

# Promotional Materials for Weight Loss Encyclopedia

For the first time, a book is available which presents 375 natural and safe methods to fight obesity and lose weight.

This book includes: herbal and homeopathic remedies for weight loss; nutritional, Ayurvedic and acupressure solutions; sound, color, juice, magnetic therapies; aromatherapy, and many other natural techniques. You will find ancient and modern, Eastern and Western methods for weight loss. It includes solutions from Tibetan, Indian, Chinese, Siberian, Japanese, European, Australian, African, Mexican, Venezuelan, Argentinean, Paraguayan, Brazilian, and Native American schools of alternative medicine. Among those solutions there are some that not only apply to our body, but also to our emotions and mind. Presented solutions are for all levels that can affect your obesity problem. In this book you will find some unique and specific methods to overcome obesity.

Majority of the books for weight loss, simply suggest you to eat less and move more. This sometimes helps but most people have more complicated reasons of becoming obese. These are not cases of overeating; and therefore, it has nothing to do with caloric intake. For all those people, the question, how to lose weight, remains open. This book will give you answers on that question.

The Weight Loss Encyclopedia provides a unique opportunity to treat your health problem simultaneously with weight loss. For example, you have a heart problem. Choose from the Index the remedies that along with the weight reduction are useful for heart health. In this particular case the combination of COQ-10 (#121) and Cayenne pepper (#122) is very beneficial. Similarly you can find helpful solutions for normalizing high blood pressure, cholesterol reduction, improve blood circulation, strengthen immune system, kidney problems, liver problems, diabetes, and many other health conditions.

## **Secrets for Permanent Weight Loss Revealed**

- How to drop approximately 1 pound daily while you are eating as much as you want. Pages 243 – 246
- Drink the amazing water that balances metabolic rate and reduces the cholesterol levels. Pages 158 – 159
- How to curb the appetite, block the formation of fatty tissues, and increase thermogenesis (fat burning process via heat and an increasing metabolic burning of fat) with single-herb Ayurvedic remedy. Pages 111 – 114
- Learn about this astounding herb that is being to promote as a cure for obesity and high blood cholesterol. It helps in the elimination of

excessive fat and toxins. This herb grows in the highlands of Peru, and since the days of Incas it has been used for its multitude of healing properties. Pages 224 – 225

- How massage oil assists you in your struggle with obesity and cellulites. Page 273
- How to wash away your fat, promotes blood circulation, reduce the size of fat deposits, and lose weight just by taking daily shower. Pages 360 – 361
- What are cell-cleansing foods? How to wash away the accumulation of wastes from fatty tissues on a cellular level? Pages 362 – 363
- How to increase your metabolism rate, assists in your weight lose, improve your immune system, increase sexual potency, bring the hormones in balance, and lower cholesterol levels with one single fundamental compound of Oriental medicine. Pages 128 – 129
- Amazing foods that will help you control your weight, and will not increase your weight even if consume in excess. Page 254
- The following Tibetan cleansing formula is useful for obesity, heart disorders, bad memory, and high blood pressure. Page 312
- Take hot and cold showers according to instructions, and see the amazing results. Page 308
- Recipe recommended for those who are frequently hungry, but wish to lose weight. Pages 255 – 256

### **Fat Burning Combination #2**

Fat Burning Combination #2 will do simultaneously the following things for your body: suppress the appetite, normalize the thyroid, increase the metabolic rate, stimulate bowel movements and increase the excretion of body wastes, increase the excretion of calories in the feces, tremendously increase circulation, increase the fat burning rate (thermogenesis), increase HDL (good cholesterol), decrease LDL (bad cholesterol), help to better utilize consumed calories, fortify the immune system, and relieve constipation and water retention. Pages 383 – 384

### **Lemonade Diet**

Lemonade diet is a very effective way to lose weight because it dissolves and eliminates all types of fatty tissues. Fat melts away at the average rate of about two pounds a day for most people, and all this without any harmful side effects. Actually, this lemonade diet has lots of useful applications for many health conditions like, for example, all mucus diseases, allergies, and all skin disorders. Also, all calcium deposits in the joints, muscles, cells, and glands are

dissolved and removed from the body. Cholesterol deposits in the arteries and veins also respond to the cleansing power of the lemonade diet. Pages 214 – 216

### **Appetite suppressant**

The soldiers of the Roman Empire used these seeds during their exhausting marches to curb the appetite till they had the opportunity to eat something. Also, the seeds of this herb lower cholesterol levels, helpful for sluggish digestion, useful for water retention, remove mucus and fat from the intestinal tract, and useful for weight reduction. Page 115

### **Fat Blocker**

It promotes weight loss by blocking absorption of fat. Also, it dramatically lowers total blood cholesterol levels and raises the level of HDL (good cholesterol), which protects against heart disease. Page 296

### **Amazing Remedy for Multiple Purposes**

It helps obese people better utilize the calories they consume. Also, it facilitates the use of stored fat as fuel. It has the ability to lower elevated serum cholesterol and at the same time raise HDL, the “good” cholesterol. It is also very beneficial for heart disorders, diabetes, high blood pressure, cancer, and many other health conditions. In addition it corrects metabolic abnormalities, and is useful for weight loss. Pages 174 – 175

