

How to Free Yourself of ANY Disease, Stop Fatigue, and Create Unstoppable Energy in Your Life

By Kacper M. Postawski, PowerfulSleep.com

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Learnings from Dr. Neil Solomon, Dr. Alex Guerrero, and Tony Robbins

Dear Friend,

I wanted to write this report to you for quite some time, it ended up taking much longer than I anticipated getting it to you, as I kept on refining the way I wanted to write, and deliver it to you. The reason for that is...

The information you will read in this report has the power to absolutely transform your life in a way you have never imagined, or conceived possible. It has helped turn terminal patients (people labeled "soon to be dead" with no hope) into lively, thriving, and healthy individuals. It has cured cancer, arthritis, brittle bone disease, and countless other "chronic" conditions for **millions** of people around the world. And it has transformed the energy levels of people to the point where they NEVER get sick, and they're full of abundant energy on a daily basis. I have used this information myself, and I'm living proof that it works.

Therefore, my mission is to deliver it to you in an easy to understand way, but also in a way that will have tremendous impact on you, so you remember it, and USE it to change your life. This report is short, but please don't take it lightly. If you've known me for some time then you know that I do not write fluffy 300 page books, and tell you "*wow, look at all that flashy information you just read, have fun.*" Everyone does that. Most "self help" books and authors do that. That's *not* what I'm about.

I want to deliver you results, and a step-by-step plan to apply the information to improve your life. I deliver them to you in **SHORT, but POWERFUL** action packed information bundles that are guaranteed to have an impact on your life. This ensures that you read it, and apply it, instead of leaving it collecting dust on your shelf with all your other self improvement books you never used.

So strap on your seatbelt. And get ready to learn:

- The REAL reason why people suffer from disease and sickness.

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- How to create an extra-ordinary level of energy in your life, 24/7, never feel “tired” or “worn out” again. NEVER get SICK again, and NEVER have to worry about “DISEASE”, viruses, germs, or whatever the heck you think is out there to shorten your life.
- How to free yourself of Fatigue.

Freeing Yourself From Fear

In our society we’re raised and led to believe that sickness and disease is something completely out of control. We walk around all day and we’re constantly bombarded with evil germs and viruses, knowing their only purpose and deep desire is to ruin our day and make our life as difficult, short, painful, horrible, and depressing as possible.

This is completely not true, and anyone who believes in this can’t blame anyone but their own mind for accepting these beliefs as obviously true, in an earlier part of their lives.

Before I share with you exactly why this isn’t true, and why we’re led to believe these things, can you think of some of the things others around you might have told you in the past to make you think this way? Your parents? Your friends? Things like:

“Don’t go outside without a sweater, you’ll catch a cold!”

“Stay away from germs and dirty places, or you’ll get sick.”

“Don’t eat food off the ground, it’s infested, and you’ll get a disease”

“If you don’t eat your vitamins you’ll get sick or die sooner!”

“You should always get 8 hours of sleep or you’ll be dis-functional!” *(If you’ve read anything I wrote, then you DEFINITELY shouldn’t believe this one! :o)*

“Don’t stay out in the sun too long or you’ll get a heat stroke”

And on and on, and on... Most of the time this “advice” takes the format of “*Don’t do X, it’s out of your control, something bad will happen to you...*”

Further more we’re constantly pumped by the media which brings us reports of “deadly viruses” around the world which are “responsible” for killing thousands of people.

All these things pre-suppose that our health is something completely out of our control, and that our outer environment is filled with dangerous and mysterious things that are out there to KILL and destroy us! *What do they have against us!? We’re just trying to live!*

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Isn't it funny that in life we most often take advice from people that have NO CLUE about that specific subject? Why on Earth would we take advice from someone about Health, if they weren't healthy themselves?

Let me ask you something, if you wanted to get rich, would you go into the world and study POOR people? Or would you go and study RICH people, and try to figure out what they're doing, and how they got rich?

I'll let you answer that in your own head, the answer is obvious.

Let me give you another example, from my friend Tony Robbins that really opened my eyes, and should open yours:

Have you ever been in New York, or have seen pictures of New York on a Trash Strike? If you haven't, to give you an idea, every single street looks a little like this:



Trash piles up on every road, the smell is disgusting, and what you'll notice is that there's UGLY, giant RATS, EVERYWHERE!

Allow me ask you a question, at this point how smart would it be of you to come to the city and say "Wow! Look at all this trash these RATS brought! KILL THE RATS TO GET RID OF THE TRASH!"

You're right, it probably wouldn't be smart at all! But this is how almost everyone approaches their health these days! We're all looking for the Germs, the VIRUSES, the "rats" which are the cause of disease and sickness. The reality of it is, the only reason why those germs and viruses ever invade your body is, because **you created the trash necessary in your body first, to allow the germs and viruses to live and expand.**

In order to get rid of the rats, you must clean the trash first. In order to be completely healthy, vibrant and energetic you must clean the trash in your body, and create an environment which can sustain that! At this point you may think "Kacper, that sounds so 'new-age', I've heard it before, give me a break."

