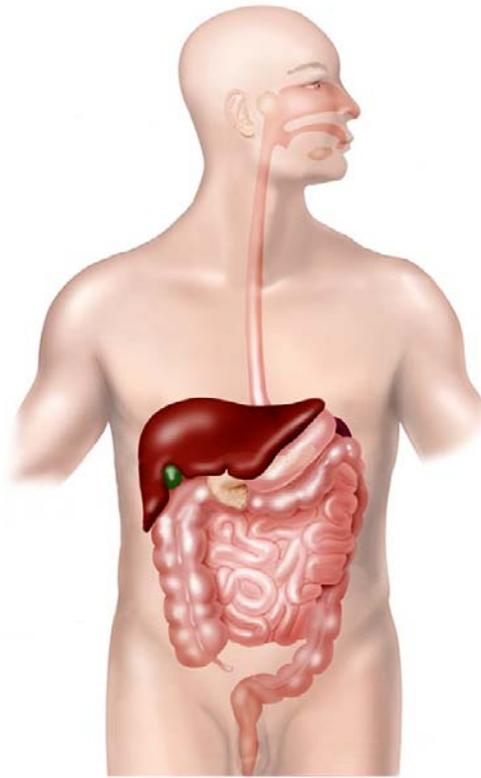


GABRIEL METHOD “FAT TRIGGER” REPORT

Healing Poor Digestion



How Poor Digestion is Affecting Your Weight

Most people who experience poor digestion are under-nourished, dehydrated, lacking in essential friendly bacteria and digestive enzymes - or suffering from a mix of all three.

Our modern diet of highly-processed and cooked foods is a recipe for digestion-disaster and negatively affects the health of millions of people each year.

Your digestive tract is basically one long tube in your body and what you eat and don't eat determines your inner gut health. When our digestion is impaired as a result of a poor diet, our bodies are no longer able to access nutrients, so they suffer from a nutritional famine.

When our bodies are starved for nutrients, they remain in perpetual fat storage mode, which increases our hunger and makes weight loss impossible.

Being in a state of nutritional famine does not only affects your weight, it severely affects your health. When we take in foods that are molecularly altered, pasteurized, preserved, microwaved, burnt, processed or that no longer resemble their natural state, we wreak havoc on our digestion and subject ourselves to a variety of diseases such as: obesity, thyroid problems, insulin resistance, diabetes, heart disease and even cancer.

The Three 'Bad Guys' of Poor Digestion

Poor digestion affects millions of people all over the world...

... and the problem is made more complex because we've added so many manmade foods into our diets just in the last 50 years.

Once you understand the challenges you're facing, it's much easier to find solutions. So I'd like to teach you about the three big "bad guys" that are probably causing digestive problems for you right now.

Bad Guy #1 - MODERN FARMING METHODS

Pesticides, herbicides, and chemical fertilizers can disrupt the natural balance of bacteria inside your body leading to overgrowth of harmful yeasts and funguses.

Bad Guy #2 - PROCESSED FOODS

Digestive enzymes are found naturally in all uncooked and unprocessed whole foods, but they are completely destroyed by heat and commercial processing. Your body can produce its own enzymes too, of course, but when it has to produce all the required enzymes (because you're not getting them from food), it puts undo strain on your digestive system.

Bad Guy #3 – ANTIBIOTICS

At least once, I'm sure antibiotics have literally saved your life, but unfortunately, doctors tend to over-prescribe these bacteria killing medicines leading again to an imbalance of gut bacteria.

Here are my top 3 recommendations for you:

- Start taking probiotic supplement daily
- Add live foods to your diet
- Consider taking plant enzymes as you heal your digestion.

Do _____ to Improve Your Digestion Today

Ever feel bloated and heavy after a meal? And perhaps light and energetic after a different meal?

One of the biggest causes of digestive upset and gas is simply eating foods that are too complicated.

What's a complicated food?

Any dish or meal that has more than 7 ingredients is "complicated" and requires your body to do double duty digesting all kinds of different nutrients at once.

If you read the labels on most packaged foods, you'll often find 15 or more ingredients, most of which you'll have a difficult time pronouncing (much less digesting)!

