



REVERSE *Detox* 101

LOSE WEIGHT, FEEL BETTER,
AND FLUSH YOUR BODY OF
HARMFUL TOXINS



From the Author: John Jacobs



President, CEO of Healthier Living 4 You

John Jacobs is the founder and CEO of Healthier Living 4 You (HL4Y).

We got into this business not by choice, but by our own experience.

It is our mission to help educate you how to keep you and your family healthy. So you don't have to go through what we did. If you or a loved is going through health issues, then it is our goal to help you close the time gap and money spent on regaining your health.

Our philosophy is, "The Greatest Wealth is Health!" Our commitment is to offer you and your family the health information you need and innovative health products to help you live a long and healthy life.

People are getting sicker with more aches and pains, terrible sleep and chronic fatigue...

But this Free Report shows how some people are having the best and healthiest years of their lives!

Back around the year 2001, life was absolutely amazing! I had an amazing wife, Beverly and 3 great kids; Kerri, Janelle and Craig.

We lived in a small town in a great house with an amazing property and a pool. We really had everything we needed and if we didn't have it, well we just went out and got it!

Life was great, my automotive business was flourishing, we went on family holidays together and I was just enjoying life with my wife and kids.

It felt like nothing could stop us!

One thing's for sure: life happens to all of us, and often in ways we might not expect. In the same manner that good things come about, bad things also happen—to good people. No one is out to get us. Life simply unfolds.

My Wife, Beverly was a perfectly healthy woman that loved to take care of her flowers beds, take walks in nature with her dogs, socialize with people, spend time with our children, and volunteer where she could.

It was back in 2003 that her health changed drastically for the worse. It seemed our lives were turned upside down overnight.

The love of my life was slipping away from me and I was desperate to stop it.

She was in terrible pain, exhausted from lack of sleep, and falling deeper into depression as she struggled to fight her way back to health. Chronic fatigue, joint pain and insomnia were making it even harder.

We were desperate for a solution, but the doctors couldn't help us. Nobody had any answers, just more drugs.

We spent over 2 years going from Doctor to Doctor...

And specialists before we took matters into our own hands!

After much research and lots of tests through alternative medicine we found out Beverly was full of toxins and heavy metals.

The Biggest Thing We Needed to Answer...

How was Beverly supposed to regain her health and get rid of her pain, depression, chronic fatigue, insomnia and joint pain **WHEN HER BODY WAS FULL OF TOXINS?**

She spent the next year cleansing her body with little improvements. Beverly tried every detox method available including the pills, the drinks, herbal cleanses, even Chelation Therapy (an intravenous drip). Nothing seemed to be really helping!

No matter what your health problem is today, there's one problem everyone has that's literally a killer.

It's making you sick.

It's destroying your immune system... It's hurting your life.

It's not a little problem, but it's not that hard to fix.

That One Problem... Is an Over Toxic Body!

This is the amazing discovery of this type of detoxification I will share with you that immediately gave me my wife, Beverly her life back!

She is now able to passionately love her flowers, take walks in nature with the dogs, be social again, spend time with our children and grandkids, all without painful joints, sleepless nights and that feeling of not being herself.

The best part of all is that it gave me my wife back!

The Truth Is - You Just Can't Live a Healthy, Long, Happy Life if You're Fighting a Body Full of Toxins

Alright, before I go on any further here, I think it's time for me to introduce myself!

Hi, my name is John Jacobs and I'm the Founder and CEO of Healthier Living 4 You, and co-author with Dr. Wayne Dyer in the book "WakeUp Moments" in the book series, "Wake Up...Live The Life You Love."

First, Healthier Living 4 You was started out of mine and my wife's desire to help people regain or maintain their health! Hoping to keep you from going through what we went through or hopefully closing the gap on getting your health back!

Since 2003 we have helped tens of thousands of people overcome health problems, reducing or eliminating pain, helping people sleep better, giving people energy again...giving people their life back as well!!! All from what we learned from Beverly's experiences!

But this special report isn't just about me or Beverly, it's about you! More specifically, how you can get off those dreaded medications (that always have negative side effects), alleviate or eliminate those aches and pains to help you live a fuller life, as well as helping you sleep better at night.