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I'm not going to give you a bunch of new age beliefs and let you run with it. **There is actually a sophisticated SCIENCE to what I'm about to teach you, so stick with me, or you'll miss out on one of the most important lessons in your life.**

You see it is the backwards philosophy on health in most of our lives that creates the confusion, the sickness and the disease. Most doctors are trained to look for the "cause" of the disease, to look for the viruses, to kill the viruses, the bacteria and the germs. **This is as futile as trying to kill all the rats in a trash infested city.**

Lets take the United States as a bench-mark for an example. If the above *backwards healing* philosophy of treating SYMPTOMS worked very well, then why would 1 out of 2 people die of heart disease in the US? And 1 out of 3 from cancer?

More and more doctors are realizing that the age old health belief systems we've built up over the past centuries simply don't work, and they're turning to other holistic methods of healing and curing disease. (In the book "Lessons from the Miracle Doctors" by John Barron, in the Powerful Sleep package, you will find a wealth of this new holistic knowledge.)

By the way when I say "holistic" I don't mean new age mumbo jumbo, I am referring to new, **profound and scientifically proven**, recently discovered knowledge which more and more people are becoming aware of.

Before I go on I want you to understand this: Your health is not some highly complex thing which you can't gain FULL CONTROL over. You don't have to hand over your health to an "expert" who will know what to do with it. All you need is profound knowledge; profound in the way that it is **simple and instantly applicable to your life.**

Your philosophy of health will affect you more in your life than any pill, any disease or any doctor you see, and my mission is to help you develop a new, empowering and confident belief system about your health by delivering you this information.

The reason why so many of us have such wacked beliefs about our health is because most of the things we learn about health are acquired at a very young age, and we usually learn our **health beliefs** from people who aren't necessarily healthy and energetic at all! We're subconsciously taught that symptoms are the cause of disease, and that the world is an evil place full of viruses and germs out there to ruin our lives. As a result, most of us end up in life styles where health is a deep mystery and we never pay ANY attention to our bodies, unless of course we get a "dis-ease", then it makes sense to rush to the doctor and ask for a remedy.

Most of us are very great at focusing on the **more important** things in our lives, our career goals, our finances, our relationships, our achievements, yet our bodies are usually at the end of the list. (usually not on the list at all.) We tend to forget that it's in our bodies that we really LIVE.

As you read this, and begin to form these new understandings, allow me to suggest that you develop a new belief: **“Your body, is your *TEMPLE*, it is where your soul resides, it is the single most important thing in your life, and comes first before anything else.”**

Acid & Alkaline

Why We Get Sick, and Have “Pain.” - The simple truth that will rid you of sickness, fatigue and pain for the rest of your life.

*“Nothing *TASTES* as Good, as Feeling Absolutely Healthy and Vibrant *FEELS*.”
- Tony Robbins*

Before I go on I must acknowledge the source of where I personally learned this information from. The original research on what I’m about to share with you was done by a doctor named Neil Soloman, who concentrated all his efforts to find out all he could about clinical nutrition to revolutionize people’s health and energy. Later, his work was picked up by countless doctors including Dr. Alex Guerrero, who you may have seen on TV recently. I personally got this information from peak performance coach Tony Robbins, and now I am passing it on to you. What you’ll learn here is absolutely break thru information:

Acid and Alkaline

Why is it that we actually get sick? Why do we get pain? And what exactly is it that creates energy, vitality and absolute health in us? There are of course a thousand answers to this age-old question, but what I want to introduce you here to is the concept of acidity and alkalinity in your body, it is a concept so profound and simple that will put everything you have ever learned about health in your life into a crystal clear perspective.

The answer is, **it’s in your blood.**

The first question is... What is it that keeps us ALIVE!? What makes all the cells in our body thriving for up to 100 or more years on this planet?

Most people don’t know that your body is one huge Power Plant which works on electricity. If you were to imagine a dimmer switch in your room, that you can turn up and down to control the light intensity in your room. Think of that dimmer switch in your body for a second...

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All the cells in your body communicate thru a very sophisticated system of nerve signals which are really ELECTRICAL signals driven by electricity in your body. All the food you eat is broken down into micro particles called **colloidals**. These colloids are moved thru your body by ELECTRICITY.

So imagine if you would for a moment what would happen if this constant electrical charge in your body was lowered, do you think your energy levels would go up or down? What if this electrical charge went thru the roof? Would your energy and health go thru the roof as well? You bet, and you'll learn more about it and how to control this charge in a moment..

The question is what makes this constant, electric life giving current in your body possible? Here is the most important part of this report, so listen closely:

In order for you to LIVE, there is a delicate chemical balance in your blood which produces this life giving electric force in your body. This balance is between two primary forces. - **ACID and ALKALINE**.

If you remember high school chemistry, you may remember that acidity and alkalinity is measured by a pH scale. 1 pH being completely acid, 14 pH being completely ALKALINE. The balance point being at 7 pH

In order for your body to stay at a functional level to produce this electric life giving current in your body, your pH level must stay at a constant 7.36 pH(which is slightly more alkaline)

This number is so important that if it were to shift by just 1 pH **you would die instantly**, as your cells would not be able to function, and all the organs in your body would simply shut down.