On the other hand, if you take a look at most homemade foods, they tend to keep things really simple (this is smart).

Just as you can be much more productive at work if you focus on one task at a time, your digestive systems functions in the same manner.

The simpler your meals, the easier they are to digest. It sounds like an over simplification, but I encourage you to put it to the test!

What's the solution?

- Start by choosing organic produce and meats whenever possible. Focus on whole foods that are fresh, local and natural whenever you can.
- And finally, consider taking digestive enzymes and probiotic supplements to heal your digestion as you transform your body.

Are Your Teeth Making You Fat?

Although this might seem like an unlikely phenomenon, your teeth, or more specifically the pathogens from periodontal disease, may be contributing to your digestive problems...

... and as you've already learned, impaired digestion can be a strong trigger for weight gain.

These pathogens spread to your digestive track where they can over populate, killing off beneficial bacteria and leading to yeast and fungus overgrowth.

If your "good guy" bacteria are out of balance, it reduces your ability to assimilate nutrients,

ward off illness, and in many cases, lose weight.

So what do you do?

I recommend getting your teeth professionally cleaned and checked once a month for the first six months of your weight loss transformation.

This is probably more than you've ever gone to the dentist before, but for the sake of your digestion (and your teeth), you need to keep them clean during this process.

It goes without saying that you should also floss and brush regularly, ideally using a natural toothpaste or even one with probiotics added which will help fight off the pathogens.

Beat Dehydration (& you'll lose weight too!)

Did you know that 70-80% percent of the population is chronically dehydrated? And that dehydration activates the FAT Programs?

Many people mistake dehydration for hunger and end up eating because they're thirsty. Worse still, the body often expresses dehydration as cravings for sweets and quick-fix junk food.

In this way, thirst can result in overeating and cravings for the most fattening of foods.

What to do?

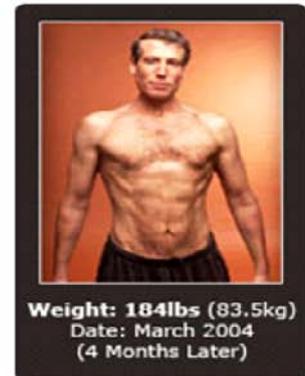
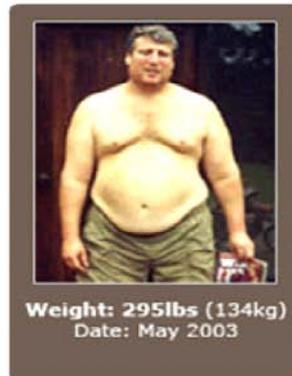
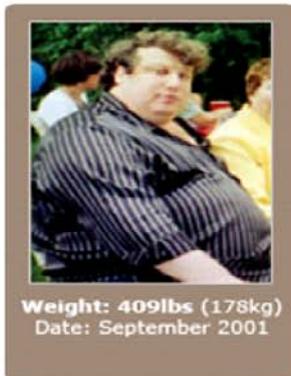
Drink water, pure water, and lots of it. Most experts recommend at least eight glasses every day, but while you're losing weight, I'd suggest you drink even more.

Whenever you get a craving, drink water. I like to drink water about 20 minutes before meal times too so I can be sure that what I'm feeling is real hunger, not thirst in disguise.

Lastly, I recommend drinking a glass of water every hour after dinner until you go to bed. Yes, this might mean you have to get up in the night to use the bathroom, but it also means you keep your body hydrated and in fat burning mode throughout the night.

End of Gabriel Method "Fat Trigger" Report!

I hope this has given you some tools you can put to use in your life right now, and more importantly, I hope this is the beginning (not the end) of our work together. If you found this report useful and would like to continue learning immediately, the Total Transformation Package includes everything you need to begin your Gabriel Method transformation. [GET STARTED NOW](#)



My Total Transformation program has proven to be the most effective way to learn The Gabriel Method right now, from the comfort of your home or office!

In the Complete Program You'll Learn:

- The 3 things I did every single day to turn off the fat switch
- Why you're NOT fat because you eat too much
- The ONLY difference between you and naturally thin people (it's not what you think)
- The most important fat loss concept you need to know

....And much, much more!

