedures. AIDS patients are today able to survive in numbers never-before considered possible due to drugs that manage (not cure) the disease.

Breakthroughs in cancer are being seen in every corner of the oncology divisions throughout the world.

What the Medical Establishment Does Badly

The medical industry is poor at disease and malady *prevention*.

Consider how many *trillions of dollars* have been spent in the past fifty years on “curing” various diseases such as:

- Cancer
- Heart disease
- AIDS
- Multiple Sclerosis
- Birth defects
- Muscular Dystrophy

Although some diseases have been cured

in the 20th century, none of the big ones have. For these “big ones” we pour thousands of more times the dollars into their cure than the various “lesser” diseases such as Chicken Pox. I’m limiting the list solely to the United States now, where problems such as malaria, easily prevented with the now-banned DDT, are not problems.

Worldwide there are more major diseases that fall into this same category: spending trillions to find evasive cures.

Let me ask you a simple question: How many major diseases have been cured in your lifetime? I’m talking about diseases with epidemic numbers such as the six maladies I mention above?

Let me make it even more critical: How

many major diseases have been cured in your parents' lifetime?

Let me be blunt: How many major diseases have been cured in your grandparents' lifetimes?

The answer is a shocker: absolutely *zero*.

Note: Did you know that in 1920 when Paul Dudley White invented the electrocardiograph (the precursor to the electrocardiogram, the EKG or ECG), his Harvard colleagues suggested that he abandon that invention and work on a more “profitable branch of medicine”? You see, heart disease and related problems such as hypertension were statistically not even on the radar.

Heart disease occurred in such few numbers, it wasn't worth focusing on as recently as the 1920s. We must admit we are a failure at so many aspects in medicine and prevention.

Again, I want to be fair. Polio was cured in 1961 and we should be extremely grateful for that. It is my suspicion that back then attention was put on prevention rather than finding the cure. Jonas Salk's polio vaccine was a medical miracle and all of mankind benefitted from it. Still, the number of people who died from polio, and yes even one is too many, was not even a fraction of one percent of the people who suffer and die from the six major maladies above, the "politically correct"

ones that get the lion's share of the trillions of dollars of funding for "the cure."

Why do we continue to pour those *trillions* of dollars into "finding the cure"? Do you think that *possibly* those *trillions of dollars* that were earmarked and given for finding "cures" might be better put elsewhere? I'll just say it: I think we should *stop* chasing after cures.

"But Jennifer, you don't want to see these horrible problems cured?"

Yes I do. Of course. But when do we realize there very well *might not be cures* to most of the diseases we face today? Wouldn't it be far better to seek *effective disease prevention*? The answer is Yes. Prevention research

takes only a small percent of a percent of a percent of “cure” research.

When I recently asked a doctor, the head of one of the largest Osteopathic schools, how much money the major organizations such as the American Heart Association and the American Cancer Society spent on prevention, his answer was: virtually nothing.

Why don't these organizations want to prevent their diseases? A cynic would say if they found a way to prevent the problems, the need for those organizations would go away. I am not that cynical. I truly believe organizations such as the AMA and ACS do want to see an end to their diseases. But they don't *appear* to be seeing the forest from

the trees. And after *trillions and trillions* are spent over the decades looking for “cures” that are never found, pretty soon you’re talking about some real money...

What Comes Out of Research to Find Non-Existent “Cures”

Much of the time: medicine comes out of medical research.

More and more medicine.

If the meds worked so well, why do the number of major disease-ridden patients increase annually? Yes, many with those diseases are surviving but at what price both in regards to their health and standard of living and to the cost to society? Let me be clear – I would rather see people live longer, managed by drugs, even if their lives have side effects and problems from those drugs.

And certainly many people are being managed by drugs have no major side effects.

My problem with the whole thing (and I am not alone... not by a long shot) is two-fold:

1. Why do diseases, even though we can manage them better each day, keep increasing in numbers?
2. Why can't we focus on prevention more instead of calling "health nuts" and "phony natural doctors" those very names because they are the only ones who seem to focus on prevention?

As for me and my family? I'd rather prevent a disease like diabetes than have it and manage it. And since trillions have

been spent without finding a cure, I'd be fine if we put the elusive search for the cure on hold and work on *eliminating* the problem through prevention.

Chapter 2 – I Love Antibiotics!

“How can that be?” you ask. Given the title of this book, you’d think I despise the very mention of the term *antibiotics*. Not at all.

Antibiotics have been responsible for saving the lives of – no doubt – millions of people since Selman Waksman first invented them and then Howard Florey and Ernst Chain made them safe for use in humans around 1945.

To say antibiotics are horrid and should

never be used would be to reduce the lifespan of people. Antibiotics are no more evil than a hammer is. Antibiotics are a tool for health that can be used for good or misused for bad. This goes for other medicines we'll discuss in this book.

The fact that antibiotics have such a bad track record speaks volumes about their massively over-prescribed rate as well as the patients' bad use of them. This book explains both problems. By doing that you will have a much greater appreciation for when you may want to use antibiotics and when you may want to try to avoid them.

Note: Do I have to remind you I am not a medical doctor? So how much

does that rule out my research and educated opinions on the matter of antibiotics? Do I have to remind you I am not a lawyer? So how much does that rule out my research and educated opinions on the matter of responsibility? Please consider that hardly any newscaster who reports on the government has been a government official and hardly any newspaper columnist who has reported on arson crimes was ever a firefighter. One can properly use sources and draw conclusions and state those conclusions. The fact is I have ample evidence on my side in regards to antibiotics and other issues I'll discuss. I do not hesitate to offer you

my educated and reference-supported opinions throughout this book.

The Wonderful CBC Blood Test

I take antibiotics. About once a year. Does that help show that this book is not a battle cry to eliminate antibiotics? It should.

About once a year I get sick. I eat healthy, extremely so by almost every standard. I take multivitamins and minerals. Each morning I take one of the most expensive and highest-regarded liquid vitamin and mineral formula ever developed, available only through doctors (<http://www.DruckerLabs.com>). My sickness begins the way many do. A scratchy throat tells me I'm headed

toward an incident. I then begin to get sinus drainage. A day or so later, it's achy, fever, and so on. Yuck.

If that was it, I'd probably get better in 3-4 days. I stay in, take care of myself. But for some odd reason my body has a habit of developing secondary problems and it turns into something deeper with darker mucus and... I'll stop there, you get the idea.

Note: A healthy body gets sick once every year or two. It is the body's way of getting rid of toxins that build up through normal living, even extremely healthy living. The person who never gets sick is in danger of early health problems through the build-up of the toxins that enter our

body normally over the years.

So I go to my doctor. He gives me the wonderful *CBC blood test*. This is the Complete Blood Count test that tells you the relation of white to red blood cells among other things. Both my doctor and I agree I am sick. The question then is: is this a viral or a bacterial problem? If the latter, then antibiotics will help it go away. If it's not bacterial then antibiotics are useless at best and possibly even harmful (in the long term). This CBC test, very simple to do with the results available right there in the doctor's office, tells my doctor the likelihood of needing antibiotics. Or it tells my doctor I only need time to get better. If the CBC test says I need

antibiotics, I am *thrilled* to take them.

If not, I don't want them. I know I'll get better with time.

Most routine sickness we get is either viral or bacterial. Their symptoms often overlap which is why the CBC blood test is so helpful. Many doctors treat virus problems with antibiotics however. *Therein lies the danger as you'll see in the next chapter.*

Note: By the way, this test is under \$20. And I will happily pay the \$20 to find out I don't or do need antibiotics. Because the *last* thing I want to put into my sick body is an antibiotic if I don't have a bacterial infection!

Chapter 3 - “Dead Bacteria Cannot Mutate”

One big problem with antibiotics is their overuse.