So where does this pH balance take place in your body? **In your blood.** Your blood is the river of life, the life force which keeps you alive your entire life even though you're not aware of it most of the time; it's constantly running through every cell of your body. *In case you don't know your blood carries oxygen to every part of your body, and keeps you alive this way ☺*

Lets look at how the **acid and alkaline** balance affects your blood in the next section.

Your Health Is In Your Blood

Your blood cells have an electrical charge of their own, that enables them to travel freely through your body. The center of a blood cell has a positive(+) electrical charge. The outside of a blood cell has a NEGATIVE (-) electrical charge. Can you guess why?

That's right; when your blood cells have a negative charge on the outside they repel each other (*Two negative charges repel each other.*) This prevents them from sticking together which prevents you from DYING, and keeps you alive.

When your blood cells are fully charged and happy they can travel through your blood vessels and arteries at a quick rate, and reach every tiny capillary blood vessel in your body with the life giving oxygen and electrical force required to keep you alive. When your blood is healthy, it looks like more like this:

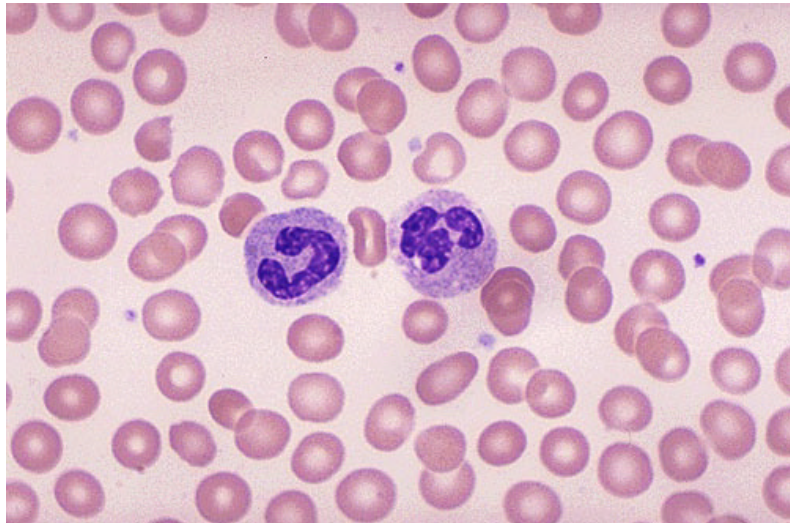


Fig 1. Picture of healthy, "happy" red blood cells" (the blue cells are white blood cells)

The above picture shows what your blood looks like when the ACID and ALKALINE levels in your body are at a balance. **Notice how all the blood cells are far apart from each other, they are all round, plump and have regular circular shapes.**

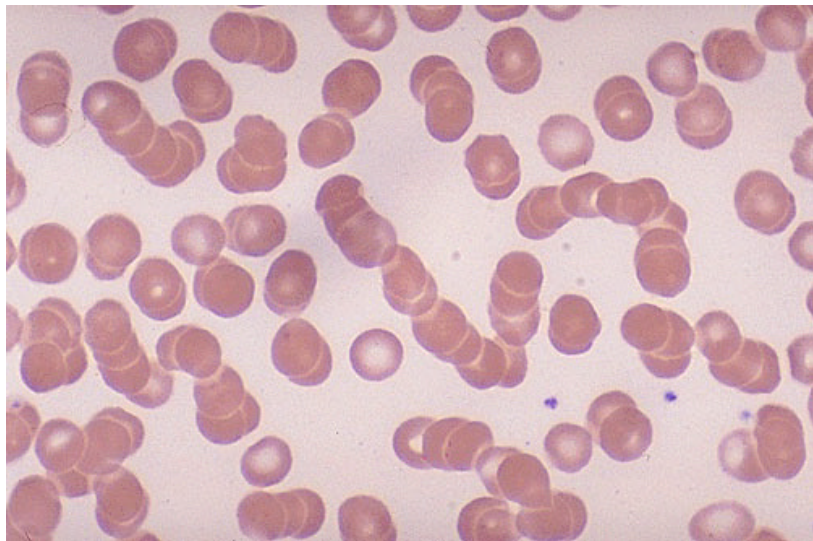
In a moment you will discover exactly what ACID is, how your body produces it, and how it affects your health. But first let's look at what happens to your blood when this delicate balance is altered.

As you will learn the major reason why we get sick, why we feel fatigued, why we get diseases and why most of us have a sense of "sludging" through our lives as far as our energy levels go is because of our blood. **Your blood is the river of your life, the source of energy in your whole body it's what keeps the entire electrical power plant working**

Acid: What Causes Sickness and Disease

When the pH balance in your blood shifts out of balance, it turns more acid, the acid level in your blood **STRIPS the negative charge around your blood cells**. This causes the repelling force between your blood cells to lessen dramatically.

