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**Shift your thinking, lose the weight**

# **The Shift Diet**

**Uncover the simple strategies to  
natural weight loss in 30 days**

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## **About this Ebook**

The Shift Diet features natural weight loss methods that you can use to see results that are both immediate and beneficial, without the negative symptoms often associated with pills, medications, and treatments.

The Shift Diet uncovers the simple strategies to natural weight loss in 30 days. Shift your thinking, lose the weight.

## **How did The Shift Diet come about?**

Good question. Years ago, I was invited to teach a natural weight loss class at a church in West Palm Beach, Florida. In order to prepare for the class, I developed a course outline—a collection of notes and theories on natural weight loss and health and wellness, without the use of pharmaceutical drugs, pills, medical treatment, or surgery.

I titled this collection of notes "Foods that Harm, Foods that Heal" - simple methods to permanent weight loss and disease prevention. I made copies of the notes and added them to binders and passed them out to those attending the class.

At the beginning of the class, when I first started, the students appeared eager and enthusiastic. However, a nurse who sat at the back, was dismissive of these "miracle cures" and she was a bit disruptive.

One night, after class, I spoke with her in private. She admitted to me that she was on medication for a sinus issue. I encouraged her to stop taking the medication, to do a three day fast (go without eating, only drinking water), and then to break the fast with a diet that was 75% raw vegetables and fruits, and to eliminate all dairy, sugar, and carbohydrates from her diet.

Upon hearing my suggestions, she quickly got angry and stormed out of the room. For the next three weeks, she was absent from the class. When she returned to the class on the fourth week, everyone, including me, was surprised. I was even more surprised when she asked if she could speak for a few minutes. I said, sure.

She walked up to the front of the class and shared her story. A few weeks earlier, after she had gotten upset at my suggestions and walked out of the

room, she was on her way home when she decided to go through a drive-thru at a fast food restaurant. As she ate her meal, she felt sick. She arrived home, threw up, and promptly went through her fridge and cupboards, getting rid of all the junk food. The next day, she visited a local produce stand and began preparing salads for lunch. A few days later, she went on a three day fast. Following the fast, she continued to eat a 75% raw foods diet. While doing this, she continued to take the medication for her sinuses. Two weeks following her diet changes, she began to feel sick after taking the medication, so she decided to stop taking it. Immediately, her sinus issues completely disappeared. And she said that her sleeping is better as a result. She said that although my suggestions at first sounded radical, she tried them for herself and they worked. She encouraged the class to try them as well.

I thanked her for sharing her testimonial. I was inspired by her story. The class was inspired as well.

Ironically, or inevitably, the class troublemaker had become the cheerleader for these natural health cures. A lot of the students got cured of diseases that they had suffered from for years, including arthritis, obesity, insomnia, anxiety, mood swings, migraines, and irritable bowel syndrome, among other maladies.

At the end of the 12-week class, I decided to put the principles from "Foods that Harm, Foods that Heal" into book form. This is how "The Shift Diet" was born.

Throughout this book, you'll find recommendations that you can put to use to lose weight and restore youth. Put them to use and you're likely to see immediate results.

You can do it.

## About the Author



My name is Kris Kemp. I'm a writer, musician, photographer, traveler, and creative entrepreneur. My writings include a novel, 20 ebooks, 5 screenplays, 2 musicals, hundreds of blog posts, and hundreds of email sequences. Although I have a variety of interests, they share the common theme of freedom—time freedom, financial freedom, health freedom, travel/location freedom.

Check out my novel at: [www.TheRailsNYC.com](http://www.TheRailsNYC.com)

## What people have said about me

“You were the internet before there was internet.”  
Meghan (Realtor, Palm Beach, FL)

“Kris is a genius”  
Tony (Ad Exec, Chicago)

“The most creative person I've ever met.”  
Ben (Restaurant Mgmt, Actor, New York City)

“You're the exception to every rule.”  
Ryan (Commercial Fisherman, West Palm Beach, FL)

“A comedian and playwright, an inspirational leader”  
J.T. (Actor, Writer, New York City)

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[www.TheShiftDiet.com](http://www.TheShiftDiet.com)  
Shift your thinking, lose the weight

[www.30DaysToSuperPowers.com](http://www.30DaysToSuperPowers.com)  
Get a flat stomach and look 10-to-20 years younger in 10 days or less

## **Introduction**

Are you sick and tired of being sick and tired?

Have you tried to lose weight, been unsuccessful, and given up?

Are you confused about who to trust, as everyone who promises easy weight loss wants to sell you something?

I'm gonna let you in on something.