Let me ask you this...Have you ever caught a candid glance at yourself as you passed a mirror or a store window and have been surprised to see that person looking at you was, well...um...YOU?!

Have you heard yourself utter any of these in the last 12 months?

- *"I am so stiff this morning"*
- *"My back hurts"*
- *"My neck hurts"*
- *"My shoulder hurts"*
- *"My knees aren't what they used to be"*
- *"I'm exhausted"*

Have you told a friend any of these in the last six months?...

- *"I just can't garden like I used to" (or enjoy other activities you used to enjoy doing)*
- *"I think this is going to be my last year playing _____!"*
- *"My body just doesn't respond/recover like it used to"*
- *"I can't today, my _____ is killing me."*

If you feel older, slower, stiffer, in more pain...

If you feel like you're starting to or afraid you WILL start to miss out on the activities you've been doing ever since you were young...

If you're afraid life is or WILL pass you by while your friends and family go on with their lives, leaving you behind...

...Then keep reading because you're about to discover what may be your MISSING LINK that people just like you are turning to have more energy get pain relief and live life to its fullest!!

Quiz – Are You Toxic?

- *Do you suffer from low energy and mental or physical exhaustion?*
- *Are you in constant pain? Sore joints keeping you from doing things?*
- *Have you recently felt “down in the dumps” or depressed?*
- *Do you experience high levels of stress in your life?*
- *Are you having trouble losing that excess weight?*
- *Do you feel groggy and foggy-headed more times than not?*
- *Are you feeling anxious about something, and don't know why?*
- *Do you suffer from constant infections, viruses or headaches?*
- *Sex drive not what it used to be?*

If you answered yes to anything above, you may be toxic.

BUT I want you to know it's not your fault!

See if you are anything like me, growing up I didn't hear the words “that's toxic for you” or “you have toxins in your body.” It just wasn't something that was said or thought of.

I was from a small town, so if it was put on the shelf then... it must be good for me, otherwise it wouldn't be on the shelf. That was my thinking!

In other words, most of us weren't taught what is toxic for our bodies and what isn't. But now YOU have the opportunity to know! Now YOU have

the opportunity to teach your kids or your grandchildren what is good for our bodies and what isn't.

If you did answer YES to anything on the quiz above, you may be toxic! Not only that, your levels of toxicity may be very high, and on the verge of manifesting in the form of a nasty super-bug, physical problems, or dangerous disease.

Why? Because...A toxic body is more likely to get sick.

Can You Really GET HEALTHY By Detoxing Your Body?

My answer to that question is a resounding... YES! That's right, I believe you can wake up more energized, look younger, and say good bye to aches and pains and all in the comfort of your own home in just 30 minutes a week.

How can I say that? Because my wife is LIVING proof!

Once we found the breakthrough technology that helped her body detox all the toxins and heavy metals from her body, she immediately started having more energy. In fact, after the first 30 minutes she noticed more improvements than she did with the year of detoxing with all the other methods I mentioned earlier.

So... What is Detoxing?

Detoxification in the context of alternative medicine consists of an approach to **rid the body of "toxins" – accumulated harmful substances that allegedly exert undesirable effects on individual health in the short or long term.**

Detoxification usually includes one or more of:

- Dieting
- Fasting
- Consuming exclusively or avoiding specific foods (such as fats, carbohydrates, fruits, vegetables, juices, herbs, or water)
- Colon cleansing
- Chelation therapy
- Removal of dental fillings

Detoxing Your Body Regularly is SO Important!

Many people go through life dealing with health issues, low energy, problems sleeping at night and overweight issues. The sad part is they just accept it! Well, you don't have to accept this.

Our bodies are built like nothing else on this earth! When we detox our body regularly, give our body the proper food, herbs, alkaline water, mind-

set, and setting we can do more than anything else on this planet.

The problem is we have so much choice out there now. So much food that is not doing anything good for our bodies. So many drinks that are full of sugars, caffeine and artificial flavours.

