



## AWAKENED WELLNESS LLC

### Drop 7 pounds in 7 days

Jump Start- your first 30 days with Nurse Tanya

The information I am going to share with you comes from JJ Virgin's book, The Virgin Diet. In her years of Functional Medicine practice she tested thousands of people for IgG food intolerance. An IgG response is an immune response that causes an inflammatory reaction. Most doctors refer to it as a 'food insensitivity' not an allergic reaction.

It may become necessary you spend \$300-450 on blood testing to get you back in control of your health. However, avoiding these 7 most common high - food intolerant foods is a great FREE place to start your healing journey.

I know that it will be hard for you to give up these 7 foods. If we test for 207 foods that you could be IgG sensitive to the list will more than likely be 15-40 foods. That may be overwhelming. And, that may be something you want or need to do. Just let me know.

It is true, most people do not technically have an IgG to sugar. I would be lying if I said they did. However, IT IS 100% inflammatory and hindering your immune system response.

Now, the good news is that I have not asked you to count calories, carbs, macros, weight portions, buy expensive pre-made foods.....

I did not tell you you couldn't eat meat, vegetables, fruit, or potatoes. Try to look at the bright side. The side that says, 'Gosh, this will be so much easier because I have less difficult choices and less to prepare.' It is all about mindset and your perception.

Don't make the mistake of thinking that this isn't good for your family as well. They need to get on board and make changes as well. These foods are not making anyone any healthier.

### 7 foods to 100% AVOID

- Gluten
- Soy
- Dairy
- Eggs
- Corn
- Peanut
- Sugar & Artificial sugars

### IgG Immunoglobulin G

- 70% of the immune system
- Production of IgG antibodies
- Release of inflammatory mediators caused by binding of IgG antibodies
- Chronic, delayed inflammatory disease (3hrs- 3 days)
- tested by blood test



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I would like you to stay off sugar entirely for the first 4 months of your Health Restoration and FOR life maintain an 80/20 relationship (80% of the time you say NO, 20% of the time you have wiggle room) However, after 30 days you may 80/20 the rest of the list. However, you have to promise me and yourself that you will honor your body, and be truthful. When you realize how much better you feel off the 7 Hi-FI foods you have to be smart enough to never go back. Do not let your old habits steal your health again. You can lose it so fast and find yourself right back where you started.

In order for you to regain your health you are going to have to change many things. You are going to have to dig in and learn AND unlearn a lot of miss information you have come to see ad facts over your lifetime. Getting off bad fats is another big piece to the puzzle. (see hand out). You need to eat organic and non GMO foods. Your body does not know how to use GMO foods and we become nutrient depleted. Human DNA needs organic compounds to sustain life. The more GMO foods we eat the more supplementation it takes to restore cellular function. This is why grains are such a problem to your bodies. The original grain the Lord made is NOT what we are consuming today. Our bodies can not and do not thrive on processed foods as evidenced by the vastly unhealthy population. We want food to be our first line of medicine as it was intended in the very beginning. We have to vastly reduce the foods we eat with any kind of label on the back.

KEEP IT SIMPLE - if we can not pronounce the ingredients we should probably not eat them, clean with then or put it on our skin. Enough said.

#### Foods to 100% AVOID for 30 days

Gluten

Soy

Dairy

Eggs

Corn

Peanut

#### Avoid 100% 4 months SUGAR

#### Shopping Resources

Yes you could shop on Amazon, but, they have enough money.

Support these guys and your local store first.

Azure Standard - use my friend share code

Tanyacandee2 and we both get \$25 credit

Thrive Market- Tanyacandee