As you saw at the end of the previous chapter, your doctor has a simple test available to determine the need for an antibiotic prescription. One major problem with antibiotics is they have been given far too often when they do no good. People who are sick with a virus should get well over time. A doctor who “goes ahead and prescribes an antibiotic” for someone with a viral

sickness masks the cure. The person gets well only because time goes by, but antibiotics were thought to be the reason. The patient's healthcare costs are higher due to the antibiotics, damage can be done to the body by the antibiotics, the use of unneeded antibiotics have a greater chance of mutating, and everybody loses when the patient would have gotten just as well without the medicine.

It is time that gets rid of the virus. But the antibiotic is often praised as the cure.

Antibiotics Do Damage

I'll get back to the over-prescription of antibiotics but first you need to understand the importance of your gut. More and more health practitioners these days are realizing that if they "fix the gut" they "fix the patient."

Our stomachs contain billions and billions of bacteria. When we are healthy, we usually refer to that bacteria as *probiotics* or *healthy flora*. The natural bacteria in our guts is healthy bacteria that attacks and breaks down the food we eat and helps to eliminate invading bad bacteria. Our natural stomach bacteria is good bacteria, very

good indeed.

Sugar, grains, and other starches rob our guts of this bacteria. Any foods that quickly convert to sugar fights against our guts' natural order and robs our guts of healthy bacteria we need to keep our bodies in balance.

And antibiotics are one of the biggest thieves of good bacteria in our stomachs. The problem is that antibiotics do their job well. They are very "anti" when it comes to bacteria so they kill all our good bacteria.

A Simple Way to Help Avoid Killing Your Good Bacteria When Taking Antibiotics

First of all, don't ever accept an antibiotic prescription again without first demanding a CBC blood test. It's not just that antibiotics can kill off whatever good bacteria your stomach has. This damage to your stomach can continue *for up to four years after you finish the antibiotics!*

One way to *help* ward off the damage a prescribed antibiotic does to you is to eat yogurt, kefir, and sauerkraut while on

antibiotics. This food replaces the flora in your gut that the antibiotics kill off. Eat as much as you want to during a round of antibiotics. Your stomach should recover far faster and so should you.

All these foods: sauerkraut, miso wine, organic sour cream, soy sauce (don't worry, this is a soy that I approve of), kefir and yogurt are *fermented foods*. These literally are foods that are allowed to sour and ferment before you eat them.

If that sounds gross, every piece of cheese you've ever eaten has probably been fermented during its creation. Real parmesan cheese (not the stuff in the shakers but the cheese made only in

Parma, Italy and imported here called *Parmigiano-Reggiano* cheese) literally sits on a shelf at room temperature *for two years* before it's sold! This is a fact and I've been to Parma and went into the huge warehouses where 25-foot high shelves go on for seemingly acres and acres with huge round wheels of the delicious stuff just sitting there waiting out their 2-year service before being sold.

Your body *loves* fermented food. And your body, when it has good bacteria in your stomach, stays healthier than it otherwise would.

Note: If you just won't or can't make your own yogurt and kefir, get organic Greek yogurt. Stay away from the

sweet dessert-like stuff that is just one step from ice cream which you see in the little white cups near the dairy section. Those are loaded with sugar or worse High-Fructose Corn Syrup (often disguised on the label) and soy (never disguised for some odd reason). *Oikos* Greek yogurt is a good brand that we sometimes use. It comes from Stoneyfield Farms and you can learn more about them in the must-watch movie, *Food, Inc.*

You can even make your own sauerkraut and it's the most remarkably simple fermented food you can make. Literally, to make sauerkraut you put fresh, organic cabbage in water for 7 to 60 days, depending on which process you choose.

(You'll use a special ceramic pot for this that you can find on Amazon.) Out comes sauerkraut that, unlike what you buy at the store, has never been cooked so the original cabbage's vitamins and minerals are intact and your stomach loves all of it. And your next round of antibiotics will work on your bad bacteria without being able to kill off all the good stuff.

The reason you want fermented foods *daily* is that your gut needs fermented foods. You often get sick in the head from colds and allergies because your *gut* is lacking the flora needed to attack antibodies that are always around us. As I said, fix your gut and you fix your body.

That good flora eliminates or reduces the effects of many routine sicknesses that you'd otherwise get. The world around us is unnatural with toxins galore. Loading up our guts with good bacteria, the probiotics from these fermented foods enables our bodies to function in balance to help ward off sickness, even after direct exposure to sickness.

Note: The natural health industry has found numerous alternatives to antibiotics, some having better results than others. Adding these to your diet, along with the fermented foods described above, should go a long way towards keeping bacterial problems away from you and perhaps

getting you well from bacterial problems without the need for antibiotics: honey (locally grown honey close to where you live has the highest rate of antibacterial properties for your body), vitamin D3 (a minimum of 1,000 IU daily and nobody in *my* family takes less than 5,000 IU daily), and vitamin B3.

The Mutation of Bacteria

A second problem with the overuse of antibiotics – that is, the over-medication and over-prescribed use of them – is bacterial mutation.

In the history of modern science, not one mutation has *ever* been recorded that is beneficial. Not one. This is critical to keep in mind.

Bacteria mutates when allowed to flourish.

That mutation is bad. Very bad. The mutation means that antibiotics that used to work well have a harder and harder time attacking the bad, mutated bacteria

in our bodies. This means more medical research has to be done to find more potent antibiotics. More money is spent. People stay sicker until an appropriate antibiotic is found.

Every time I get a CBC test and find that I need antibiotics, my doctor says the same thing to me: “Take the entire antibiotic prescription. Even if you start feeling better; finish the *entire* antibiotic prescription. Even if you are completely well by tomorrow, finish the entire prescription. Because remember: *dead bacteria cannot mutate.*”

Oh, if only every doctor for the past 50 years had given their patients that advice!

It's true that when on antibiotics,

especially a 7- to 10-day dose prescription, people often feel completely well a day or more before the antibiotic is all taken. The problem is this: many of the bad bacteria are still in the body. There may not be enough alive to take down the body any longer but there are enough bad bacteria to remain alive. This is when mutation raises its ugly head. And remember, I stated that *not one observed mutation has ever been shown to be beneficial.*

Note: This is why some newer antibiotics such as the *Z-Pack* (Zithromax) are designed to be taken completely in only 3- to 5-days. People are more likely to follow the entire prescription protocol when the

time frame is short.

Many of the new strains of bacteria exist because:

1. Doctors over-prescribed unneeded antibiotics.
2. Patients stopped taking antibiotics before the prescription ran out.

This pair of no-no's encourages mutation. And not one observed mutation has (repeat after me): Never. Been. Shown. To. Be. Beneficial.

But if we take the entire round of antibiotics as prescribed, the odds are great that the bad bacteria will all die. And as my doctor says, "Dead bacteria do not mutate."

The Result are Antibiotic-Resistant Bacteria

Perhaps you've heard of the diseases people now routinely get in hospitals.

MRSA (Methicillin-Resistant Staphylococcus Aureus) and other bacterial infections are now appearing that are extremely difficult to eliminate, even with the strongest of antibiotics.

Our overuse of antibiotics, the over-prescription of unneeded antibiotics, and our not following the instructions for use have created mutating monster bacteria.

We are suffering because of all this.

Antibiotics Destroy Our Immune Systems

Things just get worse with our overuse of antibiotics.

Our immune systems are constantly on lookout for foreign invaders, naturally occurring cell defects and mutant cells. Our immune systems have the vast capacity to remember enemies of our bodies and deploy attacks that have worked in the past to rid us of those problem invaders. Some of the fastest growing cells in the human body are immune cells. Antibiotics hurt our body's natural ability to stay well. Sadly, it's babies that feel this

destructive use of antibiotics more than anyone:

80+ percent of the body's immunity is built in the intestinal tract by the friendly bacteria balance that resides there. The intestinal flora starts building in an infant while still in his/her mother's womb but the flora really takes off after eight days of age. Starting with the colostrum milk, the gut begins to populate with more bacteria while the infant's immune system starts an inventory of good and bad cells in the body. This inventory is a life-long process and the immune system never forgets an invader.

