

Five Shocking Ways To JumpStart Your Weight Loss



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Contrary to popular belief, weight loss is not as much about willpower and grinding through a strict regimen....

Rather, it's about gently and lovingly implementing new habits that make you feel better about yourself and the world.

The right habits will help you create momentum so that you want to keep going.

While you definitely want to eat clean and maintain healthy exercise habits, easing your way into new daily patterns can help keep your head in the game as well.

In this report, I'll share with you five shocking ways to jumpstart your weight loss -- all of them are easy, don't require much effort and can be done in two minutes or less.

So, let's get started...





1. Drink lemon water first thing in the morning

Upon waking, your body is likely dehydrated because you've been without water for 6-8 hours. Drinking a glass of warm (not hot!) water rehydrate you while also re-alkalize your body, start moving toxins out of your system. Do this first thing in the morning, or at least five minutes before your first meal.

Dr. Matt Milligan, famed cosmetic dentist says about lemon water's benefits: "lower cholesterol, lower inflammation in the body, and increased metabolism and energy. Lemon also contains high levels of antioxidants and vitamin C that boost your immune system."



Though it may sound counterintuitive at first that something as acidic as lemon could alkalize your body, this effect is proven and has many benefits. As Dr. Milligan explains:

"On a scale from 0-14, a pH of 7 is neutral (pure water) while numbers below 7 are acidic (unhealthy), and above 7 are basic or alkaline (healthy). Believers in holistic health blame many ailments on the body's pH being too low or too acidic. Increasing your body's pH is called "alkalizing."

Lemon juice in its natural state is acidic with a pH of about 2, but once metabolized it actually becomes alkaline with a pH well above 7. So, outside the body, anyone can see that lemon juice is very acidic. However, once fully digested, its effect is proven to be alkalizing with many health benefits."

According to an article published on Healthline, drinking lemon water daily "acts as a laxative to help prevent constipation. Drinking warm or hot lemon water when you wake up may help get your digestive system moving."





2. Stay hydrated: drink at least 2 liters (34 oz) of water per day, and have at least one glass of water before every meal

Keeping your body at optimal levels of hydration is critical to maintaining your mental focus, energy, mood and emotional well-being.

Equally, hydration is also very important when it comes to the proper functioning of cells inside your body. Our bodies are made of 70% water and if we don't maintain our hydration levels, our cells and organs literally start to shrink and slowly begin to deteriorate.



"You can literally see this if you go just a couple of days with minimum hydration - you'll immediately notice more wrinkles around your eyes, drier, patchier skin on your body, and more. This is because your body is trying to conserve and maintain the other organs that are critical to keeping you alive, so it's pulling water away from your skin right away.

Of course, this affects our beauty and in turn, how we feel about ourselves and others, our overall mood, and more.

Let's just make a pact that from this way forward, you'll drink at least 2 liters per day. Two liters is only 67 ounces -- which means about eight glasses of water will get you there.

Here are a few tricks to help you turn your good intentions into good habits when it comes to drinking the necessary amount of water:

- **Drink at least one glass of water before each meal**
- **Drink at least a few sips every half hour.** You could literally have a water bottle with you when you're out and about, or set it next to you while you work so that it'll visually remind you to keep drinking.

