



Energy Jumpstart

30 day guide to get more energy

Fun fact... water is the primary source of energy for life creation...

The body is made of 74% water as a source of energy...

The body is designed to produce and live off energy...

Water is therefore the main fuel the body needs to live...

Think of every cell of your body as an energy producing machine...

If you are alive, you have energy... the question is, how do you produce more and use the energy you already have?

This guide will help you understand how to produce more energy and use the energy...

The body uses energy for physical activities like breathing, blinking, walking, running, etc...

It uses energy to heal itself, heal wounds, cuts, etc.

It uses energy to digest food...

Water is the most essential ingredient for digestion...

These statements can be read as “the body uses water to create energy for many of its functions” ...

If you don't drink enough water, you don't have the raw material needed to produce energy...

If you don't have energy, you can't be physically active, you'll experience slow recovery and have a hard time digesting food...

If the primary source of energy is water, then it makes sense why feeling tired all the time is a sign that your body is dehydrated...

Digestion is said to require the most amount of energy (water)...

When food hits the stomach, the stomach produces stomach acid... the stomach protects itself from its own acid by building a mucus lining... it needs water to build that mucus lining and protect itself...

Stomach acid must then be neutralized before it goes to the intestines... this is where the pancreas shows up and produces an alkaline watery bicarbonate solution that neutralizes stomach acid... the pancreas needs water to create that solution...

Once food gets to the intestines, it needs water to push food through... the intestines extract water out of food... if food going

through the intestines doesn't have enough water, it gets "clogged"... constipated...

Worse, if the body is struggling to source out water to digest food it means that the body has exhausted sourcing out water from cells throughout the body... it's a sign of dehydration.

Remember, water is the main source of energy creation by the cells...

No water = no energy production...

Water and salt are essential for hydroelectric energy production especially for brain function...

Brain fog is the "check engine light" of the body saying it's chronically dehydrated...

Chronic dehydration depletes the body from tryptophan... the amino acid needed for the production of hormones like melatonin (the sleeping hormone), serotonin (the feel good hormone), etc...

If you sleep and wake up feeling tired, that's a sign of dehydration...

How to produce energy

The body uses water to produce energy... more specifically, it's the mitochondria inside the cells of your body that need water to produce energy...

If you boost the health and function of your mitochondria you will produce more energy...

To boost the health and function of mitochondria I started following what I now call the “energy jumpstart” method.

To understand this method let’s look at the battery analogy...

#1 First you need a source of energy... think of this source of energy as the “charge” of the battery...

That “charge” comes from water and vitamin D...

#2 You need minerals to be able to use that energy.

In the battery analogy, think of a copper wire that connects positive to negative as the energy conductor that allows you to use the energy inside the battery...

Just like a battery, every cell of your body has energy and it needs conductive minerals to use the energy produced and stored inside the cell...

#3 Last, is the nutrient Coenzyme Q10 (CoQ10)

This nutrient is the spark that powers on the mitochondria...

It’s the ignition that turns on the power generating machine in the cells of your body...

Energy jumpstart is a 30 day program where you simply give your body the raw materials it needs to produce energy...

For the next 30 days...

- Drink no less than 2 quarts of clean drinking water with ionic magnesium and trace minerals.
 - 1 quart of water with 20 drops of ionic magnesium immediately upon waking up
 - 1 quart with 20 drops of ionic magnesium throughout the day
 - Bonus if you drink one 8 oz glass of water before each meal
- Boost your vitamin D levels with fermented cod liver oil
 - 2 capsules before bed
 - 2 capsules upon waking
- Add coenzyme Q10 to your diet to “jumpstart” your energy production

To learn more about “Energy Jumpstart” click the learn more button below