It is said that the absolute worst

thing to do to any infant is to give them an antibiotic. Antibiotics indiscriminately kill bacteria, both good and bad. One round of antibiotics will permanently change the baby's immune system, and because a majority of neurochemicals are also made in the gut, the baby's neurology is also altered. The antibiotics that have been touted as the savior of mankind from disease are costing us in cancer and degenerative, chronic diseases. Once the very first antibiotic is administered to the infant or child, the bacteria in the gut is wiped out and the immune system is permanently altered in its ability to

manufacture appropriate immune cells. Fungus in the gut is now unopposed and begins to proliferate unchecked by the friendly bacteria. After fungus sets up strongholds then parasites move in to share the bounty of food and minerals meant to feed the body. This is the first step for chronic disease and cancer.

What You Can Do Now

Obviously you stop taking antibiotics when your blood test shows you don't need them.

The next step is to begin adding to you and your family's diet many fermented foods. Dr. Weston A. Price surveyed a dozen of the world's healthiest cultures. These cultures were lived on different continents, inside vastly different environments, eating extremely varied kinds of food, and living entirely different physical lives from sedentary to active. The *only* factor that Dr. Price found common in the entire dozen cultures, the 12 healthiest cultures on

earth with lifespans that dwarfed all the rest, was: fermented foods.

Yes, if you get a lot of colds and flues, fixing your stomach *can* reduce your illness. Sometimes by an amazing amount. Your stomach is responsible for eliminating a lot of heavy metal toxins in your body. A healthy supply of good bacteria will aid in that elimination.

Chapter 4 – A Prescription for Problems

In the previous chapter I discussed some problems with prescription medicines, namely that of antibiotics. Antibiotics deserve their own chapters because they are so common and so commonly abuse both by patients and by doctors who over-prescribe them. The mutation that then occurs is bad for everybody, both those who are healthy and especially those already weakened such as patients

in MRSA-infested hospitals.

If antibiotics were the only prescription problem, it would be bad enough. Sadly, it's only the start.

Death by Prescription Drugs

Consider these facts, offered by the CDC, the Centers for Disease Control and Prevention recently printed in the Los Angeles Times regarding the 2009 death statistics:

- For the first time ever in the US, more people were killed by drugs than motor vehicle accidents
- 37,485 people died from drugs, a rate fueled by overdoses on prescription pain and anxiety medications, versus 36,284 from traffic accidents
- Drug fatalities more than doubled

among teens and young adults between 2000 and 2008, and more than tripled among people aged 50 to 69

In spite of these sobering numbers, the newspaper headlines are not filled with this epidemic. And it *is* an epidemic.

Keep in mind these are not deaths resulting from illegal “street drugs.”

These are deaths from medicine prescribed by licensed, state-approved, government-sanctioned doctors.

Dr. David Healy calls this *Pharmageddon*. He says that drugs like OxyContin, Vicodin, Xanax, and Soma cause more deaths than heroin and cocaine combined.

Perhaps surprisingly, the average age of people who die from prescription drugs

is between 40 and 50. Using prescription drugs eliminates the stigma of someone being a “junkie.” That is most sad because the stigma is a good thing for a healthy society. We should work to stigmatize the overuse of prescription drugs the way we have stigmatized street drugs.

Note: In spite of the fact that most people dying are in their 40s, that doesn't mask the still-heavy use of prescriptions of children all the way to the elderly. Many of these overdoses are completely avoidable and not intentional on the part of the patient, although many are intentional. The fact is that now many of these prescription drugs are now *sold on the*

streets alongside the traditional recreational illegal drugs. This puts them in the hands of more and more people.

The Baltimore Sun had this to say:

“According to the White House Office of National Drug Control Policy, prescription drugs are second to marijuana as the drug of choice for today's teens. In fact, seven of the top 10 drugs used by 12th-graders were prescription drugs.

More than 40 percent of high school seniors reported that painkillers are ‘fairly’ or ‘very’ easy to get. They also reported that they believed that if they were to get caught, there was less shame attached to the use of

prescription drugs than to street drugs. This mirrors the perceptions of their parents, who when queried said that they felt prescription drugs were a safer alternative to drugs typically sold by a drug dealer.”

Addicted adults are learning how to “doctor shop” to get the same prescription from several different doctors, multiplying the amount of prescription drugs they can get their hands on. The black market for those people who cannot find other avenues, are finding a customer base willing to pay close to \$100 per pill to get their next fix. Many become addicted after using routine prescription drugs for headaches or back pain. Teenagers are

taking pills from their parents' medicine cabinets to use recreationally – all the while they assume that prescribed drugs are not dangerous.

Sadly It's Not Just the User's Fault

On the street, we can blame the *junkie* and the *dealer*. Both are culprits.

When it comes to prescription drugs, we often label the user and the provider as *patient* and *doctor*. If one looks closer at the doctor's side of the prescription epidemic, however, the term "dealer" seems to hit a little close to home; "dealer" might make more sense in some cases than "doctor."

You've seen how the over-prescription of antibiotics, especially when the sickness is not bacterial and cannot be helped in any way by antibiotics. In spite

of my hesitancy to cry “liability” at every turn, doctors are responsible in ways other than prescribing unneeded antibiotics.

Consider these facts:

- In a June 2010 report in the *Journal of General Internal Medicine*, study authors said that in looking over records that spanned from 1976 to 2006 (the most recent year available) they found that, of 62 million death certificates, almost a quarter-million deaths were coded as having *occurred in a hospital setting due to medication errors*.
- An estimated 450,000 preventable medication-related adverse events occur in the U.S. every year.

- The costs of adverse drug reactions to society are more than \$136 billion annually – greater than the total cost of cardiovascular or diabetic care.
- Adverse drug reactions cause injuries or death in 1 of 5 hospital patients.
- The reason there are so many adverse drug events in the U.S. is because so many drugs are used and prescribed – and many patients receive multiple prescriptions at varying strengths, some of which may counteract each other or cause more severe reactions when combined.

More Facts

I repeat, the costs of adverse drug reactions to society are more than \$136 billion annually.

In 2009 there were nearly 3.68 billion prescriptions filled in the U.S. That averages to almost 12 prescriptions for every person in the U.S. Other interesting drug statistics are:

- Specialists give more than 2 prescriptions per visit
- Just over 89 percent of Medicare patients take prescription medicine daily
- 46 percent take 5 or more prescriptions chronically
- Nearly 54 percent take meds

prescribed by more than one doctor

One thing that the drug companies don't tell you, and that your physician may not realize, is that premarketing drug safety profiles may be very narrow: most new drugs have 3,000 or fewer short-term patient exposures. Another fact the drug companies don't advertise is that some drugs have rare toxicity possibilities, meaning very bad side effects could occur in as few as 1 in 20,000 patients. To detect such rare toxicity, more than 60,000 patients must be exposed *after* the drug is marketed.

The Pharmaceutical Companies Appear to Share in the Guilt

I see that more and more warnings from doctors (M.D.'s and D.O.'s both) against the pharmaceutical companies appear daily. This new hesitancy to jump to the latest medicine is a good sign.

Perhaps this change may come from guilt of some doctors who in the past participated in the unintentional but real over-medication of patients. More of the warnings seem to come from doctors who are viewing the runaway numbers of cases of patients who get extremely

sick and die from medication and prescription mistakes and over-prescriptions.

Note: To be clear: if a patient “doctor shops” to get multiple prescriptions, neither the doctors nor the pharmaceutical companies can be blamed. If we have a runaway illegal drug overdose problem in the world, and we do, then overdosing on *legal* prescriptions is going to be even worse. Users need their fix and they will die trying to get that fix. Still, I need to now address doctors prescribing without a known need and also we need to learn about some deceptive advertising practices of pharmaceuticals if I am to be fair and

address the problem as a whole.

If the current trend of doctor warnings continues, the public will be better informed and warily guard against accepting the answer of “another drug” as definitive. That is good. The truth, though, is that most doctors are ignorant, either willfully or through their AMA and AOA-approved training, of the problem with medicine today.