## **You're not alone.**

Millions of others have tried and failed, and spent thousands looking for that miracle pill or diet-plan-of-the-month.

If you've ever tried to lose weight and failed, it's not your fault. It's the tools you're using. If you don't have the proper tools, then you're not gonna get the job done properly.

Let me tell you a true story.

Years ago, I worked for a stocky, bull-of-a-man named Charley.

We did kitchen renovations in a 55-and-over community condominium.

He had some worn tools, that, according to him, were up to 20 years old.

"Why don't you replace them, get new tools?" I asked.

"Son," he said, looking me straight in the eye. "The newer tools are made of cheaper ingredients, inferior metals and alloys, hollow parts. The tools I have they don't make anymore." He paused. "You're only as good as your tools."

## **You're only as good as your tools**

That line, you're only as good as your tools, stuck with me. And this is true of losing weight as well. You need the proper tools to lose weight.

In the case of losing weight, and restoring health, the tools are the steps you take, the plan you follow, to get to your goal--weight loss.

If you're driving a manual transmission car, and you have to get somewhere, you must shift gears in order to reach that destination. Similarly, in order for you to reach your weight loss goal, you must shift your gears in thinking. This is absolutely essential.

If you want to lose weight, you must take certain steps. Like anything else in life, if you want to accomplish something, you must follow a plan of action. Consider this book your plan of action.

## **Do you really want to lose weight?**

Think about it.

Ask yourself that question: Do I really want to lose weight?

If you really want to lose weight, and you believe you can lose weight, then you can lose weight.

But, in order to lose weight, you must believe you can lose weight.

Also, you must adopt the attitude of someone who is comfortable receiving attention from others--both the opposite sex and the same sex. Some people have a difficult time accepting attention for how they look.

Often this behavior is deeply rooted in their subconscious (below consciousness) mind, and the results are manifest in the conscious mind (what we are aware of), including, but not limited to, storing additional body fat in order to minimize attention.

One must accept the fact that he or she is worth receiving attention from others, before one can give their body permission to be in a physical state that will receive attention from others.

## **Losing weight requires a shift in thinking.**

This is where The Shift Diet comes in.

In order for you to get what you want, you must first have a mental picture of what you want.

Let that picture of what you want develop in the darkroom of your mind.

See it.

Get a clear picture of what you want to accomplish, how much weight you want to lose, and what you will look like.

Got it?

Good. Now, write it down. Describe it. Be detailed. Sketch a picture. Make copies of this and put it where you will see it often.

People who are successful have clearly defined goals and work toward accomplishing those goals. They put those goals where they can see them, on notes attached to their computer, taped to their computer, the car dashboard, and folded up in their wallet or purse. Do the same.

## **A personal note**

Before we go on, I want to let you know how excited I am that you're reading this book. To be honest, I really enjoy helping people.

At times this has gotten me in trouble, especially when a person doesn't want to be helped and enjoys suffering the consequences of their poor choices. But you wouldn't be one of those people, would you?

I'm excited that you're reading this book, because you're letting me help you lose weight and restore your health.

Together, we can do this.

A portion of the book will be devoted to the foods you should avoid, and why you should avoid them. About each of these harmful foods, an entire book could be written, and I'll be giving you websites for you to visit if you're interested in knowing more.

By the end of this book, you'll have learned to tell the difference between foods that harm and foods that heal, and how they affect the body. You'll learn about the body's wonderful and God-given ability to heal itself, and how that ability is significantly linked to our diet.

My hope is that you'll take this book, read it, and apply it to your life.

To keep these principles fresh in your mind, re-read this book, or skim through it, every so often. It's a big world out there, and this small book has some major competition from the mammoth pharmaceutical companies that want to profit (either intentionally or accidentally) from your sickness. However, be of good cheer. You hold in your hands a key to unlock your maximum health.

Yours in health,

Kris Kemp  
Palm Beach, Florida

## **The Shift Diet**

### **Why are we sick, overweight, diseased?**

Because we're eating unhealthy foods, drinking unhealthy beverages, and not getting enough exercise.

If the diet you continue to eat is keeping you fat, then you must get rid of that diet.

### **Let's break this down.**

Unhealthy foods, for the most part, are anything that is cooked. And no, don't eat raw meat. But, when you cook it, don't eat so much of it. Eat small portions of cooked foods. Eat large portions of raw foods.

### **What's healthy to eat?**

Raw fruits and vegetables, whole grain breads such as Ezekiel 4:7 Bread that you can buy at natural health food stores, and raw, unsalted seeds and nuts. Healthy oils include olive oil, and coconut oil.

