

Green Power Drink

Weight Loss with Plant Based Nutrition

The Plant Based Nutrition - Green Power Drink Program was designed to help fulfill everyone's desire to achieve vibrant health, maximum longevity and eliminate weight.

The Program utilizes the most current scientific data on human nutritional needs (as reflected in the USDA's new food pyramid) and maximizes its effectiveness by using cutting edge, phyto-nutrient packed super foods to fulfill your body's daily phyto-nutritional requirements.

Recent research into "super foods" that act as metabolic activators are revolutionizing the way Americans and Europeans look at the relationship between food and disease prevention. Each product in the Plant Based Nutrition is composed entirely of whole, pure, minimally processed and synergistically combined super foods that have been carefully selected to nourish at the cellular level, activating your metabolism and boosting your immune defense.

The Plant Based Nutrition actually stimulates the body by providing foods with high nutritional density and low caloric value, which is the exact opposite of our current Western diets. The effect is to activate your fat burning metabolism and satisfy your hunger while you experience increased energy.

This program is more than just a diet, nutrition or detoxification program. The Plant Based Nutrition is a cellular defense system designed to cleanse, rebuild, achieve and maintain perfect health within our bodies.

Why Diets Don't Work

I heard one fact about diets that seems to validate what everyone who has a weight problem already knows – DIETS DON'T WORK! When they do, they only work temporarily. The fact I heard about diets is this. Over 40% of people who joined a popularly advertised diet program weighed more after six months than they did when they started. The Plant Based Nutrition is not a diet. It is a metabolic activator that re-trains your body's reaction to food. There are four simple reasons why diets do not work. See if you can relate.

1. Cellular Starvation

Most people have nutrient deficient diets to some degree. When we further reduce our caloric intake we also further our nutritional shortcomings which can increase the body's desire for food and nutrients. These irresistible cravings are encoded messages that are sent to the brain demanding nourishment. The Plant Based Nutrition satisfies these bio-nutritional needs with the exception of the calories. This literally creates a cellular satisfaction that restores the "will power" we are told we lack.

2. Low Energy

Most diets create blood glucose crises by requiring an extremely limited diet. These energy crises must be met by food consumption. The Plant Based Nutrition option has several blood glucose balancers that actually stop the cravings triggered by these low calorie diets.

3. Gaseous Stomach



The body is conditioned to create digestive bile at regular intervals. When we reduce our consumption patterns these acids cause empty upset stomach and headache pain. The foods in the Plant Based Nutrition keep the metabolism engaged, thereby reversing the gas, bile and acid reflux reactions that makes diets unpleasant.

4. Starvation Complex

As soon as our bodies sense a reduction in daily caloric and nutritional intake they are triggered into a starvation resisting mode. In this mode the body resets the metabolism to survive on fewer calories (slows it down) and also begins to take any excess energy and store it as fat. That's right, eat less – store more fat. The Plant Based Nutrition instigates powerful digestive function forcing the body to accelerate the metabolism, burning fat and freeing up stored energies and eliminating accumulated toxins.

**The statements contained in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