This creates A LOT of problems for your blood cells, your blood cells begin to clump and stick together. In fact, you can think of this as if your blood was turning to a creamy SLUDGE mixture when this happens. Your blood cells clog together and have extreme trouble getting through to all your blood vessels, your blood moves slower, and many cells in your body don't get enough oxygen – ***your body begins to suffocate. YUCK!***



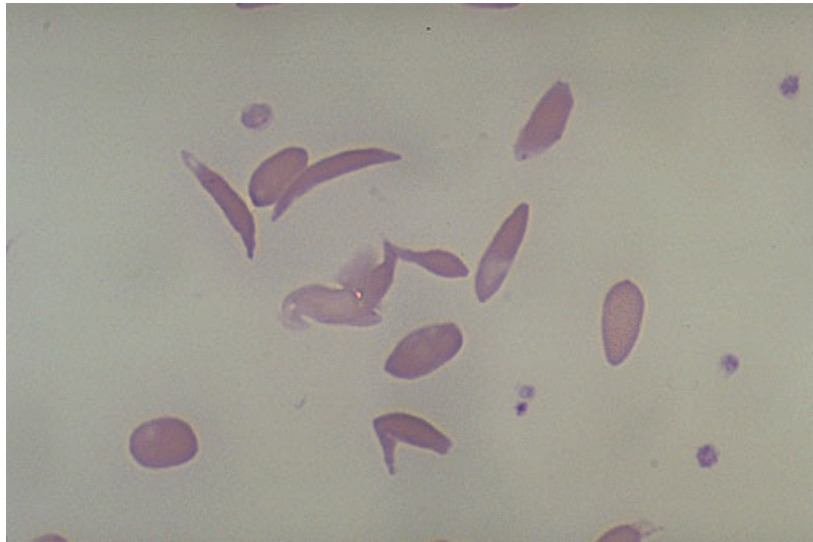
Picture of Red Blood Cells Stripped of Negative Charge, Sticking Together.

Notice how the blood cells are sticking together. Do you think these cells have trouble carrying oxygen to all the parts of your body? How do you think this affects the life giving electrical force in your body?

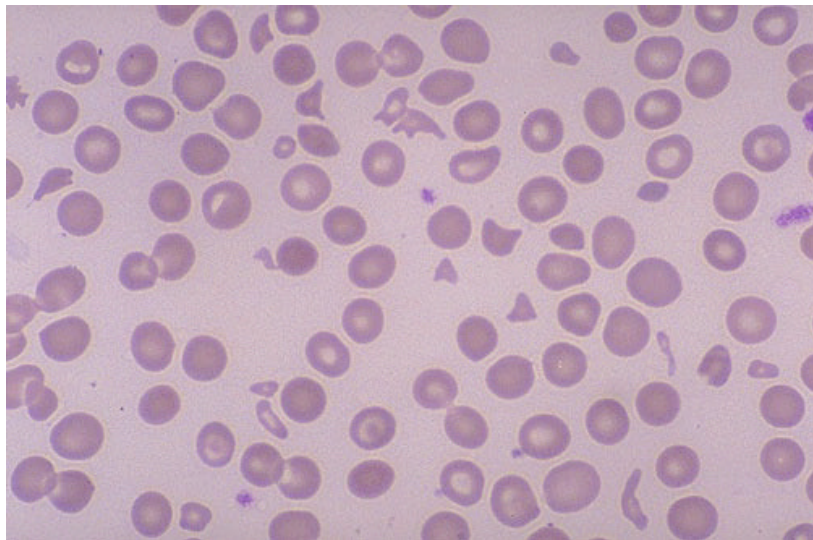
As these cells clump together they slowly get less and less oxygen to the point where you're fatigued all the time, your energy levels drop super low and the probability of getting sick becomes super high. Here's the fascinating point: as acid increases in your body and keeps attacking your blood cells in this way, **your blood cells literally EXPLODE**. When your blood cells explode, they release acids of their own into your blood stream. At this rate you begin to COMPOUND ACID into your blood stream as more and more blood cells begin to explode from the lack of oxygen and increased acid level in your blood.

The following two images show pictures of blood cells exploding, and unhealthy blood cells in irregular shapes. **Warning: These cells are really unhappy, they cause cancer, depression, sickness and disease they're scary! Viewer discretion is advised!**

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Picture 1



Picture 2

Notice how irregular shaped these cells are compared to the ones before. These cells are basically on their death bed!

Getting disgusted yet? Guess what? If you're reading this report and at this time you're suffering from disease, sickness, or if you're fatigued all the time.... THIS is what's happening in your blood *all the time*.

Here's something to think about: Does this type of environment in your blood make it EASIER for germs to grow and prosper in your body? Or does it make it more difficult? The answer is simple: You're creating a TRASH environment in your blood stream!

If someone had this kind of trash in their blood, would it be any wonder if they got sick 6 times per year? Would it be a PUZZLE if they got a major disease like cancer?

How the Body Reacts to Acid

When the life giving balance in your body becomes more acidic, your body goes thru tremendous strain, you've seen this so far in the pictures of blood cells above. However, if your body simply continued to compound the acid in your blood stream, you would **DIE VERY QUICKLY!** As I said before this pH balance in your body is so important, if it's altered by just very little its life threatening to your body. Your body needs this balance to keep the electrical current in your body running *you would simply die without it.*

So what does your body do when your environment becomes more TRASHY (Acidic) like with everything that goes on in our body, our body is designed to deal with emergencies so it takes a few measures to:

- a) Re-establish the Acid – Alkaline balance
- b) Protect other parts of your body from Acid.

