

Stop Killing Yourself: *Replace Energy Drainer Foods With Energy Enhancing Foods*

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With the health of our nation rapidly declining, and the incredible rise of medical expenses, Americans are looking for alternative ways to find healing in their bodies that will set them on their way towards living their life to the fullest potential every day of their life. Brio Wellness Center is here to assist you on this journey!

If you were to put water into your gasoline tank of your car or lawn mower, what will happen? You'll burn up the motor! Just like a car or lawn mower cannot run on water, human bodies are not designed to run on chemicals, added hormones, fillers, or other toxins. So, stop killing yourself!

So how do you do that when the cost of food in America is dramatically increasing, Americans are losing their jobs, and the media wants us to believe the nice fat juicy hamburger from your favorite burger joint dripping down the actor's hand is an affordable meal that is good for you? Turn off the TV and stop killing yourself! Remove the energy drainers and replace those negative images and thoughts with positive images and thoughts.

The following are a few basic things you can do now to fuel your body with real food that will not only taste amazing, but will also give you the lasting energy you need to work efficiently, play hard, sleep well, and enjoy life to the fullest potential every day of your life.

For starters, most Americans are dehydrated. Usually, the hunger pains we feel are not hunger at all. Our bodies are thirsty, but we're not listening, so our brain says, "Feed me!" The first way to start speaking the same language as your brain is to drink a about a ½ gallon of water each day in addition to the coffee or tea you drink. "Wow! That's a lot!" You better opt for water instead of coffee or tea then. You'll run out of time during your day! If you're trying to lose weight, you should increase your water intake to roughly 1 liter per 50 pounds a day that you weigh. (Ex: 200lb / 50lbs. = 4 liters of waters each day)

Ever notice how that nice shiny red apple in the grocery store usually doesn't look the same when you look at it in the sunshine or at home on the counter? The lighting in the store is designed to brighten the fruit & entice the shopper into buying the apple that otherwise isn't terribly very vibrant. Additionally, the fruit has been sprayed with chemicals while growing to eliminate pests from ruining the massive crop of apples growing in the commercial orchard. It is then sent to a factory where it is sprayed with waxy chemicals to slow the ripening process so that it can last longer in shipment, on the store shelves, and on your countertops at home. Doesn't that sound yummy? I think not, so stop killing yourself! Replace the energy drainer with energy enhancer ~ real food.

Have you ever picked an apple from the tree in your grandma's backyard, rubbed it on your shirt to wipe off a few specks of dirt, bit into the apple and felt like you were immediately transported to another world where life was good and the apples were dripping with juice? Ahhh, now that's more like it! So, stop killing yourself and choose natural or organic foods.

Print and post the next page on your refrigerator as a good reminder of Energy Enhancers: Real Food!

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with Energy Enhancer Foods*

Enjoy your life every day of your life:

- Eat fresh fruits and vegetables all day long
- Make your own meals. If it comes out of a box or can, avoid it.
- Make large pots of soup from fresh or frozen veggies
- Prepare meals in large quantities and then store in freezer containers for easy preparation later
- Buy all-natural or organic baking products to make your own breads/dinner rolls
- When you get the munchies, eat fresh fruit or veggies instead of candy & cookies
- Only eat when you're truly hungry. Remember to drink plenty of water!
- For breakfast cereals purchase organic & use rice milk or soy milk in place of cow's milk. Organic cereals are higher in protein & lower in sugar. They taste great and make you will feel fuller longer without feeling sleepy after you've eaten.
- Snack often! Eat 3 main meals + 2 – 3 small snacks throughout the day
- Eat something every 2 hours to keep your metabolism firing all day!

Snack Smart:

- Handful of plain unsalted nuts or seeds: peanuts, pecans, walnuts, almonds, cashews, hazelnuts, macadamias, sunflower seeds, pumpkin seeds
- Handful of dried fruits: raisins, prunes, apricots, cherries, cranberries, etc..
- Handful of sliced carrots or baby carrots (no dip), grapes, strawberries, blueberries
- A whole fresh fruit: pear, banana, apple, orange, kiwi, mango,
- Kashi™ Pumpkin Flax Seed Granola Bars (higher in protein and lower in sugar)
- Handful of Trail Mix (without the candy)

For more information visit:
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