Most of these foods can be purchased from natural health food stores or even online, at websites like [amazon.com](https://www.amazon.com) and [naturalnews.com](https://www.naturalnews.com) and other natural health websites.

Unhealthy beverages consist of anything artificially sweetened, bottled, canned, including sodas, milk, juices, most kinds of alcohol. Healthy beverages consist of distilled water, spring water, and small amounts of red wine.

### **Exercise**

Everyone, and this includes you, needs to get an hour of aerobic exercise every day. Aerobic exercise includes walking, swimming, hiking.

Aerobic exercise involves deep breathing and strengthens the body internally.

Have a gym membership? Go for the aerobics dance classes. After a few weeks, you'll have dance skills, and you'll be in better shape. Besides, do you really want to look muscular? If so, awesome. You know what to do.

If you want to demonstrate value, then dance. Dance around in your room. Take lessons. Watch free, instructional videos online.

The great thing about dancing is ...

that you can do it with or without another person

you don't need a weight set or a gym membership (boring)

you can dance anywhere

you don't even need music (just listen to the music that's in your head)

it's fun

So, dance.

### **Dance**

Despite the fact that he was originally a computer animation student, Jon Heder is remembered for his dance moves in the underground hit movie Napoleon Dynamite.

Visit [www.youtube.com](http://www.youtube.com) and search for "Napoleon Dynamite dance".

Learn some dance movie. Go to [www.YouTube.com](http://www.YouTube.com) and search for "dance moves" and "dance lessons".

Take an aerobics dance class.

You can dance anywhere, in the living room, in your yard, at the beach ...

So, dance. It's fun, you can do it anywhere, and you don't even need music. Just dance to the music in your head. If you can't hear it, you're just not listening. ;-)

## **Is it true that diet affects health?**

Yes. More than most of us are willing to admit.

Diet affects your health more than exercise does.

If a diet can cure obesity, cancer, arthritis, and other diseases, then why are we sick?

Because we're not making the proper changes in our diet, or we're not making enough of them.

If, by simply changing what we eat, we can overcome sickness and a host of life threatening maladies, then why are we still getting sick?

Because we're still eating garbage.

If, by changing our diet, we can avoid cancer, wouldn't hospitals, health magazines, doctors, and the media be telling us this?

No.

Their reasons for telling us this is not that they want to keep us sick, although they make a lot of money from us being sick. It's just that they don't know either.

## **The solution to better health is simple.**

Read The Manufacturer's guide. Wait a second? Who's the manufacturer?

God is the manufacturer. He made us. He wants the best for our lives.

If you want to be healthy in all areas of your life--physical, spiritual, mental, emotional, then read The Bible and apply it.

But, you may say, my doctor says ... But my therapist says ...

What does God say?

God made you. Don't worry about what others say. Worry about what God says.

Read The Bible. Apply it. Learn Bible verses.

## **Billions spent on health care, yet America ranks 23rd**

For years, people have been dying of the diseases that we are told are incurable. For years, the medical establishment searches for a cure. America spends the most money of any other country on health care, yet we rank 23rd in terms of health.

According to another study, we rank 100th in place. Both of these statistics are pitiful for a nation that spends billions of dollars on health care.

## **Why our search for solutions to health problems has failed**

In our search for solutions to health problems, we've shunned the simple and embraced the complicated.

The simple solution is found in Genesis 1:29.

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

- Genesis 1:29

Yet this, and other verses dealing with health, in all areas of our life, have been overlooked. Instead, we bow to the gods of medicine, technology, chemistry, and science, sacrificing simplicity at the altar of progress.

In building this modern day medical tower of babel, in trying to find a cure while rejecting The One Who cures, we've headed further into the forest of confusing information that promises so much, yet delivers so little.

What does God say?

God made you.

What does God say?

What does diet have to do with God?

Everything.

God made you, so he knows what is good for you, in all aspects of your life, that is, physically, emotionally, mentally, spiritually.

Because diet is not only limited to the physical arena, our health is not merely determined by our eating habits.

Read The Bible. Apply it to your life.

If you haven't given your life to The Lord Jesus Christ, please read Romans 3:23, Romans 6:23, Romans 10:9-10.

Read the entire book of Romans.

Then, read John.

Repent of your sins and ask Jesus Christ to be Lord and Savior of your life.

Live your life for The Lord Jesus Christ.

Use your talents and gifts to serve Him.

Proclaim The Gospel of Salvation to everyone you meet.

## **The real meaning of diet**

Referring to the popular use of the word, a diet is a temporary way of eating to lose weight.

As is often is the case, the popular use of the word is not the correct use of the word.

It's time for you to learn the real definition of diet.

Diet is what you eat.