1. Your Body Uses Alkaline Reserves.

Your body is designed for re-balancing the level of acidity and alkalinity in your blood, to do this it uses alkaline from the food you eat. However, most of us don't eat food with alkaline in it (as you will learn soon.). As your body runs out of alkaline from your diet it begins to use your **alkaline reserves**. Your body has reserves of alkaline it uses at **acid emergencies**. *However, these reserves don't last very long.* When the acidity in your blood continues to rise your body runs out of alkalinity reserves and you reach an **alkalinity deficit!** This is when most people get a major DIS-EASE. (i.e.: Cancer)

When you have an alkalinity deficit, one of the first things your body will start doing is breaking down the calcium in your bones to use as an aid to this problem. **This is why most people SHRINK when they get older!** *(There is no actual "reason" why people should shrink when they get older, it's simply because of this alkalinity deficit that most of us go thru, completely un-aware of it.)*

Your body will also begin to break down a lot of your proteins to deal with the alkalinity deficit, which is why most people end up *shrinking* and looking very "flabby" when we get old. This is a process most of us call "aging."

2. Your Body Stores Acid in Fat Cells

When your blood is more acidic, your body will store acid into your fat cells in an attempt to protect your blood and your vital organs. Could you guess what this does for you?

That's right, it makes it impossible for you to lose weight, this is why so many people struggle to lose FAT and even when they do they most often gain it right back very quickly. We'll explore this in full detail very soon.

3. Your Body Moves Acid Into Vital Organs (Once Alkaline Reserves Are Gone)

When the body has no more alkaline sources to re-balance the alkaline/acidity equation, it will concentrate acid into the weakest parts of your body. I.e.: *Your kidneys, liver, colon.* For most people this is a time when cancer is most imminent.

4. Raises Cholesterol Level

When the acidity level in your blood is high, this is a major emergency for your blood vessels and your arteries. What do you think acid does to your arteries?

If your body didn't do anything about the acid in your blood, it would burn a hole in your arterial walls! *Living with holes in your arteries definitely wouldn't be fun!* Your body searches for a binding agent, and uses cholesterol to protect the arterial walls from the acid in your blood. This is completely natural, and all our bodies use cholesterol in this fashion.

However, the problem arises when we get into an alkalinity deficit and when the acidity level keeps rising... Cholesterol keeps building up; your blood is already clumped together due to acid and has even *more* trouble getting through your arteries with all the cholesterol built up in your blood vessels. Compounded with the effect of your blood CLUMPING together as it's stripped of its life giving negative exterior charge, and the extra acidity in your blood as your blood cells explode... *It's not a pretty picture!* But it does give you a better perspective of why so many people suffer from heart disease.

"Okay Kacper, you've told me all about acid and how it works,... but what exactly IS acid? What am I doing in my life that could possibly be producing acid, and how can I obtain a level of health in my life where my acidity / alkalinity level is always balanced?"

Lets get to that right now...

Fighting Acid, and Creating an ENERGY Filled, Alkaline Life Style

Unstoppable Energy, Health, and Vitality!

*Thought: If you think about it, cancer cells are actually cells that **are struggling so hard** survive and adapt to their **TRASH environment** that they multiply by the hordes.*

What you may realize is that your acid / alkaline balance is really a reflection of your life and your inner world. The life giving balance of acid and alkalinity in your body is determined by two things:

- Your Diet
 - Alkaline In-Take
 - Energy(Megahertz) Intake
- Your Life-Style
 - Your emotions
 - Your thoughts
 - Your actions

So the question is: What has to happen for our delicate acid/alkaline balance to be disturbed? The answer is: Most often, this disturbance begins with a disturbance in our lives first.

Diet and Acid

A little note..

The primary reason why so many people have a high acidity level in their blood is because of what they eat! And yes, I know you've probably heard about nutrition a million times, and you've heard people ranting to you about eating vegetables and all that other "*crap*". I'm about to summarize for you a large chunk of what this whole report has been leading up to so far, the question is "Will you actually USE IT!? AND DO SOMETHING WITH THE INFORMATION?"

We all talk a great deal about *eating properly*, but most people never really DO IT. So I hope that this report has opened your eyes up enough so far through pictures of how your blood may look like right now, and the simple truth about how this stuff works. Enough so that you will be encouraged to the point to actually USE what I'm about to show you here, and experience the many incredible changes in your life. **I promise you,**

if you use this information, your energy level, and your health will shoot through the roof!

What foods create acid in your system?

Before we list some of these foods, we must explore a bit more about energy. Then this will become plainly obvious.

As you recall, your body operates on an electric force your entire life which is possible through the delicate balance of acid and alkaline in your blood. The state of your blood is also incredibly important to this life giving electric force.

The energy which your body operates on is measured in Megahertz (MHz) - 1 Megahertz is a measure of vibration or ENERGY. *1 Megahertz is equivalent to about 1 million vibrations per second.*

How much energy (megahertz) does your body need to maintain to function and live at a healthy, operational level?

