



BIOHACKING
TRUTH

BEAT THE BLOAT: FLATTEN YOUR BELLY FAST FOR LIFE





**Living in a body you don't like
is a prison**

**There is a key for you to get out
You can experience health
freedom**



THE GAME OF LIFE

PLAY OFFENSE. HACK YOUR LIFE.



"In the game of life, there are countless opponents trying to gain an advantage and hack us. Rather than play defense, we choose to play offense in opposition. Knowing we are not slaves to our genetics, we exercise free will. I choose to express the genes that bring out the potential in me."

We must understand that we are seen as consumers first and people second by many in the food, fitness and health care industries. This means that things that are detrimental to your long and short term health are allowed in our food, "medicine", environment and household products. Intense lobbying leads agencies and politicians to turning a blind eye to the health of our nation.



If you have troubles with bloating and fat gain, you are likely to eventually experience other conditions such as: gas, IBS, low energy, depression, excess hunger even when feeling full, diarrhea, constipation, acid reflux, hemorrhoids diastasis, excess bowel movements, Colitis, inflammation.



This Ebook will explain what causes bloating and how you can see relief in as little as 3 days when making the proper adjustments. You don't have to live with the bloating anymore.

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WHY SO MANY PEOPLE SUFFER FROM BLOATING

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WHY SO MANY PEOPLE SUFFER FROM BLOATING

Bloating is your body's response to inflammation, and belly bloat is inflammation in our gut. Your body holds water to cool the fire of inflammation and protect sensitive organs. Anytime we ingest an inflammatory food, drug, or chemical, we risk damaging our gut and storing water and fat in the belly.

Here's a list of some of the top offenders of our gut health:

Processed Foods: denatured and devitalized, contain mold toxins, glyphosate, added sugars and table salt. Low enzyme and nutrients. Vegetable oils like peanut, corn, canola are major inflammatory agents.

Food intolerances: Food intolerances can induce immediate inflammation and bloating. Many people aren't even aware of their food sensitivities, and may be continually inflamed. Dairy, Sugar, Wheat, factory caged eggs, and nightshade vegetables/legumes, nuts and seeds are some of the biggest intolerances. If your stool isn't firm, floating, about 10"-14" long, and smells really really bad, and you have frequent very offensive gas, you may have a food intolerance and should get a lab panel.

Viome.com can do this for you, or you can contact us.

NSAIDS- Over the counter non steroidal anti inflammatory drugs like ibuprofen and acetaminophen cause leaky gut increase inflammation, causing us to take more.

Omeprazole- Known as Prilosec commonly, these proton pump inhibitors are often recommended, or obtained OTC without checking for stomach acid levels. Ironically, reflux could likely be low acid, and it mimics high acid. With low acid further reduced, food doesn't digest properly and bloating is a certainty. Omeprazole also shuts down other proton pumps outside of the stomach. This is bad for serotonin and other important functions.

HIDDEN CAUSES

The importance of gut health is just recently being understood. This may be due to the volume of people who suffer from poor gut health, may be forcing us to look into this matter more closely.

Your Gut(enteric system) is now referred to as our second brain. There are more neurons and communication between the gut and brain than we could've imagined, and for scientists, this is an indication of how important the enteric system truly is.

However, there are an abundance of hidden killers of gut health. This will shed light on why good gut health and zero bloating and belly fat are so difficult or so many.

STRESS:

Our busy stressful lives, eating for convenience and on the run, all of this shuts down digestion, and aids bloat and fat storage.

FOOD ADDITIVES:

Food additives and poisons like herbicide glyphosate, antibiotics, fungicides, pesticides and chemical fertilizers are used and assumed safe. Did you realize that although many of these agents have been tested individually, tests for toxic combinations are not available. Hacked! These chemicals, particularly antibiotics in farm food, and in glyphosate Roundup, kill our gut health and increase inflammation, causing bloat.

RECREATIONAL DRUGS, RX DRUGS AND ALCOHOL.

These wipe out your friendly gut bacteria., affect sleep adding to bloat, constipation and diarrhea.

LATE NIGHT EATING

Eating within 3 hours of bed causes disruption in digestion and sleep. Both of these add to fat gain and bloating.



IT'S MORE THAN A BELLY

BLOATING CAN LEAD TO MORE SERIOUS CONDITIONS

Chronic bloating and fat gain is a sign from your body that something is wrong. When organs become inflamed you risk organ damage, and back pain due to neural inhibition caused by the body to protect inflamed guts. If left untreated gut/organ inflammation/bloating can lead to:

- leaky gut
- inflammatory diseases like cancer
- hoshimotos
- thyroid dysfunction
- poor nutrient absorption
- GERD
- depression
- lack of focus/brain fog

Leaky gut is a very immediate concern. If the intestine lining is inflamed chronically, the walls weaken and food particles get out. Your body sees them as an invader and attacks it. When this occurs, the blood brain barrier may also be compromised.



FIX IT IN 90 DAYS

YOU CAN CHANGE YOUR PATH AND END BLOATING AND BELLY FAT

The good news is that you can make some adjustments to your diet and beat bloating once and for all. Commit to 90 days of gut healing and you will trim your waist, gain energy and experience better moods.

Pick one day a week to write a menu. Don't put anything on the menu that isn't on the lists below. Drink 3-5 liters of water daily with a touch of pink salt for electrolytes and minerals. You can expect to see a drastic reduction in your bloating in 1-3 days, and once your stools pass the test, firm, 10"-14" and floating, then you know you are well on your way. After 90 days, you will have learned what foods your body approves of and needs, and which foods put 8 pounds on in a weekend.