Period.

You eat McDonald's drive-thru (Does anyone ever sit down in a McDonald's anymore?) and you're on the McDonald's diet.

You eat Taco Belle most of the week and, guess what?

You're on the Taco Belle diet.

Get this into your head.

Whatever you have been eating for the last few days has been your diet for the last few days.

Whatever you eat, eventually eats you. So, be careful about what you put into your mouth.

## **Think you know about weight loss?**

### **Diet extends beyond food**

What's your relationship diet like--your relationship to God, friends, family?

What's your diet with television like?

Are you overweight with cable TV?

Are you addicted to sitcoms?

What's your emotional diet like?

Are you emotionally healthy, balanced, or do you feel emotionally emaciated?

What's your spiritual diet like?

Have you been spending time with God, reading The Bible, praying, fasting, speaking to others about the wondrous love and the righteous judgement of God?

### **Different rooms in our life**

There are different rooms in our life.

Each is connected by doors and hallways.

What are the different rooms?

### **Spiritual. Physical. Emotional. Mental.**

Each one affects the other. Most people, even if they are not aware of it, only show certain rooms to others. Some rooms are rarely if ever visited. The body, however, demands that all the rooms are kept clean. Each room affects the other room.

This is where The Shift Diet comes in, as it connects all 4 rooms together so that the body can be healthy.

The information you are reading now will only do you good if you stick to it.

Give it two to four months.

You will lose weight.

For the first week, you will be sick. This is normal. During this time, your body is getting rid of the toxic garbage that's been rotting inside of you.

Stick with me and continue on this path.

Consider this the darkness before the dawn.

But oh, what a glorious sunrise ...

## **Before you start**

To begin with, get off any and all medication.

Why?

Medications don't cure diseases, they only control them, but creating side effects.

A side effect is a change in form or location of the disease.

So, when you take medication, you are trading one side effect for another.

That's why all those stupid commercials for "restless legs syndrome" or whatever other bogus disease pharmaceutical companies can come up with state those disclaimers, often lower in volume and spoken rapid fire ... "Side effects may include nausea, dizziness, insomnia, dry mouth and frequent urination. Please do not take if you're on blood thinners. Check with your doctor to see if (fill in the blank) is safe to take with any prescriptions you are currently taking."

Often, doctors are flooded with requests for pharmaceutical drugs that their clients have seen on TV. Doctors, obviously, have bills to pay, so this puts them in the precarious position of trying to satisfy their patients requests while at the same time sorting through the niagara of products that are introduced every three to six months.

Today's doctors treat disease with a system called allopathy, which means disease treatment. They treat the disease, the symptom, yet rarely eradicate the root cause of that disease.

There are a number of books which touch on this subject. Check them out in the referred reading list below. You can even order them from where you are right now, by clicking on the book image. A new page will open, where you can purchase the book new or used.

I highly recommend that you buy a few of these, or check them out at your local library. You can buy them used, for only a few dollars each. Read them and save yourself thousands in medical bills.

Think about it.

Often we don't change our eating habits because we think "everything kills you ... I'm gonna die anyway, so I might as well enjoy what I eat".

That's why it's important to read these books. Once you learn what you're really eating, you'll be inspired to eat healthier foods.

## **The real cure**

**"Let diet be your medicine and let medicine be your diet."  
- Hippocrates, the father of medicine**

Most people are sick because of toxemia. Over the years, toxic foods have accumulated in their body to the point that they are being poisoned by them.

The way to cure yourself of toxemia is a simple water fast for 3 to 7 days.

Or, use the water cure. Here it is:

## **What is the Water Cure?**

[www.WaterCure.com](http://www.WaterCure.com)

[www.WaterCure.org](http://www.WaterCure.org)

1) Drink 1/2 your body weight of water in ounces, daily. Example: 180 lb = 90 oz. of water daily. Divide that into 8 or 10 oz. glasses and that's how many glasses you will need to drink, daily.

2) Use 1/4 tsp. of unprocessed sea salt for every quart of water you drink. Use sea salt liberally with food. As long as you drink the water, you can use the salt. Use only 50 to 80 mineral, no additive, unprocessed sea salt. Avoid table salt. It only has three minerals in it.

3) While the best sea salts contain all minerals, you should eat a banana or two a day for potassium and take some magnesium, calcium and zinc to maximize your immune system.

4) Avoid caffeinated or alcoholic drinks. These are diuretics and will dehydrate you. Every 6 oz. of caffeine or alcohol requires an additional 10 to 12 oz. of water to re-hydrate you.