The answer is about **70 MHz**. Your body operates on a 70 MHz Range. In fact scientists have measured how many Megahertz each one of our vital organs roughly operates on, here's a brief list:

Your Brain ← 72 to 78 MHz

Your Liver ← 60 to 65 MHz

Your Colon ← 58 to 65 MHz

Your Stomach ← 58 to 65 MHz

Can you see how most of your body operates on the 70 MHz Range? This is the energy level your body must stay at to remain healthy, vibrant and energetic. The challenge is most of the foods we are eating do NOT provide this energy. What happens is we eat foods that provide us with LESS energy than we actually NEED. These low energy foods are also **HIGH ACID** foods which cause our blood acidity to sky rocket.

For example, chocolate cake has only 1 MHz of Energy. A Big Mac has 5 MHz of energy...

Here is just an example of some low energy food and diets with HIGH ACIDTY:

- High animal protein diets
- High sugar diet
- Alcohol (Alcohol is the absolute MAXIMUM Acid product you could intake)
- Spicy and Hard to Digest Foods
- Saturated Fat products: Chips, Cookies, Hot Dogs, Nachos...

Emotions and Acid

The second element which produces acid in your body is your emotions. All types of stressful negative emotions produce a spike in your acid levels. Some of these emotions are:

- ANGER
- RESENTMENT
- WORRY
- FRUSTRATION

If you think about it, can you remember the last time you felt one of these emotions? What does it feel like in your body when you feel these emotions? It certainly doesn't feel pleasant... *i.e.: strong churning pressure in your stomach.* That's part of the acid which is building up in your blood as you indulge in these emotions.

In fact most **aches and pains** are simply part of the process of the body trying to DE-TOXIFY, itself, and remove the build up of acid in your system. *i.e., a headache, migraine, muscle pain, fatigue, etc. These are all signs of your blood being clogged up due to you being over acid!*

It would go beyond the scope of this report to talk about the proper way to handle your emotions however, to wrap this all up lets look at two examples which will put everything you've learned so far into a perspective so that you will be able to instantly apply this profound knowledge in your life.

Example #1) The Flu Season

Often times we hear doctors and media referring to "the flu season." As if the flu *virus* had a favourite time in the year to come and mess things up for people. Let's take a closer look at "the flu season," and why so many people get sick at this time.

- 1) Firstly, in most cultures, the holiday season is a period of extreme temperature (*hot or cold, depending on which hemi-sphere you live on*).
- 2) **Stress and Negative Emotions:** Do you have a lot of stress during the holidays? Definitely! All the added responsibilities, all your existing responsibilities, family members coming into town, "in-laws" coming into town, extended communication with other people, worry, frustration, and often *anger*.
- 3) **Food:** What kind of food do we eat during the holidays? Is it healthy, vibrant, nutritious, balanced food? Heck no! Think of the things YOU eat during the holidays? Turkey, Gravy, Potatoes, Pie, Cake... All these foods are extremely low in MHz, and high in acid. You create an energy deficit and an alkaline deficit! *Oh oh... look out, here comes dis-ease.*

- 4) Added Toxicity: Alcohol!** Added with all of the above, alcohol, the total product of decay makes it a recipe for disaster.

Most people put all four of these elements together during the holiday season and create a major alkaline and energy deficit in their blood. Is it a puzzle why they get sick? Knowing what you know now of course not! But most of us are trained to look out for the “flu bug.” In reality the flu isn’t the cause of the flu season any more than the rats are the cause of all the trash in New York during the trash strike. It’s simply all about the environment we create in our blood.

Example #2) Mr. X’s “Ultimate Weight Loss Plan”

Mr. X is over weight, and has been struggling with his weight all his life. Finally, he gets so frustrated, so determined, so ANGRY with himself that he decides to make a change: “THIS IS IT! I HAVE HAD IT, IM GOING TO LOOSE 50 LBS, IM GOING TO GET A PERSONAL TRAINER, IM GOING TO EAT RIGHT, IM GOING TO LOOK GOOD! ARRGGHHH GO, GO, GO!!!”

Mr. X gets so determined that for the next 2 weeks he relentlessly works out till he’s almost dead at the gym. He over works his body and adds even more acid due to the high intensity physical stress. He gets STRESSED out whenever he sees a Big Mac and becomes completely serious and frigid about everything he eats. “I’m going to do ALL this correctly, RIGHT NOW! I’M DEAD SERIOUS ABOUT THIS!”

Well, what Mr. X doesn’t know is that he’s creating MAJOR acid in his system with his emotions, and his frigidness about everything he eats. He’s become so serious, so rigid and so stressed out and worried about his weight and about losing it that his blood begins to become more ACIDIC. **As a result, his body stores ACID in his FAT cells, making it EXTREMELY difficult for him to get rid of the fat.**

After 3 weeks Mr. X gets so frustrated, he’s noticed that he’s actually GAINED 2 lbs. Out of frustration he gives up and heads for a tub of ice-cream to devour that night in front of the TV.

