

Preventing Swine Flu for FREE

It has been posited that the quickest way to fall prey



to any Cold, Flu or Allergy is to eat the foods that our bodies were NOT designed to Thrive on.

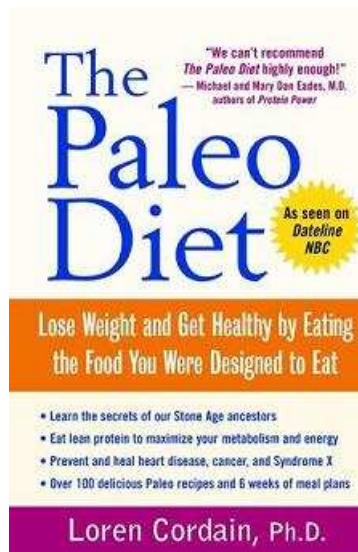
It has been my experience that when we eat the foods that we were designed to eat slimness, health and vigor become the natural order of the day.

I've found calorie-restrictive diets to smack of "lack" and "deprivation" which isn't very happy.



Nor are they terribly effective in the **long** run.

The **most** effective diet I've found for both weight-optimization and well as immune-strengthening and all around healing, is the "Paleo Diet".



Since I've been on it, the fat has just sprinted off my belly and I haven't had ANY colds, flus or allergies at all.

To get you started, here is a very humorous, 90 second intro:
<http://www.youtube.com/watch?v=InwsLaTvhzY>

Here is a simple **5-point** explanation:
1 - Lean meat - *all ya want*,



2 - Raw fruit - *all ya want*,



3 - NON-starchy vegetables - *all ya want,*



----excluding:

----- a Tubers *such as potatoes, yams and sweet potatoes,*

----- b Legumes *such as beans, peas and peanuts,*

----- c Pulses *such as lentils and,*

----- d Grains *such as wheat, rice, quinoa, etc;*

4 – Healthy Fats in moderation

---- IE:

----- a Flax seed oil

----- b Olive Oil Extra Virgin

----- c Walnuts raw

----- d Almonds raw

5 - Make **Water** your beverage of choice

---caffeine, sugar and sugar-substitutes are **NO** one's friend.

When this has piqued your interest you can find the book here:

http://www.amazon.com/Paleo-Diet-Weight-Healthy-Designed/dp/0471267554/ref=pd_bbs_sr_1?ie=UTF8&s=books&qid=1233784193&sr=8-1

The book explains how any style of cuisine can be **adapted** to a paleo format.

It contains over 6 weeks of daily menu plans.

Yes, it's so easy, even a caveman could follow the directions.

And hey, if you're a vegan... NO problem

just remove the lean meat from the equation and BAM!

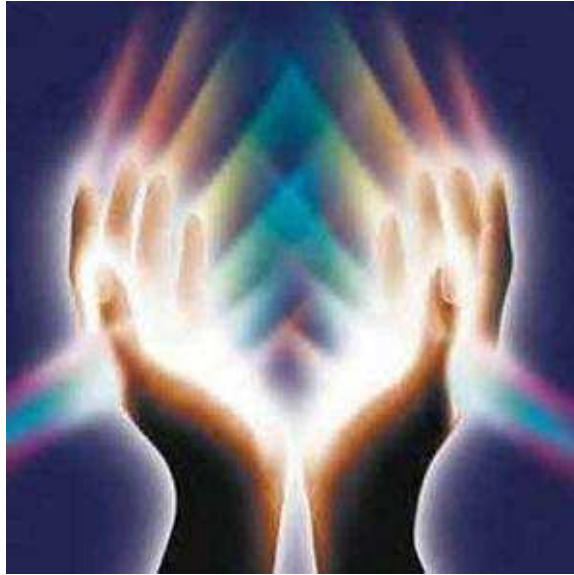
You're a raw vegan... just make sure the majority of your calories come from the raw fruit and you'll be as lean and as healthy as you like!

Many folks have found the "80-10-10" book to be a real help.

http://www.amazon.com/80-10-Diet/dp/1893831248/ref=sr_1_1?ie=UTF8&s=books&qid=1241130221&sr=8-1

Once you've removed the refined foods from your diet you'll feel like a million bucks.

If you or a loved one ever require my services as a Buddhist healer you are welcome to write me at lama_jigme_gyatso@yahoo.com



When you desire to learn how to heal your friends and family you could also write me to make arrangements for you to receive instruction either in-person or over the phone.