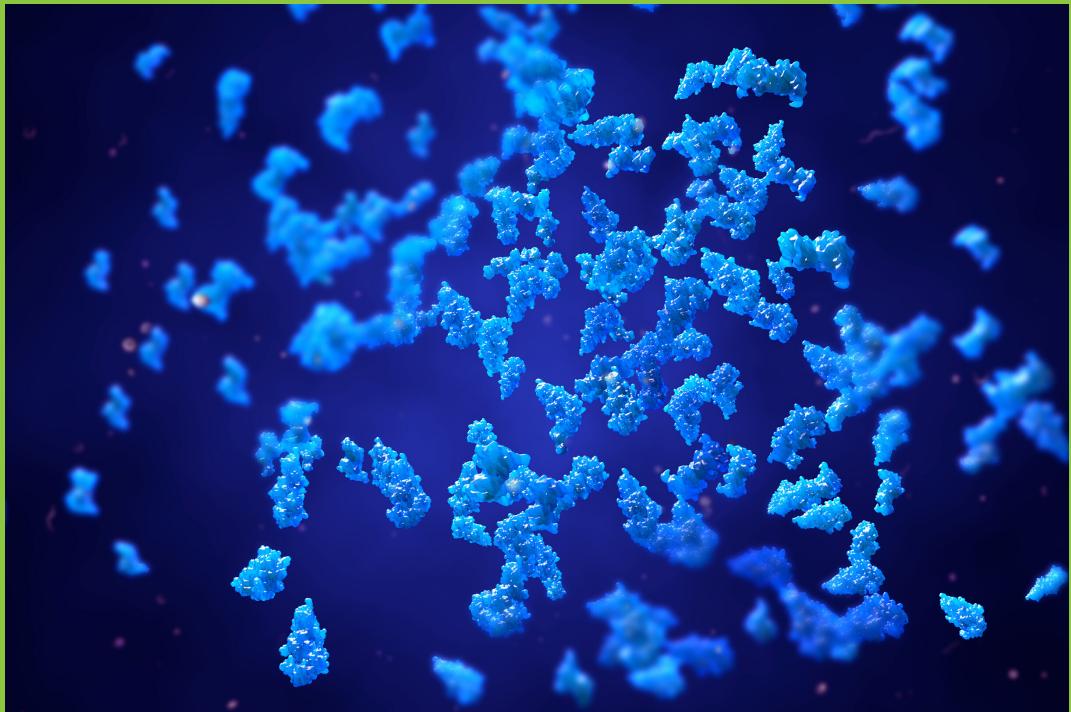


- **Set an alarm** on your phone hourly to check in about having a few sips of water
- **Trick your brain into thinking it's not really just plain water:** you could use cold, carbonated water from the fridge, or regular water but mix it with your SuperBoost Greens 1-3 times a day so that you also get a boost of nutrients from our advanced superfood formula.



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3. Take digestive enzymes with every meal

Establishing healthy eating habits is certainly a step in the right direction, but it won't take you too far if your body can't digest them properly.

If your system is sluggish and your GI tract doesn't process all incoming meals appropriately, eventually your entire body will get clogged with toxins.

Luckily, there are two easy things we can do to promote better digestion without any effort...



First, make sure you use probiotics to help your metabolism process your meals quickly. If you consume SuperBoost Greens, you already get 5 Billion probiotics that helps your body make the most of the nutrition it just received.

Second, if you're eating regular meals (i.e. anything thicker than a juice consistency), take digestive enzymes with each meal. These help break down the food particles so that your stomach can process the meal quickly and efficiently. No more bloatedness or feeling heavy after meals!

Garden of Life has great digestive enzymes -- I've been taking these myself as well! [You can order them on Amazon here.](#)

According to Medical News Today, "leaky gut syndrome is a digestive condition that affects the lining of the intestines. In leaky gut syndrome, gaps in the intestinal walls allow bacteria and other toxins to pass into the bloodstream".

Over time, if not addressed, this can contribute to several health conditions, such as:



- Irritable bowel syndrome (IBS)
- Crohn's disease
- Celiac disease
- Chronic liver disease
- Diabetes
- Food allergies and sensitivities
- Polycystic ovary syndrome

So if you're experiencing symptoms like chronic diarrhea, constipation, bloating, nutritional deficiencies, fatigue, headaches, confusion, difficulty concentrating, skin problems such as acne, rashes, or eczema, joint pain or widespread inflammation, it's very possible that leaky gut syndrome is the culprit.

Even if you're generally healthy, I highly recommend supercharging your digestive powers by taking digestive enzymes - and if you suspect leaky gut syndrome might be something you're battling with, then taking digestive enzymes should be a no brainer.

As always, consult your trusted health care provider before instituting any new health regimens.

If you'd like to get started right away with addressing any of the issues mentioned above, [click here.](#)





4. Mindful eating: Jot down your meals in a food journal – the key is awareness about your calorie intake

You know how sometimes it's so easy to just plop own on the couch with a bunch of snacks, binge on a few episodes of the re-run of your favorite TV show, and before you know it, your coffee table is covered with dirty plates, empty wrappers from tons of snacks and chocolate, beef jerky, you name it...

And the most awful thing is, no matter how MUCH was consumed, you're still feeling kind of hungry!



Often, this can be attributed to the lack of attention to the actual flavors, smells, and texture of the food simply because we are too distracted to notice while our attention is on what's going on on the screen!

According to the American Diabetes Association, "mindful eating is being incorporated into behavior change programs along with recommended dietary behavior changes."

Mindful eating means paying attention to our food, on purpose, simply by being present in the moment.

This focus enriches the' sensual awareness of the food and your overall experience of the food. Although it has little to do with calories, carbohydrates, fat, or protein, simply being present in the moment is likely to result feeling full while consuming fewer calories, and also feeling happier with your experience of consuming the meal.





5. Up your greens intake

Getting your daily recommended dose of vegetables is critical for your health, especially when it comes to leafy greens and other superfoods (natural foods most densely packed with nutrients per serving).

The USDA recommends eating five to nine servings of fruits and vegetables per day. Although this may seem like a lot (especially if you don't like the taste, texture, and smell of fruits and vegetables) -- the good news is, getting the right amount of greens in can be very simple, quick and easy.



You've already taken the first step by committing to getting your day started with your SuperBoost Greens juice that has plenty of veggies, superfoods and even probiotics to help you utilize the nutrition -- all in a delicious, easy to make drink.

To really ramp it up, some of our best customers use multiple scoops a day to kick off their results.



To your health journey,

John Galen



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