Dr. David Healy states that drug companies frequently hide vital information about their drugs in order to get them on them market and keep them there. How qualified is he to speak? Dr. Healy, a professor of psychiatry in North Wales and Great Britain is a former secretary of the British Association for

Psychopharmacology and author of over 175 peer-reviewed articles, 200 other pieces, and 20 books, including *Let Them Eat Prozac* and *Pharmageddon*.

Dr. Healy, for example, studied the serotonin-uptake theory in depressed patients, and is adamant that there's no evidence indicating that depressed patients have something wrong with their serotonin system, which makes selective serotonin reuptake inhibitors (SSRI's) a dubious treatment for depression. It may even be part of the equation for why some people become suicidal on SSRI's, even if they've never had such tendencies before.

"We've got 30 to 40 years' worth of work, and no evidence has come to

light that there's anything wrong with the serotonin system in people who were depressed," he says.

What Good is the FDA Anyway?

If a drug company issues a drug that turns out to be dangerous, why is the drug company the only one deemed liable? The FDA makes pharmaceuticals jump through countless hoops and pay millions of dollars before any drug can come to market, prescription or OTC (Over the Counter). If the FDA accepts no blame after their “approval” but costs patients billions of dollars over the decades for those drug “approvals,” then we should begin systematically disassembling the Food and Drug Administration. Or we should at the least hold them equally accountable

when a drug is exposed to be deadly. My vote would be to eliminate them and let the free market determine which drugs are approved and safe. The free market's track record can't very well be any worse than the FDA's or the current pharmaceutical systems.

Why is a Warning Bad?

Referring to the data showing SSRI's ineffective at best and seemingly dangerous enough to be deadly, the FDA argued that putting a warning on the drug might deter people from treatment. Read that again. See, by doing the right thing, we might end up with a detrimental outcome the drug companies argue. No one addressed the fact that not putting a warning on the drug *might make more people use them*, hence killing more people, more indiscriminately. This is exactly the situation we're dealing with now. Even with the warning, antidepressants are

prescribed more or less willy-nilly, for everything from anxiety to pain, high blood pressure, and insomnia—minor ailments that in *no way* warrant such a huge risk.

"[The information] the FDA had points very clearly not just to the fact that [SSRI] drugs can cause a problem, but that on balance, they harm more people than they help," Dr. Healy says. *"How the FDA squared this, I'm not sure."*

Do Prescription Drugs Save Lives?

The short answer is yes. Having said that, I never can remind you enough that the solution is not to blame the drugs any more than the problem of murder can be blamed on the existence of guns. The problem is how the drug industry, with the help of the medical complex and the government, work together to miss the forest from the trees.

In his writings, Dr. Healy expands on the skewed data and other manipulation techniques employed in drug trials.

While antidepressants seem to get the lion's share of discussion today when it comes to unneeded prescription drugs,

the situation in terms of falsely proving benefits is the same problem for any drug.

Statins, for example, can indeed lower your cholesterol levels, and many do so quite well. So in that sense, they “work.” But as with antidepressants, if you ask the question “Do statins save lives?” the answer becomes rather murky.

“If you ask the question ‘Are people going to be better able to work on these drugs?’ then the answer is clear: They’re actually going to be less able to go to work,” Dr. Healy says. “They’re going to have a range of problems and other symptoms that they didn’t have off the pills.

“Now, if you got marginally raised

lipid levels, that is not something that interferes with your capacity to work. But if you're on a drug like one of the statins for instance, you are on a drug that may cause muscle aches, pains, cognitive failures, and may seriously interfere with your capacity to work."

Osteoporosis drugs are another good example of drugs that, overall, appear to do much more harm than good.

"They say up to a third of women over the age of 50 have osteoporosis," Dr. Healy says. "But they don't. This is an osteoporosis that's created by the DEXA scanners that the pharmaceutical companies gave away for free when they were

marketing drugs for osteoporosis. If you scan bones, you'll almost always find little bits of thinning here and thinning there.

“So you can create the diagnosis of osteoporosis, and you put these women on pills. Because they're on pills, they think their bones are brittle, so they'll probably do the wrong thing, which is they'll think they shouldn't go out and mow the lawn. They shouldn't jog... because their bones are brittle and they might have a fracture. But in fact, getting out to mow the lawn, jog, and get physically fit is a much better thing for them to be doing than to be taking osteoporosis pills, unless

they've got very severe osteoporosis.”

Dr. Joseph Mercola, MD, has this to say: “Personally, I don't see a reason for ever using an osteoporosis drug. They're extremely poisonous, and they kill your osteoclasts, the cells responsible for destroying old damaged and unnecessary bone cells that set your osteoblasts up to replace it with new bone tissue. This creates a dynamic balance of bone resorption and bone building. They make your bone denser, but at the same time they make them *weaker.*”

Did you hear Dr. Mercola there? He does not hold back when he states clearly that a popular osteoporosis drug (Fosamax) actually *causes* leg fractures!

So What Can You Do?

You must go to the doctor once in a while. And sometime in your life the odds are great that you will be hospitalized more than once.

Your answer to avoiding the pitfalls of prescription medicine is not to avoid all doctors and hospitals. That could be deadly. If you are of that mindset, you are making the incorrect assumption that you never need the medical industry or the drugs it offers. You need to re-read the first few pages of this book to see the ways that the medical industry has prolonged life using techniques *and* drugs.

The answer is to begin being smart about

your choices. The answer is to be aware that your doctor is human. You need to be aware that mistakes in hospitals, most of which are understaffed, are far too common. This all requires that you use some commonsense.

First, question everything. If you have a 2- or 3-day hospital stay, when offered a pill or IV always ask what it is and what it is for. You don't need a medical degree to know that given two of the same sleeping pills just 20 minutes apart is probably a mistake and not by design. You don't have to be a jerk when you question a procedure that your doctor wants you to have. Just use each interaction as an opportunity to learn more about what is going on with your

body to help you get well.

To Add to the Problem, It's Difficult to Know Who to Trust

Sadly, there is no easy way to determine what you can trust when it comes to medical research and official treatment guidelines. So much has been tainted by economic conflicts of interests. In many ways, a doctor who strictly keeps to the guidelines is going to be far more controlled by the pharmaceutical industry than might be good for your health.

“We're in a world where you want a doctor who, for the sake of giving you good care, is prepared to take

the risk of losing their job, because this is the world that good doctors increasingly are being forced into. They're being forced into being the kind of physician that says, 'I know the guidelines are wrong. Yes, they based it on the latest evidence. But the industry actually controls the evidence, and as far as they do, they control the guidelines process also. I'm going to go by what seems to be the best thing for me to do for my patients.'

"Unfortunately, there's no simple way to pick out articles in the literature and say, 'We can believe this and not that.' In fact, you could almost say that the articles in what

we used to think of as the best journals in the field – like the New England Journal of Medicine, JAMA, and other journals like this – are more likely to be compromised than articles in perhaps journals that are less well-known.” – Dr. David Healy

A perfect example of this is the article by Dr. Joseph Mercola about a study that was widely promoted in the media, which declared that [eggs were associated with as much risk for strokes as smoking](#). Dr. Mercola systematically shows that was a critically flawed study. And when one looks at the funding of the study, one discovers strong ties to the pharmaceutical industry. Two of the three researchers in question have

declared interests in statins. Now do you think the companies that make statins might have a vested interest in getting you to be afraid of cholesterol? (Yes.) The third researcher helped create the vegan “Portfolio Diet,” which only allows egg substitutes and then only sparingly, so he too has a financial stake in scaring people away from eggs.

Note: I performed a detailed analysis of the Portfolio Diet in my [*Celebrity Diets: 50 Fast Weight Loss Diets Used by Celebrities and Hardcore Dieters*](#). If anything, we find that the Portfolio Diet is possibly far worse than Dr. Mercola makes it sound. If you put your teenage sons on a strictly vegan diet, you can expect them to

develop the upper body strength of their toddler sisters.

More than 40,000 Medical Mistakes Daily!