Consult your Doctor prior to making any dietary changes.



BOUNTIFUL SELECTION

PROTEIN

GRASS FED BEEF
FREE RANGE POULTRY
WILD FISH
ORGANIC FREE RANGE EGGS
LAMB ORGANIC PORK

FATS

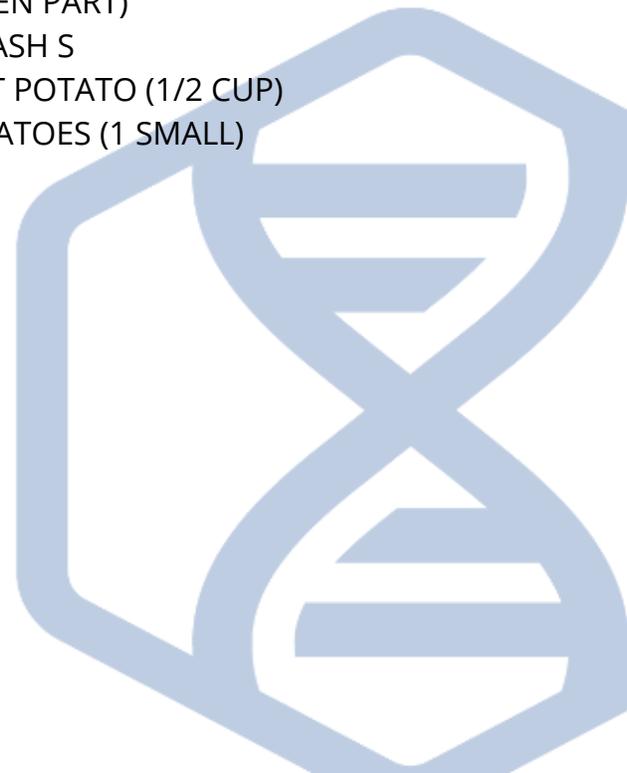
ORG. COCONUT OIL
GRASS FED BUTTER
GRASS FED/ORG. GHEE
ORG. EV OLIVE OIL
AVOCADO OIL
OG GRASSFED CREAM

FERMENTED

KIM CHEE
SAUERKRAUT
PROBIOTIC KEFIR/YOGURT
LOW SUGAR KOMBUCHA
COCONUT KEFIR/YOGURT
PICKLED FOODS

VEGETABLES

BAMBOO SHOOTS
BEAN SPROUTS
BROCCOLI (3/4 CUP)
CABBAGE, COMMON AND RED (3/4 CUP)
CARROTS
CELERY (LESS THAN 5CM STALK)
CHICKPEAS (1/4 CUP MAX)
CORN (1/2 COB MAX)
COURGETTE / ZUCCHINI (65G)
CUCUMBER
EGGPLANT (1 CUP)
GREEN BEANS
GREEN PEPPER (1/2 CUP)
KALE
LETTUCE E.G. BUTTER, ICEBERG, ROCKET
PARSNIP
POTATO
PUMPKIN
RED PEPPERS
SCALLIONS / SPRING ONIONS (GREEN PART)
SQUASH S
WEET POTATO (1/2 CUP)
TOMATOES (1 SMALL)



BOUNTIFUL SELECTION

FRUIT

BANANAS (UNRIPE 1 MED)
BLUEBERRIES (1/4 CUP)
CANTALOUPE (3/4 CUP)
CRANBERRY
CLEMENTINE
GRAPES
MELONS EG. HONEYDEW, GALIA
(1/2 CUP)
KIWI FRUIT (2 SMALL)
LEMON
ORANGE
PINEAPPLE
RASPBERRIES (20-30 BERRIES)
RHUBARD
PINEAPPLE

BEVERAGES

WATER
SPARKLING WATER
TEA
SWEET TEA WITH OG STEVIA

NOTE

GRAINS, NUTS, DAIRY, WHEAT,
PROCESSED SUGARS SHOULD BE
ELIMINATED FOR 90 DAYS.
SLOWLY REINTRODUCE ONE AT A
TIME AND SEE IF IT CAUSES
BLOATING.



SUPPLEMENTS

Supplements can really help speed up the healing process. The priority for you must be to fix the diet and then supplement. Many supplements can do a wonderful job of masking symptoms, which provides relief, but does not address the root cause. Spend some time researching these and correlating to your symptoms after your diet has been clean for 30 days. Most symptoms may be alleviated with proper diet.

Side note: Get plenty of sleep for hormone regulation.

GUT BIOME HEALTH

HIGH QUALITY PROBIOTICS AND
PREBIOTIC FIBER
(BIOOPTIMIZERS.COM)

ALOE

BUTYRATE

COLLAGEN

GRASS FED BUTTER/MCT FOR
BUTYRATE PRODUCTION

GELATIN

GLUTAMINE

HCL

HIGH QUALITY DIGESTIVE
ENZYMES (BIOTIMIZERS.COM)

OMEGA 3

TURMERIC

VITAMIN D+K2

AVOID OTC AND MEDICAL DRUGS
IF POSSIBLE.



THE NEW YOU

After 90 days of nurturing your gut health and fixing your digestion, you will likely not recognize the way you feel. I have had clients tell me that they feel 10+ years younger.

We hope you have plenty of hobbies to use up the new energy you have found. We live in a world set up for profit, not for health. Your mental and physical health is challenged every hour of every day. Play Offense, be proactive and reclaim your health! For more information on how to hack your mind and body, live fulfilled, and be a physical specimen!