Have you ever known someone who tried losing weight and was so frigid about their diet? Yet they never lost weight? *This is why so many people fail at losing weigh and achieving the body of their dreams.*

“You’re not OVER FAT... you’re OVER ACID!”
-Tony Robbins

The Simple Steps to Alkalize and ENERGIZE Your Blood

So now that you know exactly how the acid / alkaline balance in your blood affects your health, your energy levels, and your *life*, you're probably dying to know exactly what you must do to make sure you re-establish your balance, keep your blood healthy, and the electric force in your body at MAXIMUM output.

The method to do this is simple, and breaks down into 3 steps. If you follow this advice and implement it into your life the results you'll experience will be nothing short of extraordinary.

You must Alkalize and Energize your Body:

Step #1) You MUST Super Hydrate Your Body

If you've read anything by me before then you probably know that I usually preach a lot about drinking water every day. Most people who just hear something about this subject think:

"Oh no, another guy who's going to talk about drinking 8 glasses of water per day!"

"That's right!... so if you know this already? Why aren't you doing it?"

If you're not drinking at least 8 cups of water a day, chances are you are creating a *water deficit* in your body. If you have a water deficit your blood suffers extremely, as water provides a major source of alkalinity in the body. If you're de-hydrated your blood WILL clump together, and everything we've talked about above will be accelerated. Here's a break down of how much water your body uses every day:

- Your Intestines: about 1/2 cups of water
- Breathing: about 1 and 1/3 cups of water
- Your Lungs: about 2 cups
- Your Skin: about 2 cups of water
- Your Kidneys: about 5 and 1/2 cups of water!

Under normal conditions, the body loses approximately 12 cups of water every day!

The main effect of dehydration is seen in your blood, your blood clumps together and can't carry oxygen to all the parts of your body. As an effect you'll feel tired, low on energy, and your immune system will be lowered.

Studies show that most people are so dehydrated they mistake the body's natural call for water for hunger! Most people find it difficult to start drinking 8 cups of water a day and see it as too much of a "chore". However, this is usually only because your body has adapted to chronic dehydration. Once you start drinking more water and give your body

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the message that *“Hey, we have water! We can have all we want! We’re not in a desert after all!”* it will get the point and you will actually get thirsty more often!

Speaking from my personal experience, when I decided to quit drinking all the crap I was taking in every day (Pop, Coffee, and Juice) and drink nothing but water, I saw the effects immediately. I had dandruff and all kinds of skin problems for years which disappeared in less than 3 days after I started drinking water! I had more energy, and decreased my sleeping time by 2 hours.

Interestingly enough after about 6 months of drinking nothing but water, I accidentally picked up a cup with Pepsi in it and took a sip. IT FELT LIKE I WAS SWALLOWING 20 scoops of sugar! It was absolutely disgusting and I almost gagged!

The challenge for our bodies that we're constantly presenting drinking fluids that aren't part of what our bodies were meant to take in naturally. Our bodies cope with it and “adapt”. The moment you start giving your body what it really needs and deserves it will thank you for it, and it won't want to go back to the other crap!

Also if you tried drinking water before and your excuse was: *“Well... water just makes me feel sick...”*

It’s not the WATER that’s making you feel SICK! If you feel this way after drinking water it means you are SUPER over acid and in a major alkaline deficit. As you drink water your body tries to remove the acid from your system with the life giving source you’re providing for it, this results in you feeling temporarily sick as the acid moves through your blood stream and out of your system. You will feel this way only temporarily and will begin to love water after only a couple days.

If you take this message to heart and decide to totally hydrate yourself once and for all, here's a quick method:

Buy a 2.0 Liter Bottle of Pop of your choice (Coca Cola, Pepsi, Sprite...) take the bottle to the bathroom and pour the contents down the toilet as you do this, say to *yourself* *“I’m not drinking this crap anymore!”*

Clean out the bottle and fill it with drinking water. This is approximately how much water you should be drinking every day! Carry this bottle with you around the house and whenever you feel like drinking/eating some junk, take a sip of the water. Your goal should be to finish at least half the bottle in a day.

Also, keep a glass of water by your bed when you go to sleep. When you wake up, drink the whole glass before you set off on your day.

Step #2) You Must Eat Foods Which are High in Alkaline and Energy (MHz)

The essence of this entire report comes down to this last section right here. If you learn nothing else here but take this simple advice your energy level will sky-rocket. Your goal is to totally alkalize your body. I'm not a nutritionist (yet), and I can't give you an elaborate explanation of how these foods alkalize your blood, but I can tell you one thing *"I personally do this EVERY day, and it WORKS."*

Foods which are high in alkaline are usually foods that grow out in the sun, i.e.: Vegetables, Fruit. The reason for this is that the chlorophyll in these foods captures the energy in the sun, which is basically the source of all life. Now you may say:

"Oh no, another guy who's going to talk about eat vegetables" or "I've eaten vegetables all my life, and I still get sick and I'm low on energy."

First of all, there's a reason why eating normal vegetables has little effect, secondly the reason is: Most of the foods we buy today are ***chemically processed***. This includes fruits, vegetables, and everything else. Food processing takes a huge chunk of this energy away, and often adds a ton of bad stuff as well.