*The Thirteenth Annual HealthGrades
Hospital Quality in America
Study* concluded in 2011 some horrible
observations:

HealthGrades has been studying the quality of care in the nation's hospitals since 1988. This year they analyzed approximately 40 million Medicare patients' records from 2007 through 2009, and found that 1 in 9 patients developed a hospital-acquired infection.

The HealthGrades report said that

“the incidence rate of medical harm occurring is estimated to be *over 40,000 each and EVERY day* according to the Institute for Healthcare Improvement.”

Another study, in 2008, by the Office of Inspector General for the Department of Health and Human Services, also reported grave evidence that something is amiss in the hospital setting in America: *One in seven Medicare beneficiaries who is hospitalized will be harmed* as a result of the medical care they receive in the hospital, the study said.

Authors of this study found that physician reviewers determined nearly half, or 44 percent of the

adverse and temporary harm events
“were clearly or likely preventable.”
The mistakes equate to 3.5 percent of
the Medicare budget.

Those facts do somewhat make anyone
in his or her right mind want to avoid
hospitals and doctors. But again, that is
the wrong approach. And of the 40,000
mistakes, certainly much of it has no
long-term or even immediate effects,
such as prescribing four Tylenol as
opposed to two that the doctor meant to
prescribe.

The key is always to know the facts and
be aware. In a June 2010 report in
the *Journal of General Internal
Medicine*, study authors said that
in looking over records that spanned

from 1976 to 2006 (the most recent year available) they found that, of 62 million death certificates, almost a quarter-million deaths were coded as having *occurred in a hospital setting due to medication errors*. They also found that these errors spiked in July, and particularly in teaching hospitals. There are four points in the medication use process at which errors may occur:

1. When the medication is ordered (written, electronic, or oral)
2. When the medication order is transcribed and verified
3. When it's dispensed, and
4. When it's administered

The June 2010 report narrowed the errors down to:

- Drug overdose
- Prescribing the wrong drug
- Taking the wrong drug, or
- Accidents involving medications during surgery or medical procedures

Older adults are at a higher risk of medication errors and have a greater propensity for experiencing harmful and fatal errors. The most common types of medication errors in older adults are omission and improper dose.

Lower Costs and Your Risk

The foundational causes of what's driving health care costs in America are:

1. The emphasis on sickness and treatment, rather than health, fitness, and prevention which is primarily fostered by ultra-sophisticated marketing strategies employed by the drug industry.
2. Fraud – by both consumers and providers, including the drug industry.
3. Unnecessary procedures, medications, hospitalizations and screenings.

4. Medical mistakes, hospital-acquired infections, and surgical and device errors.

If we were only to address these issues, beginning with changing the emphasis of our well-being to health and fitness, and then following the healthy lifestyle that paradigm suggests, the issue of sickness in America and what it's costing us – as well as the death-by-medicine events will begin to fade away very quickly. It's time to quit bombarding your body with medical interventions and to reward yourself with the fit and healthy body that come from living fit and lean.

How to Be Part of the Solution Instead of a Statistic

I'll end this chapter with a little encouraging news. Several reputable websites have sprung up, many monitored and created and written by medical doctors from all ends of the earth, that you can read and participate in to help make the world safer with drugs.

One of the best is <http://www.rxisk.org>.

Note: The name www.rxisk.org is used because *Rx* is the medical abbreviation for *prescription*. *Rx* comes from the word *recipe* which in

Latin means *to take*. Given today's risks, however, the term *prescription* might be better served to be translated, *take and pray*.

One of the most valuable features of www.rxisk.org is that it allows you to go through a series of questions that help you determine whether ailments you're having are associated with any of the drugs you're taking. You then receive a report that you can take with you to your prescribing doctor. This aids you in making a more comprehensive risk-versus-benefit analysis of the drug. The idea is to try and create better teamwork between you and your doctor with knowledge on your side for a change. In addition, you will get feedback on

potential problems with individual drugs long before you'd get it from the FDA.



Making medicine safer for all of us

Enter a drug name (e.g., Paxil)

Search

[home](#) | [about us](#) | [RxISK stories](#) | [report a drug side effect](#) | [log in](#)

All prescription drugs have benefits and side effects.



Find the right balance. RxISK is the drug safety website to research and report side effects.

No one knows a drug's side effects like the person taking it. Use this website to inform yourself on the drugs you are being prescribed. Take the next step and report any side effects you are experiencing to...

- Receive your free RxISK Report to take to your doctor or pharmacist.
- Create a report to send to your country's drug regulator.
- Help others by contributing to the RxISK database.

Search. Report. Contribute.

Test your Rx IQ

Drug effects that are harmful to one person may be beneficial to another.

Pharma captures the bereaved...



Get a Free RxISK Report

Share your experiences with the prescription drugs you are taking and receive a free report to take to your doctor or pharmacist.



You've been chosen a megaphone to help voice drug safety. Make your voice heard!

[Report a drug side effect](#)

The RxISK Team



Dr. Dorelle (Dore) Margit

Meet RxISK's founding team of doctors, pharmacist-scientists, experts, and patient advocates.

What an *excellent* tool for anyone

currently taking a drug, as well as for anyone considering taking one. If this book teaches you nothing else, due diligence is the key. Sadly, the risks are all on you – not on your doctor, the FDA, or the pharmaceutical companies. Weighing the risks versus the benefits is crucial, but in order to do this, you need reliable, truthful information.

www.rxisk.org can be that valuable resource that only becomes more valuable with time, as people begin to use it and file their own reports on side effects.

Chapter 5 – Get Over the Over the Counters!

Much of what you learned in the previous chapters applies to OTC (Over the Counter) medicines. Examples of OTC drugs are pain relievers such as ibuprofen and aspirin, cough syrups, sinus medicines, hay fever tablets, and so on. These are the medicines you can get at most any drug store or grocery store without a prescription. Some OTC medicines can be combined with other

substances to produce homemade hallucinogens, which is why some OTC meds are available without a prescription but limited in the number available for sale to one person at one time.

Note: I list those only as examples of OTC medicines. I am not saying that those specific OTC medicines are – or are not – bad for you. As with all of this book's subjects, misuse and incorrect application (using them to help a symptom without addressing the cause of whatever malady that might be causing that symptom) can lead to extremely bad results.

Eliminate All OTC's From Your Family's Medicine Chest? Never!

I appreciate the natural health industry and I am aware of its problems and limitations. I want what you want – the best answers to health problems available. Unfortunately as you've seen, other factors are at work that limit our answers. In some situations the answers we're given are bad for us.

When it comes to OTC problems, we often treat our symptoms. That is understandable. A cough is causing our

chest to get more sore every few minutes. A sore throat keeps up from being able to swallow. A drippy nose, or a congested nose, keeps us from being able to sleep.

Popping a pill or swallowing a spoonful of medicine does often mask a symptom of an illness. And in doing so we often feel better and can better get the rest we need to get well again. Sometimes something as simple as a minor headache keeps us from focusing on important work we have to do. Perhaps atmospheric pressure or work pressure caused the headache but there is little we can always do about things like that. So masking the headache with a pain reliever gets us through the day.

You won't hear me arguing too much there. As you might imagine, it's my goal *never* to take such a pain reliever! But guess what? I do take them. Not often. But I do. And in taking them I know I am not fixing whatever caused my headache. The same goes for cough syrups and the other OTC's. I avoid them. I try never to take them. I realize my headache didn't appear because I didn't get enough aspirin and I realize my cough isn't there because I didn't take cough syrup. The source of my problem at times such as those isn't pertinent. In life we sometimes need to mask a symptom to get through the day and it is okay as long as it's a minor symptom. Also, eliminating a symptom is great if you're

also taking steps to eliminate the originating problem. For example, if you are allergic to gluten and have moved to a gluten-free diet, but some slipped in causing you problems, you'll want to mask the gluten-allergic symptom if possible while your system eliminates the gluten from your body.

Often We Medicate Ourselves and *Prolong* the Problem

One thing I want you to begin being aware of is that we often do the opposite of what is best for us.