5) Monitor your pH checking both urine and saliva with test strips. The best pH is 7.36. The lower the reading, the more acid your body is and the more

difficult it is for it to repair itself because it is then in a degenerative state. You will find that in most cases, the people with cancer and other terrible health problems are very acid. Water & sea salt are the best for neutralizing acid, but there are foods you need to select for proper pH.

6) Educate yourself about pH and how pH levels affect the health of the body.

7) Exercise must also be done regularly as nothing works without proper exercise. Walking is best.

For the Water Cure recipe, and a lot of testimonials, visit [www.watercure.com](http://www.watercure.com).

Visit your local library to find books about the benefits of drinking water. Get educated. Tell others about the water cure. Help them get healthy. The water cure will save them thousands of dollars that they're wasting on medications and unnecessary surgery. It's ironic that this simple, yet effective cure, crucial to to health, is so often overlooked.

### **One 3-hour nutrition class**

When doctors go to medical school for 8-12 years, they are only required to take one, 3-hour nutrition class. Medical students are taught out of textbooks that are sponsored by pharmaceutical manufacturers, the same ones that make Bayer Aspirin and Tylenol. If that's not a conflict of interest, what is? Detail men are representatives that work for pharmaceutical companies. They offer doctors free pills and medicine to try on patients. Doctors who end up putting in orders for these products are offered perks such as vacation packages and other freebies. This is not a conspiracy. It's economics. In this case, truth is the backseat driver to commerce.

And can you blame doctors? Everyone's watching those ads for new medications that end with "ask your doctor if (fill in the blank) is right for you". Then, they're going to the their doctor and asking them for it. Doctors are so swamped they can't keep up. So, it's easier for them to accept the pitch for a new medication.

## **About this diet**

This diet is 75% raw fruits and vegetables. Why should you eat raw foods? To begin with, your body is living, so it requires living foods to function at optimum performance.

### **Check out the health benefits of a raw food diet:**

**Raw foods are alkaline.**

**Cancer cannot live in an alkaline environment.**

**Living foods = living cells. Dead foods = dead cells.**

Health begins at the cellular level.

## **Raw Food Weight Loss**

**Living foods = living cells.**

Repeat that to yourself 20 times.

As you are saying it, tap yourself on the right part of your forehead.

This is called anchoring. When you physically touch a part of your body, or someone else's body, while saying or thinking something, you are "creating an anchor point", by anchoring that thought with a physical cue on a specific part of the body.

Now, the right part of your forehead is an anchor point, a cue, or a trigger, to help you remember what you said.

Every time you are tempted to visit a greasy drive thru fast food restaurant, tap yourself on the right part of your forehead.

**If you're a waiter or a waitress, I have an experiment for you.**

Identify the person who you think is going to pay for the bill.

Usually this will be the leader of the group--the one who's dominating the conversation.

When you ask them if everything is okay, and they respond with a positive comment, touch that person, the alpha leader, on the shoulder.

The next time you visit them, make a funny comment, something that is either self-depreciating of yourself, or complimentary of the alpha leader. When everyone laughs (make sure your comment is funny) touch the alpha leader on the shoulder.

This is an anchor point. In other words, when you put your hand on their shoulder, you anchored the happy feelings of their positive comment regarding the food and their positive reaction--laughter.

Finally, when you leave the check at the table, give one more light touch on the same position of the shoulder. See what happens.

## **Shift your Thinking**

A big part of The Shift Diet is shifting your thinking. You must shift your thinking and understand that people, including you, get sick because of their diet--what they eat and drink. If you are getting sick, you are eating unhealthy foods, and you are not drinking enough water.

### **You must drink water, and only water.**

Get off the Starbucks addiction. It's not only bad for you ... sugar and caffeine, but it's a big waste of money.

Just drink water. Spring water or distilled water is best.

### **The dead foods section**

When you leave the produce section of the supermarket, you are entering the dead foods sections.

Think of the **produce section** (fruits and vegetables) as helping you **produce good results**, healthy benefits.

You are a living body. Your body craves living foods. Remind yourself of that every time you're tempted to grab that bag of chips, cookies, or 2-litre bottle of soda.

I am a living body. I crave living foods. Say that to yourself ten times. When you say this, tap yourself on your right shoulder. Create an anchor point. Use this when you are tempted.

## **Nutritional Pornography™**

When you eat junk food, you will still be hungry afterwards because you have not satisfied your body by giving it what it needs.

Junk food is nutritional pornography™. And like pornography, junk food is highly addictive, does not satisfy, and leaves you hungry for more.

Did you know that food manufacturers make food that way--so you will crave it, so you will keep coming back for more, even if you experience side effects? The bottom line for them is profits, not your health.