The next problem is how lazy of a society we have become. We continually make and improve our lives so we don't have to work physically anymore.

Lastly and most importantly, the amount of toxicity we breathe, drink, eat, and absorb on a daily basis has increased more and more every year.

With all of that comes unhealthy eating, poor hydrating habits, toxicity and no exercise! This is a recipe for disease!

Most people are not taught how to cleanse their body or why they should. It's just not the normal thing to do in our society. It's not something everyone talks about. Imagine asking your friend, "Hey how's that detox going?" Or "Hey, when was the last time you detoxed?"

Your body naturally cleanses out toxins from the body, but often times it cannot keep up. So, it is very important for us all to be detoxing at least spring in fall. However, a lot of experts recommend each season, so 4 times per year.

When a body is full of toxins it's usually acidic which is not a good thing,

we want our body to be alkaline. We want this because **no disease can live in an alkaline environment, but thrives in an acidic environment!**

There are many ways to detox your body. Certain foods can help detox your body, Alkaline Water, Detox Diets, and a detox foot bath are just a few ways to detox your body.

Q: "Will Detoxing Work for me?"

A: Of Course It Will!

One of my favourite paragraphs is:

If you are middle-aged, you've taken about 15,000 showers in your life time and brushed your teeth close to 30,000. You won't stop these rituals just because you have done them so many times.

Here's an interesting question: If you have to keep cleansing your skin and teeth daily, does it not make equal sense to clean the inside of your body at least periodically?

Wow, now that is a powerful 2 paragraphs! You were taught to brush your teeth and shower, but I doubt you were taught to detox your body!

Words from Dr. Paul Bragg, "The secret to great health can be described in three words: **CLEANSE YOUR BODY!** Engrave these three words permanently in your memory.

"The more toxic we are, the faster we age and the body breaks down. The benefits to internal cleansing that most people experience are increased energy and well being, a healthier disposition and a better state of mind, weight loss, an increased metabolism, improved digestion, restoring balance to the body and its organs, lessening the body's symptoms of discomfort. The aging process is slowed and the skin is able to rejuvenate its self correctly"

— Dr. Persani of Ottawa, Ontario

“Is Detoxing Bad For My Body?”

From our experience, detoxing properly is never a bad thing for the body. Now saying that, there are some detoxes that I probably wouldn't do out there.

I would make sure you stick with something that has proven results! Detoxing is supposed to be gentle and time released, not done in 2 or 5 days!

Steer clear of the detoxes that say they are short lived, like the 2 or 5 days cleanses. Often times they are mostly just a laxative making you think you are eliminating toxins from your body.

“Why Do I Need to do This Now? Can't I Leave it Until Later?”

Let me ask you this...since I used to be a car mechanic, let me use this analogy as most people can relate.

If your car never receives an oil change, what do you think eventually happens?

You're right...the oil gets extremely dirty and eventually the motor will blow up and stop working!

So, yes you can leave your body full of toxins, but at some point something is going to give. You may be experiencing some of the early

warnings now. Remember the “**Are You Toxic?**” quiz, you took earlier in this report? Those are your early warning signs. That is your “Check Engine” light coming on letting you know there is an issue.

Now, there are many problems that can be masked or covered up or some like to say a Band-Aid effect with medication. But those are just cover ups and do not get to the root of the problem.

That’s what I am all about, getting to the root of the problem and most times it is an over toxic body!

So, really it is up to you if “you can leave this until later.” I personally, now that I am educated will not wait. And once you have finished this report there is no way you will teach your kids not to detox.

“What’s Wrong With Having Too Many Toxins in My Body, Specifically?”

Great question!

See for the most part, it falls on your liver and kidneys to clean toxins out of your body.

When an overworked liver gets bombarded by artificial chemicals from foods, environmental pollutants and toxins from drugs and medications – it’s easy for these chemicals to build up and escape from the liver into your bloodstream.

These chemicals become absorbed and incorporated into the cells of your muscles, organs, joints and tissues.

An overworked liver allows toxins to leak into your brain and trigger headache pain. Unfortunately painkillers can add further stress on your liver.