Let me give you an example. When you come down with a cold and begin dripping and running from your nose, your first instinct is to stop that runny nose. It's gross, it's a hassle, and it's time-consuming to be blowing all the time. But step back a little and consider this: Why is your nose running?

Could it be that your body *needs to expel toxins*?

I use the term *toxin* to cover a wide range of substances not healthful to our bodies but don't let the term frighten you. It's not that you were necessarily poisoned by something. It's *infection* or *bacteria* that your body says, "I don't like this and I want to eliminate it. The fastest way I can do that right now is through the nose and mouth."

Hence the coughing and hacking when you get sick.

The next time this happens to you, instead of getting an OTC to dry yourself up such as a decongestant, you might instead try to follow your body's lead! You might look for, instead, an *expectorant*, which is a capsule or liquid that encourages your mucus

membranes to flow even more heavily.

Get the idea? You are now *helping* your body eliminate the problem faster than you do by suppressing the mucus.

Do you know why your body gets a fever when you get sick? Infections have a much harder time living in a feverish body. Your body is trying to kill the infection for you! So why would you eliminate the fever as soon as you can? Some of us... and this will sound crazy... actually go soak in a very warm tub when we first get a fever. I encourage my body to heat up when it gives me the signal through a thermometer than it needs to heat up. I'd never take an aspirin to reduce a fever when I first get a fever. I want to kill off whatever it is

my body wants to kill off and I'll gladly follow my body's lead.

Yes, a fever that prolongs is a sign of a serious problem. It's not always a serious problem, but a fever that lingers is not a great thing. You should get it checked. Fevers that get too high can begin to affect the brain, especially in children. But you know I'm not talking about extended illnesses that require the attention of a professional. I'm talking about the once-in-a-while kinds of sickness we all get from time to time. I'm asking you to look at how your body responds... and then consider *helping* your body, even if it means going against the traditional OTC medical attention you've given it in the past. In some

cases, to the extent that you do that, you might just feel better and get well faster.

Serious Problems with OTC

You need to become aware of some OTC issues you may not have known before. Whether or not this knowledge changes your use or approach to OTC medicines is up to you. But you owe it to yourself and your family to listen to some information.

Here are just a few of the issues related to OTC products that I'll address shortly:

- OTC drugs with full FDA approval and knowledge sometimes keep you sick
- OTC cough therapies are often

worthless

□ An OTC painkiller is linked to cancer

OTC and the FDA

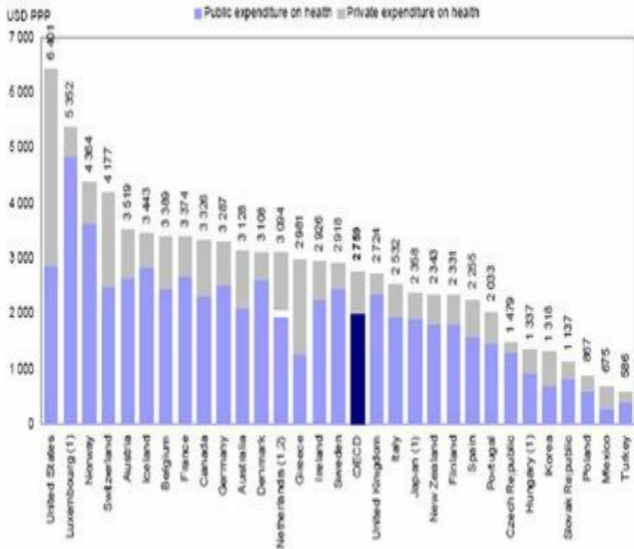
A couple of years ago the FDA approved new guidelines for the over-the-counter products it regulates.

Knowing more about this particular set of rulings issue helps you understand the importance of diligence and research when something is done that affects any product you take. The product we'll focus on is sunscreen. Yes, sunscreen is considered in the same category as other OTC products. The FDA finally got its OTC division involved to begin regulating the sunscreen you have available without a prescription.

Before getting to specifics, notice this chart that comes from the Organization

for Economic Co-Operation and Development:

Chart 4. Health expenditure per capita, public and private, OECD countries, 2005



(1) 2004. (2) Public and private expenditures are current expenditures (excluding investment).

Source: OECD Health Data 2007.

The sobering fact is that the United

States outspends every other industrialized nation on its health care as you can see from this chart – and this was in 2004, long *before* Obamacare was even a possibility – but the fact we must come to accept is that the USA is dead *last in life expectancy* compared to its peers.

We are also the most vaccinated country in the world. Shouldn't vaccinations prevent disease and extend life? Then why are we dead last in life expectancy among the developed nations?

Let's consider the sunscreen fiasco. (*Fiasco* is my term.)

The FDA has wanted to regulate sunscreen since 1978. They published draft rules in 1999, but delayed the final

ones 2011. In the interim, you probably have slathered on sunscreens with ascending degrees of SPFs, thinking they're protecting you from cancer because – the FDA said they do.

Guess what? Instead of dropping, rates for melanoma – the most serious type of skin cancer – have gone *up* by four percent *per year* since 1973.

True to form, the CDC blames more exposure to the sun for this. Of course they do. It's a lot like the dental industry saying that the mercury in amalgam fillings does you no harm. It is my view that to detour from their historical recommendations would be to admit to a massive liability problem.

It turns out that some, if not all

sunscreens may be contributing to the *rise* in skin cancer! As revealed by the Environmental Working Group (EWG), the FDA was aware of this for ten years, but did nothing about it. They denied it, but *documents show that **the agency itself** not only had done the research, but posted it on its website.*

I wonder how many people died from sunscreen-caused melanoma while the FDA failed to act on this.

Another thing that neither the FDA, nor the CDC, nor the Institute of Medicine's Food and Nutrition Board (FNB) are admitting is that their recommendations to stay out of the sun, or keep most of your body covered while you're in it, aren't in your best

interest either. Australians found out the hard way that their aggressive anti-sun campaign ended up with 35 to 70 percent of the population being severely deficient in vitamin D. As a result they've seen a massive increase in osteoporosis-related broken bones, which costs their healthcare system \$1.9 billion a year to treat!

Most Americans are deficient in vitamin D. There's ample evidence that vitamin D plays a part in cancer prevention, heart disease, and diabetes. Since even WebMD promotes safe sun exposure – without sunscreen – for maintaining healthy levels of vitamin D, the only question left to ask is: why is the FDA bombarding the media with

warnings to stay out of the sun (a natural source of vitamin D) and why would the FNB recommend such low levels of it that it literally could keep you sick?

A possible answer could be that, as Daniel Haley, a former FDA official-turned-whistleblower said, the FDA considers the drug industry their client. That's right; they're not working for you, the consumer.

They work for the drug industry.

As Haley pointed out, the FDA has a history of making decisions that look out for their client.

So what does sunscreen have to do with OTC drugs? Everything.

Sunscreens have been turned into an FDA approval process with their

guidelines that mimics that of every OTC drug.

Save Your Cough Syrup Money!

A *placebo effect* occurs when a product is perceived as being a cure or a benefit but that product is, in reality, inert and neither helps nor hurts. The American College of Chest Physicians is now advising those who have colds that over-the-counter (OTC) cough syrups and drops are worthless for their intended purpose of stopping your cough.

Worthless.

Surprisingly, there is no scientific evidence that either suppressants like dextromethorphan or expectorants like guaifenesin relieve cold-related coughs.

This was found back in 2004 by a different group, the non-profit Cochrane Collaboration, which discovered no good evidence either for or against the effectiveness of OTC cough medicines. Keep in mind, every single OTC product that says it helps your cough was approved by the FDA. The drug company selling each and every one of them spent sometimes millions of dollars bringing that product to market. Yet it's highly possible that *not one of them helps in any way* other than as a placebo effect. You think it helps your cough so it does. But they also may contain some form of drowsiness inducing drug that helps you sleep when you need it. That's not always a bad thing, but perhaps it is

only *that* which makes you feel better and nothing about your cough is touched by it.

Who knows?