The alternative is to drink "green drinks." Normally I NEVER promote any kind of supplement but please bear with me as I introduce you to this concept.

You may recall I mentioned someone by the name of Alex Guerrero. You may have seen him on TV; Doctor Alex Guerrero was one of the many doctor who massively investigated and researched this acidity / alkalinity concept, and he's the recommended expert in this today. Since the popularization of the acid concept many people have formulated "green drink" supplements. You can find these in the nutrition segment in any grocery store. A "green drink" is basically an assortment of many GREEN foods, for example:

- Wheat Grass
- Spinach
- Carrot
- Tomatoes

All these foods are powdered down into tea-spoon servings you mix with water. Just ONE of these drinks has over **350 MHZ OF ENERGY!**

Listen if you're fatigue, or if you have a low immune system let me repeat this again: If you get nothing else from this report, but you take this advice and use it you will see a huge boost in your energy and health. These drinks are made from UN-PROCESSED foods and they SUPER alkalize and energize your body.

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Rush to your local grocery store and go into the nutrition section, and get one right away. Then go on a 3 day “cleanse”(Described below in detail), to alkalize and energize your body. I promise you, if you do this for just 3 days, you won’t believe the change you will make in your life.

I recommend you invest in “Supreme greens” these are formulated by Dr. Alex Guerrero himself: [Click here](#) to learn more about Supreme Greens.

If you’re not convinced that what I’ve taught you today WORKS, [click here](#) to check out these testimonials on their web-site **especially if you suffer from chronic fatigue.**

Step #3) You Must Become Aware of Your Emotions

The over all message, I want to communicate to you is that you don’t have to be afraid of your life going to hell in a hand-basket because of your health. This is something you have full control over. The belief I have is that **your body and health is something driven by your mind and spirit.** You don’t have to believe this but you are welcome to adapt and try on this belief in your life if you want. But please understand this:

If your life and your emotions are messed up, chances are your health will be too! This has been preached by countless self improvement and “new age” authors, but now that you’ve read this report you know the “ACID” truth of it. Stress creates acid, acid gets you out of balance which messes up your blood, which messes up your energy, which messes up your health, which in the end MESSES UP YOUR LIFE!

It would go beyond the scope of this report to talk about the subject of building a quality life, but I encourage you to start becoming more aware and conscious of what’s really going on in your life. Sickness and Disease are merely “Symptoms” of what is really going underneath in your life; getting rid of the symptoms will not fix your life..

How to Apply This Knowledge Quickly _____

So far you’ve heard me rant on and on about using this stuff, well I’m going to keep on doing it! Not because I’m a maniac, but because I honestly care about you. I also know and understand that most people who make a decision to change their life or read something “interesting” usually do nothing about it, OR they say “I’ll do that...tomorrow...” and they put it off. Why do most people fail to make a change in their life? BECAUSE THEY NEVER GET STARTED!

That’s why it’s absolutely massively important that you get started IMMEDIATELY and create momentum. Don’t leave the sight of this report with out taking some action to implement this new knowledge in your life!

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To really get going on this I highly recommend you get going on a MINIMUM 3 Day, Alkalizing and Energizing Body Cleanse:

Follow the Advice of this Report for 3 days straight, and just do these 3 simple things:

- 1) Drink 8 Glasses of Water per day.(or use my 2 L pop bottle strategy)
- 2) Drink at least 2 green drinks per day.
- 3) Eliminate foods with high acidity from your diet.

The purpose of this cleanse is to get yourself to FEEL the new found energy and health you will produce by doing this CONSISTANTLY for 3 days. I promise you once you feel this energy you will NEVER want to go back. You may think making these small changes in your diet / life style won't affect your life much. If so allow me to correct your thinking about it. These *small* changes will absolutely REVOLUTIONIZE your life.

You see most of the changes in our lives happen so gradually, we never even notice the difference until its too late. It's kind of like that old frog metaphor: If you put a frog in boiling water it will jump right out, but if you put it in cold water and boil the water slowly, it will boil to death. In the same way, most of us walk around dead and low on energy not even knowing the POTENTIAL we could be truly living. I promise you if you take my advice for a minimum of 3 days, you will experience a huge boost of energy in your life that you will only be able to compare to a time when you were a little child full of un-measurable energy.

We live in a world where the last thing we usually look at is our health and our bodies until it's too late. I hope this report has been a wake up call for you and if you already consider yourself at a measurable level health, then I hope you will STILL apply this and watch as the level of energy in your life shoots to levels you never felt before.

And remember stop looking for the RATS in your life and your body, instead look for methods to clean up the environment which invited them over in the first place :o)

Your Friend,

Kacper M. Postawski
Co-Founder
PowerfulSleep.com

P.S. Do you have your copy of the Powerful Sleep system yet? Grab it today and start to revolutionize your life by super-charging your energy levels and getting more out of your sleep than you ever thought possible. Grab it here: PowerfulSleep.com

P.P.S. Remember, if you're not 100% convinced that the Powerful Sleep system can do what I promise for you, then simply email me and I will issue a prompt and courteous refund – no questions asked – and you may still keep the package and all the bonuses at no cost to you. [Click here](#) to grab Powerful Sleep now.