### **The Most Nutritious Super-food**

It has the highest percentage of protein of any food (65%-71%). This is higher than any meat, higher than eggs, higher than milk, and even higher than soybeans. It contains four times the protein of beef, which is about 18%. It also contains vitamin E in greater amounts than wheat germ, formerly considered the major natural source. This super-food contains 26 times more calcium than milk. It remains among the most efficient blood, cell, and tissue builders and also is a good energy booster. It is the body’s metabolism booster and a wonderful aid for weight reduction. In addition it contains Phenylalanine, which acts on the brain’s appetite center to decrease hunger pangs — while also keeping your blood sugar at the proper level. It also reduces cholesterol. Pages 110 – 111

## **Specific and Unique Methods for Weight Loss**

### **Gandharva Music**

Learn how certain music contributes to weight loss. Page 357

### **Psycho-correction**

The Psycho-correction method is very useful for weight loss. It is a highly effective method. This method opens a new age of highly effective medicine without knife or drugs. Pages 363 – 366

### **The Papacy's Weight-loss Tea**

The ancient secret weight loss tea formula used by the Popes revealed.  
Page 358

### **Balanced flavors**

To have an ideal menu of nutrients for balancing the governing principles in Nature, a sample of all five tastes should be included in each meal, or at least in each day's diet as a whole. Leaving out any one of these five tastes can lead to cravings. Since our regular diet does not readily provide or promote all five flavors, these cravings tend to persist, setting up an unhealthy cycle of overeating and improper nourishment. Only taking in all five flavors helps eliminate cravings. When you begin to have meals, especially lunch, that include the five flavors, you will notice that your later afternoon and nighttime cravings subside. Pages 332 – 337

### **Right Food Combination**

Right food combinations will help you to overcome obesity. Actually, obesity is excessive adipose tissue resulting from incompatible combinations of food. When we take food in wrong combinations our body is not able to digest and assimilate it. We are amiss in thinking that whatever we swallow and gulp down our body is able to digest and transmute into useful nutrients. There are certain food combinations that our body cannot digest and therefore should be avoided. Pages 339 – 343

### **Amazing Solution for Your Excess Pounds**

This unique herb is very useful for obesity. Also, it lowers cholesterol and reduces blood sugar. It has the ability to pick up fat from the colon's wall, transport it through the colon, and discharge it from the system. This effectively eliminates contamination of the bloodstream and reduces obesity. Pages 221 – 222

### **CCK Hormone**

Discover the amazing truth about cholecystokinin hormone known as CCK. CCK sends a message to the brain that you are full. Pages 337 – 338

### **“Wave” exercise**

The oriental masters developed very simple and astoundingly effective exercises that allow one to quickly get rid of excess weight. One of the most popular among them is the exercise called the “Wave.” After a few days of such a regime you will start to lose every day 1 to 2 kilograms or about 2 to 4 and a 1/2 pounds a day. This is a very simple and absolutely safe method to lose weight. Pages 313 – 314

### **Vibro-gymnastics**

Vibro-gymnastics is very useful for weight loss. Actually it effectively cleanses our body on the cellular level. The Vibro-gymnastic is very convenient because you can do it in any place. You don't need any special equipment for that. It is suitable for all ages. Page 351

### **Yoga breathing**

Obese persons should perform the yogic breathing exercise called the “breath of fire.” This exercise is a very useful aid in the metabolizing of fat. Pages 167 – 168

### **Fat Burning Foods that Will Help You Win Your War with Extra Pounds**

#### **Fat Burning Soup**

This soup is for those who want to lose weight and meanwhile satisfy their hunger. Take the opportunity to eat more of this miraculous soup. It has negative calorie effect, i.e. it burns more calories than you take in with it. The more you eat the more weight you lose. Pages 259 – 260

#### **Soup Fast**

Instead of fasting just eat the recommended soup 2 – 4 cups a day. You can go on this soup for several days or more because it is beneficial for weight

loss and cholesterol reduction. Meanwhile this soup is a good nutritive and supportive food. Pages 246 – 249

### **Corn Soup**

Corn soup is beneficial for those who are suffering from obesity and have a high cholesterol levels. Pages 242 – 243

### **Surprising Herbal Baths Will Assist You to Overcome Your Excess Weight**

- A very effective method for weight loss is the following bath. Pages 314 – 315
- Another beneficial bath for weight loss... Page 322
- Another useful for weight loss bath. Pages 322 – 323
- Another effective bath for weight loss... After such a bath you can lose about 500 grams. Page 323

### **Discover Some Miraculous Remedies of Alternative Medicine**

- Discover the amazing properties of this Indian herb. Besides being useful for obesity and high cholesterol, it is very helpful in the treatment of diabetes. Pages 269 – 270
- Discover how this oil with many healing properties helps lower weight in those who are overweight without dieting. Pages 275 – 276
- Discover how this fat that is missing in our diets reduces body fat and promotes weight loss. Pages 297 – 298
- Discover how this Indian herb has been used for weight loss and obesity with great success. It has the ability to stimulate thyroid function. Also, it increases HDL (good cholesterol) and reduces LDL (bad cholesterol). Pages 169 – 170
- Discover how this herb benefits whole glandular system. It is also a tremendous aid for improving metabolism. It is excellent for hormonal imbalance, and especially people who suffer from chronic metabolic disorders should try it. Page 166
- Discover a powerful Ayurvedic remedy for detoxification. This remedy together with honey is very useful for regulating obesity and cholesterol levels. Page 203

### **Useful Information for Weight Loss**

- Three stages of food consumption... Pages 50 – 51
- Acid-Alkaline balance and its influence on weight loss process. Pages 90 – 91
- Daily calorie requirement formula... Page 88
- Remove all gold. It could be useful for weight loss. Page 83
- Obesity and life-span expectancy... Page 51