A cynic might say the drug companies put out the OTC's that do nothing so you buy them, often needing something stronger so you go to your doctor and then buy a more expensive prescription cough syrup that may work. A cynic might say either OTC or prescription drugs, the FDA gets its fees both times too. A reasonable person, and that is the category you should fall into since you're reading this book and actively looking for health answers, just looks at the evidence and says OTC cough syrups don't appear to help coughs, so perhaps

that is one OTC product you may want to eliminate.

One thing to keep in mind though, cynic or not: A spokesperson for Wyeth – the maker of Robitussin – defended the value of such worthless OTC cough syrup products based on consumer demand and their safety. That same spokesperson also failed to mention the dangers of cough medications, including the fact that dextromethorphan can cause birth defects and has become one of the leading abused drugs among adolescents in recent years.

It pays to know more than most people do about the products we take.

Painkillers Might Kill, but Pain Isn't the Real Victim

Let me make it very clear that the research is still being tested on the following information. Sadly, the signs are there that the initial findings are true but more research is being done.

A painkiller for a headache you get every once in a while is one thing. You might, however, be one of the many who routinely take Tylenol or other OTC products that contain acetaminophen. New research shows that long-time chronic users of acetaminophen, the active ingredient of Tylenol, produce an

increased risk for blood cancers.

Reuters had this to say:

“The scientists followed nearly 65,000 older men and women in Washington State. At the outset, they asked the participants about their use of painkillers over the past ten years and made sure that no one had cancer... After accounting for things like age, arthritis, and a family history of certain blood cancers, chronic acetaminophen users had nearly twice the risk of developing the disease.”

How prevalent are the problems? After all, you don't hear about Tylenol being all that harmful. Let me end this section with only one statement, given by the

FDA of all groups, that helps confirm the reason that the Journal of American Medical Association stated that acetaminophen use is the *number one cause of acute liver failure in the United States:*

“ ... taking more than the recommended amount [acetaminophen] can cause liver damage, ranging from abnormalities in liver function blood tests, to acute liver failure, and even death.”

**Chapter 6 –
Vaccinate,
Inoculate,
Medicate, But
Perhaps Then You
Have to
Resuscitate**

Do vaccines save lives?

Yes.

Do vaccines kill?

Yes.

As with it all, vaccinations are tools. When wrongly approved, when wrongly used, when overused, when underused, vaccinations can kill or keep a disease at bay.

After the previous chapters, it's easier for me to relate to you the news about vaccinations. You know the big problem: full trust in the medical and pharmaceutical and government regulatory complexes is not a wise course of action. Understanding what you need to know to make better decisions is what counts. It is all on you.

You can decide to
vaccinate at any time,
but you can NEVER
decide to un-vaccinate.

Take your time, educate
yourself.



someecards
user card

My Family's Vaccinations

It is only fair to confess that neither me nor anybody in my immediately family receives any vaccinations. And we don't plan to start. This includes the flu vaccine (one of the worst in my opinion).

Can a vaccine be found that will help rid the world of a horrid disease such as the Polio vaccine? Certainly. Would I take something like that? *Maybe* is the best answer I can give unless I knew more about it.

It's the Mercury if Nothing Else

Hardly anyone knows about the problems of heavy metals in our bodies. Statistically, the term *heavy metal* isn't even on the radar of Americans. A small group of us radicals know what heavy metals are. An even smaller group of those get tested for heavy metals. An even smaller group of those actually take steps to rid their bodies of the slow death attributed to heavy metals.

Note: More full disclosure: I have attended *chelation therapy* for the past 11 months to eliminate heavy metals found in my body. I live an

extremely healthy lifestyle. Most if not all of my body's heavy metal toxicity probably came from when I was younger. Like taxes, heavy metals are forever unless you take dramatic steps to eliminate them. Fortunately, at the time of this writing, it appears I have only two more sessions to go before I take my final chelation therapy. That will be one expensive hassle out of my life.

Mercury and mercury derivatives are said to be used in almost every vaccine injection given in the past several decades. One reason stated is that mercury helps as a preservative of the medicine. Mercury is a deadly toxin, one of the heavy metals that once it is in your

body can be extremely difficult to remove. Heavy metal toxins such as mercury can sit buried deep in your cells for decades until they finally erode your cells to cause a health problem that can no longer be linked to the heavy metal. How much mercury do you want in your body? The answer is zero.

Mercury can come from farm-raised fish (the majority of fish eaten today is farm raised), from amalgam dental fillings, and from vaccinations. Even if you hate fish and have perfect teeth with no fillings, almost everybody gets mercury from vaccinations and flu shots.

Note: The shots used in commercial corn-fed animals which means *all* commercial animals (animals were

never designed to be fed corn their entire lives) to keep them alive almost all contain mercury. Sadly, animals are fed shots of antibiotics (and they get much of it in their feed) so they do not die an early death. I'm a massive meat eater by the way, and so is my family because we want to remain healthy. But we know the source of our beef. It's not like most meat. Most meat eaten today comes from animals that get sick without a constant stream of antibiotics. Many of those animals would otherwise die an early death in their own feces not being able to move 6 inches from cradle to grave. Given the meat most eat, you just cannot stay away from mercury or

antibiotics. If you eat meat today which is sourced from any place except grass-fed, free-grazing cattle, you are ingesting the cow's lifelong mercury shots when you eat the meat.

Mercury is strongly linked to autism in children. As I've [written before](#), Amish people, who refuse to get vaccinations, have a much lower level of autism than the non-Amish population. That difference is said to be due to the lack of mercury exposure from the lack of vaccinations. But Amish people who farm on lands with runoff water that comes from non-Amish farmers who use pesticides have reported seeing an increase in mercury-related problems, including autism.

Just as I said, mercury is difficult to avoid. But you can avoid it if you eat right, know the source of your food, and stay away from vaccines.

But What About Polio Again?

Yes, the polio vaccine did wonders to keep people from getting that dreaded disease.

That has absolutely nothing to do with the overall track record of vaccines however! You don't develop a life plan based on anecdotal evidence. You take everything on its own.

A ground-breaking study recently revealed that countries that give the *most* vaccines have the *worst* infant death rates, again, with the U.S. leading the pack. The truth is, too many people in industrialized nations are sick – and

getting sicker as “health care” increases. Dr. Carolyn Dean talks about how government bureaucracy and conflicts of interest with the drug industry contribute to this. The FDA, especially, has a history of making questionable decisions possibly influenced by pharmaceutical companies, such as the Vioxx scandal, where 10 of 32 advisers who voted to approve Vioxx had financial ties to the drug industry.

A Case Study: Tamiflu

Dr. William Campbell Douglass, MD, recently had this to say about the companies that make drugs:

“Trust a drug company??? I'd just as soon trust a shark in blood-filled waters -- so I'm certainly not about to trust Roche when it comes to Tamiflu.”

While Dr. Douglass is certainly more adamant against drug companies than I am, it would be unwise to ignore his words completely. He went on to describe how virtually no evidence exists that shows Tamiflu does anything to prevent the flu. In his defense, it appears he is correct when he says

Roche, the company behind Tamiflu, will not release many key details from the studies that supposedly prove Tamiflu works.

Why would a drug company hide tests that show their product in a good light? That is also what the *BMJ Group* (*British Medical Journal*) is also asking in its scathing editorial where the BMJ editors demand that data from eight of the ten Tamiflu clinical trials be revealed for public inspection. Roche responded with little more than a “trust us” attitude it seems. And certainly they are being trusted, perhaps blindly, because nations all over the earth have spent billions of taxpayer dollars stockpiling the drug in the face of no real

public evidence that it works.

Both the BMJ Group and Dr. Douglass admit that Tamiflu has one fairly obvious benefit: It reduces flu symptoms by a day or two.

After all you've heard about drugs, including all the "safe" drugs we've discussed, are you willing to vaccinate your entire family with Tamiflu, flooding their veins with mercury, on the off chance that Tamiflu does *no* harm and *if* someone in your family gets the flu, their symptoms will be reduced by a day or two? Nope, me either.

And Tamiflu's side effects are documented and they include: nausea, vomiting, stomach pain, and diarrhea. Yuck.

