

“THE 7 ACTION-STEPS TO LOSE WEIGHT & FEEL GREAT!”

By Stephen Cabral, ND

What's Really Sabotaging Your Weight Loss Success?

- This myth-busting weight loss report reveals why "standard diets" will fail 100% of the time (even whole food ones)...
- Discover the 7 action-steps you can use immediately to address your weight gain and start shedding body fat and inches...
- Begin losing pounds today and uncover the simple secret Dr. Cabral uses to ensure his weight loss clients keep the weight off forever & how you can too!



It's Time to Get Started

Thank you for downloading this document and more importantly for taking control of your health, mind, and body!

The first step is always the most challenging, however once you get that ball rolling I know you'll find success comes quickly. But first you must discover why you continue to struggle to lose weight...

At 17 years old, I was diagnosed with a life-altering illness and given no hope for recovery. Everyday, I suffered needlessly for many years. It was only after I discovered how to combine ancient Ayurvedic healing practices with state-of-the-art Naturopathic & Functional Medicine did I understand how to fully rebalance the body, reset the metabolism, and re-energize it with life.

This ancient wisdom updated with modern advances is what I discovered was the true key to success when helping my private clients lose weight permanently.



Now that you have some background, let's get right into the 7 action-steps you should take advantage of to immediately speed up your metabolism, decrease bloating, and lose weight the fastest and safest way possible.

What you're about to read is the beginning of your journey to losing weight naturally and getting the body you want. I can't wait to hear your own success story soon!

7 Action-Steps to Lose Weight & Feel Great

1. Do Not Drink Water During Meals



Why It Works:

Drinking a lot of water (especially cold beverages) or any liquid in general slows digestion and causes bloating and sluggishness as well as poor nutrient absorption.

Action Step:

The best thing to drink during a meal is a small glass of room temperature water or some warm ginger tea to aid in digestion and decrease bloating.

2. Do Not Over Exercise



Why It Works:

Training to exhaustion or exercising too hard causes a high stress response in your body. This can lead to high levels of inflammation (feeling swollen), low energy during the day, and increased hunger to meet higher metabolic demands.

Action Step:

You may exercise daily, but do not workout to exhaustion. You should always leave a workout with more energy than you started with! Aim for 20-40 minutes 5 days per week. If you're not currently exercising begin walking 10,000 steps per day – everyday.

3. Deeper Sleep Required



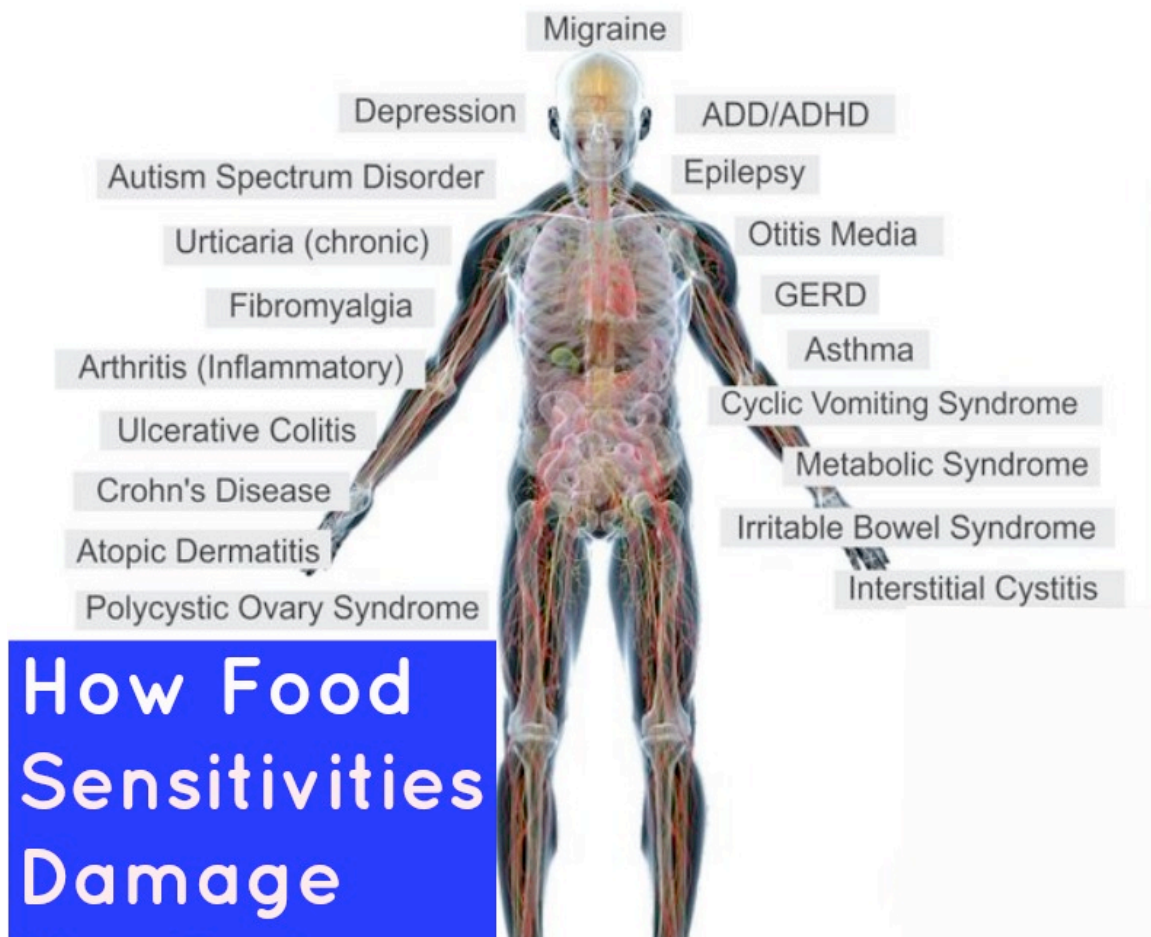
Why It Works:

Lack of quality sleep decreases healing, detoxification, and doesn't allow your body to repair itself. Plus, lack of sleep increases blood sugar while decreasing energy and that is a recipe for weight gain.

Action Step:

Aim to be in bed by 10:00pm (or earlier if possible) and wake around 6:00am. This will get your body into a natural "circadian" rhythm where your energy and fat burning potential will dramatically increase!

4. Eliminate the Most Common Food Sensitivities



Why It Works:

Food sensitivities can cause whole body inflammation and increase bloating and water retention. They can also lead to poor weight loss and slower metabolism.

Action Step:

If you haven't been tested for food sensitivities, simply start by eliminating the most 5 most common ones I see in my practice. They are wheat (gluten), dairy, eggs, soy, and corn. Remove them for 21-28 days and if desired then begin adding them in 1 per week and see how you feel.

5. Fast for 12 Hours Every Day (ex. 7pm – 7am)

- Increased energy
- Increased immunity
- Enhanced liver function
- Reduced allergy symptoms
- Increased metabolism
- Weight loss
- Improved digestive function
- Reduced joint aches and pains
- Improved sleep
- Heightened mental clarity, focus and memory
- Improved stability of moods and balance
- Feeling of calmness and peace
- Reduced food, alcohol and nicotine craving



Why It Works:

Fasting can seem like a miracle for some people. It gives you time to detoxify your body and burn as much body fat as possible. It also helps lower blood sugar levels and creates a deeper restful sleep.

Action Step:

Using my method, you never have to go a day without eating. Simply fast from after dinner until that same time the next morning. For example, most of my weight loss clients fast from 7:00pm – 7:00am just consuming water (and of course, sleeping 8 of those hours!)

6. Drink This Upon Waking



Why It Works:

After not drinking anything for 8 to 12 hours it's important you immediately rehydrate your body upon waking. It's especially important since most people simply drink beverages like coffee that only further dehydrate them and cause greater stress on the body. This in turn leads to increased hunger during the day.

Action Step:

Simply drink 8-12 ounces of room temperature water with fresh squeezed lemon in it. Lemon's high potassium levels will hydrate your cells, cleanse your liver, and flush acids from your body. You may find yourself not even needing that cup of coffee!

7. Eat This for Breakfast



Why It Works:

Contrary to popular belief eating a big breakfast is not a good idea. The reason is that we don't have time to stop, relax, and digest that food – most of us eat on the run and are too stressed in the morning to properly digest all that food. This then leaves undigested food in the gut, which leads to bloating and poor nutrient absorption... which can increase hunger and lead to weight gain. Not good!

Action Step:

Almost no other action-step has helped my private weight loss clients more than switching their breakfast to a healthy liquid smoothie. It takes less than 5-minutes to make, you can take it on the go, and it's easy to digest. Plus, all that easy to absorb nutrition keeps you energized and feeling great all day long!

Thank you again for taking the time to read the 7 action-steps you can take to losing weight and keep it off forever while finally beginning to take control of your mind body!

I look forward to hearing your success story soon and please let us know if you have any questions.



Ayubowan,



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Customer Care

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PS. If you're looking ever looking for an easy way to jumpstart your weight loss results, I'll be offering the same simple, but powerful 7-day weight loss system I use with my private clients to the public for the very first time on November 23rd, 2015.



I will send you a follow up email with details to see if it looks like a good fit for you...

Be well!