

5 Day Energy Challenge

Quick Start Guide

Challenge Overview:

Getting more energy depends primarily on the probiotics that live in your gut.

If your energy levels depend primarily on the health of your probiotics, then the most effective way to get more energy is to create an environment for probiotics to grow strong and healthy in your gut.

Day #1 Notes

Toxic gut

The easiest way to get started is to hydrate. Hydration gives your body the tools it needs to clean up your gut.

Tool #1: Clean water

Ever tried brushing your teeth without water? How about taking a shower without water? Or doing dishes without water?

Point is you need water to clean. More specifically you need clean water to clean.

Tap water, filtered water, bottled water are NOT sources of clean water.

There's more to learn about this topic, but the short version is you need clean water and reverse osmosis is the easiest way to get it.

Day One Notes

Day #2 Notes

Digestion

Tool #2: Minerals

To eat is human, to digest is divine
-Mark Twain

There's nothing worse than losing the ability to digest food. No one likes to end up with gas, bloating or constipation.

Minerals are the raw materials your body needs to digest.

Ionic magnesium & SOLE salt will supply you with most of the minerals your body needs to fully digest the food you eat.

Day Two Notes

Day #3 Notes

Foods that drain your energy

Tool #3: Fermented Cod Liver Oil & Rich Butter Oil

Our food supply is plagued with ingredients people actually think are good. The rise of these ingredients is due to modern day agriculture (big agriculture) and convenience. Remove these foods from your life and work on undoing the damage created by them.

Day Three Notes

Day #4 Notes

Foods that boost your energy

Tool #3: Fermented Cod Liver Oil & Rich Butter Oil

Vegetable oils are bad fats. Your body needs healthy fats. Tool #3 works when you remove bad fats and incorporate good fats into your diet. This is a big one. Doing this the right way will improve your sleep dramatically which will recharge you and boost your energy.

Day Four Notes

Day #5 Notes

Putting it all together

Tool #4: Grass fed beef organs

Grass fed beef organs are nature's true multivitamin. When you eat the right foods you will have no need for supplements. When you give your body the nutrients it needs it will not go hungry and it will have energy that lasts all day.

Day Five Notes