When your liver can’t cleanse your blood, all the toxins you take into your body through eating and breathing are passed into your bloodstream where they can poison your lungs... skin... kidneys... reproductive organs... bones... and every cell in your body.

Science Has Proven That Toxins & Chemicals Already Exist Inside ALL of Us.

Not only that, but these toxins are causing:

- Cell mutations
- Weakening our immune system
- Disrupting brain functions
- Draining our energy
- And...even stealing precious years of our life

Below are 2 rather disturbing facts! Imagine the percentages now!

"Women who work at home have a 54% higher death rate from cancer than those who work away from home. The 15-year study concluded it was as a direct result of the much higher exposure rate to toxic chemicals in common household products!"

— Toronto Indoor Air Conference 1990

(Source)

"The toxic chemicals in household cleaners are three times more likely to cause cancer than air pollution."

— Environmental Protection Agency report in 1985

"But I'm Different, John. Diets Don't Work On Me"

You're right. Diets don't work on you and the other 6 billion people on this earth as well!

That is exactly why I am not asking you to go on a diet. What I am asking you to do is to know and understand what the missing link is in most people's health.

That one missing link is regular detoxification. You need something that will rid your body of harmful toxins and heavy metals. When your body isn't over toxic, it can start repairing and rebuilding.

I'm sure you have read or heard of people miraculously ridding their body of some sort of disease using all natural methods? The main ingredient here is detoxification.

There Are a LOT of Choices When it Comes to Detoxing Your Body. It Can Be Very Overwhelming...

Some common options are:

- Colon cleansing
- Liver cleansing
- Fasting
- Eating raw food

- Chelation therapy
- Juicing

There's nothing wrong with any of those, they are each valuable and important ways to cleanse.

However many people find it hard to make the lifestyle changes necessary to make those options work.

Doing a cleanse once a year is much better than not doing a cleanse. However, many people do a cleanse once and when the time comes around next year, they remember how hard it was and it becomes easy to put off until "next week." Next week becomes "never".

The Best Detox is The One That You Will Do & Stick To!

How would you like to wake up tomorrow morning with feeling energized?

How would you like to wake up without the aches and pains that are stopping you from living your life normal?

How would you like to wake up from a wonderful night's sleep?

How would that change your life? Or how would that make your life "normal" again?

Imagine getting back into your garden or flowerbeds, making your place look beautiful and enjoying what you loved to do for so many years.

Imagine being able to enjoy that sport or activity that you gave up because you no longer had enough energy to do so, or were in too much pain.

Imagine being able to play with your grandchildren like you were 30 years old! Seeing them smile up at you as you play with them.

Imagine not thinking about how you're going to get better. Not thinking about who you're going to see next, or what you're going to do next to regain your health.

Imagine not having the cupboard full of expensive \$ pills and potions, full of side effects that were supposed to fix your life.

Imagine wanting to see people because you feel good again. Or not having to put on that fake smile or mask you hide behind so no one knows how bad you feel! How would that make you feel?

I Know at Some Points That's How You
Feel...
My Wife Felt The Exact Same For Years.

Well, we're here to tell you, life doesn't have to be like that anymore! Beverly broke through this and so you can you!

We just don't want it to take you years and years of trial and error! So this is what we came up with....

We've decided to put together a live webinar on what you can do to regain control of your health and your life!

Stop the downward spiralling on your health or stop it before it starts!

My wife and I have helped tens of thousands of people with their health and I want to do that for you as well!

Please Join Me for a Jam-packed FREE Webinar Full of Information & Tips That Will Change Your Life and Health Forever!

It's time to take your life back!

It's time to feel like "YOU" again!

It's time we fix your issue once and for all!

What I need you to do is, click this link and sign up for our free webinar. We will be running them periodically. So pick the date and time that best suits you!

>> <http://healthierliving4you.com/webinar> <<

Once you have completed the sign up please check your email for your confirmation email. (Please double check your email address is correctly added before submitting!)

Lastly, if you have not done so already.... Please pass this Free Report on to a friend or family member that may be in need!

**To Your Health and Wellness,
John Jacobs**