One of these ingredients is Monosodium Glutamate, also known as MSG, a food additive that is highly addictive and very harmful.

Once you know all the crap that's been put into your foods, it's no wonder you find yourself addicted. Who wouldn't be?

Again, you are not alone. There are millions of people addicted to harmful foods, or rather the chemicals in those foods, that keep triggering them to want to eat more and more and more, even though it is killing them from the inside out.

**This is why you will find yourself craving foods and eating them, even though you feel sick afterwards. Is this you? Again, you are not alone.**

### **Personally, I had an experience like this with Doritos.**

For a week I bought a large bag of Doritos every night. After eating the entire bag, my throat itched, my nose and head felt stuffed up, and I felt nervous and unable to sleep. I was up for hours. I felt like I was going crazy.

Despite the fact that I experienced a negative reaction, I craved the same kind of Doritos--ranch style--the same time the following night. It was crazy.

Thankfully, I managed to let that habit go.  
How?

Fasting. Drinking lots of water, and not watching so many TV commercials.

Fasting is key if you want to break the chains of junk food addiction.

If you want to break the chains of any addictions in your life, you must fast (go without eating for a specific time).

Drink water during your fast. While you are fasting, read The Bible, pray for specific results, and continue to praise God.

You will see results.

As long as you're eating processed foods your body will never get the nutrients it needs to be operating properly. Dump the junk. Throw away the nutritional porn™.

Treat yourself to natural, living foods that are good for you (raw vegetables, raw fruits, fresh herbs, nuts, seeds, whole grains, good oils, fresh, pure water). Drink lots of water.

## **From a box to the body**

If a product can last five years on the shelf in a can, bag, or box, how long will it last in your body? Is it even digestible? Think how long it's been sitting on the shelf?

Do you know what's put into vegetable oils in order to give them a longer shelf life? Deodorizers for one thing.

For an indepth look at why you should avoid vegetable oil, click [here](#). For reasons to avoid canola (rapeseed) oil, go online and search for "dangers of vegetable oil". The only oils you should be using are extra virgin, cold pressed olive oil, and organic coconut oil.

Small amounts of whole butter or okay, but whatever you do, avoid fake butters, like margarine or butter substitutes.

## **Bags and boxes and cans**

We've become a society that eats out of bags and boxes, and drinks out of aluminum cans.

We've sacrificed nutrition at the altar of convenience. Later, we pay for this when the body can no longer carry the weight of this dead food. But you don't have to wait for later. You can start taking control of your health right now.

## **Gateway foods**

Have you heard of gateway drugs? A gateway drug is a drug that leads the user to more dangerous drugs. An example of this would be a pot smoker trying pills, then moving to cocaine, then eventually trying heroin. The pot is the gateway drug that led to heroin.

What about gateway foods?

Sure, you've always enjoyed M&M's, but if you continue to eat them by the bag every night, you'll eventually crave another fix. Maybe I'm taking this a bit to far, but you get my point.

## **Why are you fat? Is it lack of exercise?**

Ever been to a zoo?

Think back.

Were the animals fat? Why not?

What do they know that we don't know?

A lion that once had miles to roam is now confined to an open air space that's about a 1/4 acre, or worse yet, a cage. Why isn't the lion fat? Surely, he cannot exercise as much.

A small bird has miles of open space to fly, yet now is confined to a small area, perhaps a room with a window. Why isn't the bird fat?

These animals are not fat because they are eating what they are supposed to eat. For the lion, that would mean fresh meat. For the birds, that would mean little bugs or seeds. These creatures are designed to eat a specific diet--the diet that God wants them to eat. This is the diet that keeps them healthy.

Conversely, we need to ask ourselves, what is our specific diet? What should we eat?

The last time you were at the gas station, did you pour soda into your gas tank? No. Why not? (You drink it, right? Hopefully not.) Soda is not fuel. You add gas because gas is recommended by the manufacturer of the car.

So what should we eat?

Ask the manufacturer--God. Read The Bible. The guidelines of The Bible will lead us to health.

The Shift Diet will work for you, if you apply it. Try it for two months. You will see results. Eventually, you will lose the cravings for sugary foods, eliminate the headaches and insomnia that's been plaguing you for years, lose weight and normalize metabolism.

## **The Shift Diet Plan**

**Do this for 30 days and your weight will change.**

Before you do this, do not consult with your doctor. Most are stupid when it comes to nutrition, and die from the same diseases they supposedly cure, I mean treat--treat with expensive medications and unnecessary surgery that usually kills the victim, I mean patient. It's not that I hate doctors, it just breaks my heart to see people dying from diseases that are curable.