It gets worse.

There are some reports of confusion, hallucinations and seizures, bizarre and dangerous behavior, and even suicide in younger patients.

Dr. Douglass concludes what he says about Tamiflu this way:

“There are much safer and far more effective ways to limit the damage of the flu if you're unlucky enough to get it. Chicken soup and a few days in bed will work wonders, and don't forget to load up on immune-boosting nutrients such as vitamins C and D.”

Why Focus on One Vaccine?

There is good reason to focus on the flu vaccination when discussing the ills of the vaccination industry. The flu vaccine is one of the most common forms of vaccinations today. Drive down any street in America today at the start of winter and you may see ten signs advertising flu shots. Doctors sell them, pharmacies sell them, drug stores sell them, hospitals sell them, grocery stores and big chain department stores often have stations set up to sell them... it just never seems to stop.

There sure are a lot of flu vaccinations available to us today.

Wonder how much less flu we have now that we have so many vaccinations all around us?

The Cochrane Collaboration, a research-analysis team, came to this conclusion: In healthy adults no flu vaccine delivers protection from the flu! In addition, no protection against the transmission from person to person exists either.

Billions spent to bring flu shots to the public, millions spent promoting them, millions of taxpayer dollars spent in “education,” and millions of consumer dollars are spent buying the shots.

All. For. Nothing?

Seems that way.

The Cochrane Collaboration’s details

and independent analysis produced three sobering statements that are quoted most when the study is referenced but never refuted by the drug companies:

“...industry funded studies were published in more prestigious journals and cited more than other studies...”

“...reliable evidence on influenza vaccines is thin...”

“...The review showed that reliable evidence on influenza vaccines is thin but there is evidence of widespread manipulation of conclusions...”

Chapter 7 - It's All Up to You

I wish we didn't have to discuss these issues. I wish we could implicitly trust the medical community, the drug companies, and the government regulatory agencies. That would give us a lot more free time and comfort too.

We cannot trust them fully; it seems healthier to have a grain of mistrust. For one thing, the human body is simply too complex to know 100% of the answers. In addition, many errors in the industry, especially in hospitals and other medical facilities are due to human error that we cannot get away from. See, with rewards

come risk. We *could* stop going to hospitals because of MRSA and the relatively high rate of mistakes but that means we never visit close family and friends who may need our visits and it might mean we die far younger than we have to because we avoided those life-saving facilities.

The drug industry does want to serve you well. To the extent that it does that, you will keep buying from them. The government does want to regulate fairly and honestly. (That is difficult for me to say as I have seen so much malpractice in government regulatory agencies in my still-young life through my research and training and analysis.) The real problem is that we often have the foxes guarding

the henhouse. Many on the FDA boards and other governmental regulatory committees are current or former drug company officers.

Plus, the fact that the government chooses to combine the food *and* drug administration means that it can never work independently. In other words, the customers of one become the customers of the other. When the food side of the FDA ignores the dangers of a high corn- and grain-based diet, people become sick patients who are then ready for the drug side of the FDA. This is not necessarily intentional on either's part. It is an inherent flaw in the design of the agency.

Both the food and the drug industries

should not be regulated by the same agency. And certainly not by current and former executives of the very companies being regulated.

Would a freer market be a safer one? I say yes. If given time that I don't want to spend here I can justify that answer too. But the reality is this: we have what we have. The FDA is here and at least until it implodes under the weight of its own bureaucratic cost, it is here to stay.

So we have a system that is not even close to being a good one. Looking at the plumbing industry, for example, it's a fairly good industry. We all complain about the cost of plumbers but we are always fairly satisfied when most plumbers bail us out of a plumbing

nightmare.

But the body is immensely variable and the answer to repair our body is not always available or obvious. Trial and error is the only result and this book has focused on the errors of course. You owe it to yourself and your family to learn about those errors.

But don't just listen to me. Along the way I provided lots of references to back my opinions. Do your own research. Learn more about natural care. Feed your family healthier food.

Question What Nobody Else Questions

One of the best pieces of advice I can give you is this: If the entire medical community says something is good, and the FDA backs it up, you should seriously question that. You've seen here how the exact opposite advice for healthy skin for 30 years has been, "stay out of the sun and use sunscreen." You've seen here the horrible track record for flu shots and the massive danger such shots can lead to.

One of the most severe health dangers to the American public the past forty years

has been the FDA's "food pyramid" which recently was changed to a "food plate." The food pyramid (and the newer plate design) states that most of your diet should be grains, followed then by fruits, vegetables, and then only a limited supply of meats and fats.

The Food Pyramid and its completely wrong advice have created the largest customer base for the medical and drug industry ever imagined. The inferior health and the diabetes from the expanded waistline increases alone – all directly attributable to the FDA's Food Pyramid – is one of the biggest errors (or crimes depending on who you believe is responsible and why) "fed" to the American public since the country's

founding.

I write a lot about health and diet in my other books. I won't go into all that now, but the health-destroying Food Pyramid sits as a proud example as to why the mainstream advice that "everybody" agrees to is exactly the opposite of what you should do. If I could quickly give you one health tip before closing out this book it would be:

Eat far more oils such as organic extra virgin olive oil, organic nuts, seeds, butter, and whole milk and cream, and increase your family's intake of grass-fed beef, range-free chickens and eggs, and Wild Alaskan salmon (no mercury) dramatically. Reduce your intake of grains such as corn and bread to almost

nothing. Treat fruits as you now treat desserts – as a once-in-a-while pleasure but not a multi-serving item each day. And eat lots of colorful, leafy vegetables and eliminate starchy veggies such as potatoes altogether.

This turns the Food Pyramid upside down.

See, it's up to you to question everything. But don't do the opposite just because of the examples here. A colonoscopy, for example, is said to save lives and everybody from top of the American Medical Association to the most natural of "health food experts" will agree that you need a colonoscopy when you hit fifty. Everybody, even those normally in full disagreement

seems to agree that a colonoscopy is wise. (I concur for what it's worth.) See, health is not all black and white. If it was things would be easier, wouldn't they?

Learn what you can. Listen to me, listen to others, ask your doctor, get a second medical opinion, seek natural health practitioners, and *then* make up your own mind once the research is in on whatever questions you have.

Sincerely,

Jennifer Jolan

Bonus Gifts!

As a special thank you for buying this book, you can get the following 10 reports *free* at my website:

<http://WeightLossEbookStore.com/bonus>

- 1. How to Lose Weight Spinning in a Circle like Kids*
- 2. The 20-Second Bathroom Trick for a Super-Charged Metabolism and a Flood of Energy*
- 3. One Tablespoon of this \$6 Supplement Detoxes 900 Yards of Toxins from Your Body*
- 4. Do-It-Yourself Face-Lift: How to Look 5 Years Younger in 2 Weeks – Got 5 Minutes a Day?*

5. *The 50-Cent Miracle Weight Loss Food You're Not Eating*
6. *#1 Cheap Supplement that Reverses Gray Hair & Infuses Health into Your Body*
7. *How to Get Rid of Allergies in 90 Seconds with Water*
8. *The Ultimate 3-Second Fountain of Youth "Neural" Fat Loss Exercise*
9. *The 15-Second "T-Tap" for Overcoming Hypothyroidism & Sluggish Energy*
10. *How to Make Healthy Ice Cream in 2 Minutes and Other Sweet Surprises!*

Additional Gift!

If you decide to take just a few minutes to write a review for this book package on Amazon, I want you to immediately email me the review confirmation email Amazon sends you to

jen.jolan@yahoo.com so I know you left a review. Once I see that, I'll email you a special surprise gift. Trust me, you'll like it. You can also receive additional gifts if you review my other books. I have over 10 books... so that's a possible 10+ gifts.

Note: I am not asking you to write a 5-star review in return for the gift

(although I'd love it if you felt the book along with all the bonuses were worthy of 5 stars). What I am asking you is to please write a thoughtful, productive, and fair review.

Sincerely,

Jennifer Jolan

Jen.jolan@yahoo.com