### **Day 1 - 3**

Fast. Do not eat anything.

During this fast, only drink distilled water. (Tap water and most bottled water contains calcium carbonate (inorganic compounds that clog arteries). Calcium carbonate is the substance that helps to form stalactites in caves.)

Incorporate the water cure into your diet.

Distilled water is recommended for irons because the calcium carbonate in tap water will rust the iron from the inside out.

Isn't your body more important than an iron?

Distilled water is also recommended for contact lenses, as calcium carbonate will stain the contact lenses. Avoid tap water as it contains fluoride and chlorine, two known poisons.

### **Day 4 - 11**

Drink distilled water. And drink only freshly extracted vegetable and fruit juice. Buy a juicer. You can probably find one at a thrift store nearby for a few bucks. If you want to purchase on online, [click here](#).

### **Day 12 - 30**

#### **Day 1, 3, 5**

7am - 8am: Drink 2 large glasses of distilled water or spring water. Add 1/4 teaspoon of unprocessed sea salt to one large glass of water. Stir. Drink For the second glass of water, squeeze half a lemon.

9am: Eat a few slices of fresh melon - watermelon, canteloupe, honeydew. Watermelon is recommended. Eat slowly and enjoy each piece of fruit you are eating, understanding that the life giving properties will restore your body to health. Do not combine fruits. Recommended fruits for breakfast include melons (honeydew, cantaloupe, watermelon) or citrus (orange, grapefruit, tangerine, lime, lemon). Feel free to combine leaf lettuce with fruit as this helps deal with the excessive sugar intake.

10:30am - 11am: Drink a large glass of water. Add a tablespoon of organic apple cider vinegar. Stir. Drink.

12 noon: Eat a banana.

12:30: Salad with these ingredients. Ingredients: romaine lettuce, spinach leaves, kale, carrot, cucumber, broccoli, tomato, scallions, mushrooms, squash, zucchini, eggplant, sunflower seeds, pecans, almonds, garlic, onion, green peppers, ginger, fresh herbs such as parsley, cilantro, basil, thyme, oregano, peppermint, spearmint, orange mint, mung beans. Feel free to add any other vegetables, herbs, nuts, seeds, you can think of. Optional ingredients - small amounts of boiled egg.

Make this at the beginning of the week, or the night before, and place in a Tupperware or Rubber-Maid container for freshness. Soak a paper towel in water and place over the salad mixture to keep crunchy. Before you leave to work, portion out daily rations into a smaller container. Bring a small container of homemade salad dressing. During your lunch break, add the dressing.

Homemade salad dressing recipe: 1/12 cup olive oil, organic apple cider vinegar, fresh squeezed citrus (lime, lemon, orange), 1/8 cup spring water. If you become thirsty, drink water (distilled or spring water) a half-hour before, or a half-hour after eating. Never drink with a meal, as this interrupts the digestive juices in the stomach.

3pm: Drink 2 large glasses of water. Add a tablespoon of organic apple cider vinegar to the first glass.

5pm - 7pm: Organic brown rice or organic short-grain brown rice. Fresh salad. Fresh baked fish, salmon and tilapia are healthy choices. Or a lightly steamed sweet potato (yam).

8pm - 11pm: Don't eat anything. If you get hungry, drink a glass of water. Before you go to bed, put a large glass of water nearby. If you're hungry throughout the night, drink water.

### **Day 2, 4, 6, 7**

7am - 8am: Drink 2 large glasses of water. For the first glass, use the water cure recipe. For the second glass, add a tablespoon of apple cider vinegar.

8:30am: Freshly extracted vegetable juice. It's delicious, nutritious, and good for you. For a number of excellent juice recipes, search online. The basic juice recipe is this: a base, a sweetener, an herb. For example, carrot juice would be 4 - 6 large carrots (base), an apple (sweetener), a small piece of ginger (herb) or garlic (herb). Add a small amount of parsley (herb). This is a fantastic drink. It's delicious, sweet, and nutritious.

The number one cure for depression is reading The Bible. The number two cure for depression is juicing. You'll rejuvenate your cells and it will make you happy!

10am: Drink 2 large glasses of water. Add fresh squeezed citrus (lemon, lime, orange) to a glass.

11am: Eat a banana.

12 noon: Ultimate sandwich: Use Ezekiel 4:7 Bread, Jogger's Bread, or an equivalent whole grain bread. On either side of the bread, spread hummus.

(For quick hummus recipes, click here.) Add sprouts (alfalfa, broccoli, onion). I think alfalfa sprouts taste best. Cut thin slices of tomato and cucumber. Cut thin slices of avocado. Add a small amount of cilantro herb. If you want, add carrot shavings, and thinly sliced olives. Be careful with the knife. Please be careful. Add any other vegetable you want. This is one delicious sandwich. Also, you can add tuna (without mayonnaise) or small amounts of turkey.

3pm: Eat a fruit, banana, apple, plum, mango. Any fruit will do.

4pm: Drink a large glass of water.

5pm - 6pm: Large green salad, using any vegetable, seeds nuts you like.  
Brown, unprocessed rice. Small amount of fish or turkey.

7pm - 11pm: Water.

### **Overview**

Basically, The Shift Diet requires that you eat 75% raw fruits and vegetables, and drink lots of water. For most people, this will be a complete overhaul of their current eating habits. That's expected.

### **Raw Foods Weight Loss over 100 pounds**

### **Making this diet a habit requires discipline.**

Think you don't have it?

Yes you do!

Repeat this verse from The Bible.

I can do all things through Christ which strengtheneth me.  
Philippians 4:13

Here's my challenge to you, and I hope it becomes your challenge to yourself.

### **Follow The Shift Diet plan for thirty days.**

If you stray, don't beat yourself up, just come back to it.

## **Shift your thinking**

The Shift Diet requires that you have a shift in your current thinking regarding foods and beverages.

You must first shift your vision, and change your thinking, in order to have the discipline to eat extremely healthy.

Get happy when you're in the produce section of the supermarket. This is where the living foods are, and they are happy to see you.

Get happy when you are drinking water. It is good for you. And it is happy that you are healing your body.

Whatever you do, do something. Take as much as you can from The Shift Diet and incorporate it into your life.

## **Think about this**

If you eat healthy for 30 days, this will become a habit.

If you continue a habit for 90 days, this will become a pattern.

If you continue a pattern for a year, this will become a lifestyle.

If you continue a lifestyle for years, it will become a destiny.

## **Habits become ...**

patterns become ...

lifestyles become ...

destinies.

## **Make it your habit to be healthy by eating healthy**

Everything starts with a choice. Continue making the right choice, and eventually this will become your destiny.

## **Beverages in The Shift Diet**

### **Importance of water consumption**

Drink plenty of water every day, at least 8 - 12 glasses. This, my friend, is the secret to losing weight, eliminating headaches, insomnia, and a number of other so-called incurable diseases. I recommend distilled water and spring water.

Add this to your water ...

[www.WaterCure.org](http://www.WaterCure.org)

[www.WaterCure.com](http://www.WaterCure.com)

Add a tablespoon of organic apple cider vinegar to a glass of water at least once a day.

Add half of a fresh squeezed citrus fruit (lemon, lime, orange) into water once or twice a day.

### **Drop all drinks except for water. Water is best for your health when consumed at room temperature.**

Water is H<sub>2</sub>O, 2 parts hydrogen to one 1 oxygen. Cells require oxygen to function. Consuming water, in large amounts, helps nourish your cells with the oxygen it needs. Life begins at the cellular level. If you have healthy cells, you have a healthy body. Keep your cells healthy by keeping them oxygen-rich.

Did you know that cancer cells are always found in areas of the body that are oxygen-starved? Keep your body oxygen rich, and you will not get cancer. How? By eating plenty of raw fruits and vegetables, drinking plenty of pure water, and breathing fresh, clean air.

### **Milk and dairy**

If you like milk, drink goats milk or rice milk. Avoid soy milk as it contains heavy amounts of aluminum and is a trypsin inhibitors (inhibits the absorption of the B vitamins. Avoid cheese and all dairy products. The only dairy product you can have, in small amounts, is eggs. Buy the organic, free range eggs, produced from vegetarian fed hens in a cage free environment.

### **Don't worry about what others think**

Don't worry about being thought of as extreme. The Standard American Diet (SAD) is extreme ... extremely sad, and leaving many people in chains to the pharmaceutical industry while they continue to eat the garbage that's making them sick.

You know what?

### **The Shift Diet is extreme. Extremely good, healthy and positive.**

Eating healthy in this country is so different from the norm but it needs to be the norm, if this country wants to be healthy. Once you start to see the benefits of healthy eating, others will see it, too, and follow in your direction.

## **How to lose weight and keep it off permanently**

The way to lose weight is to do the complete opposite of what you did to gain it.

In other words, whatever foods and beverages that you are eating that got you to where you are ... avoid them.

Replace that with living foods, 75% raw fruits and vegetables, herbs, seeds, nuts, and lots of pure water, either spring water or distilled water. You must avoid all artificial sweeteners, including Sweet n Low, Nutrasweet, Splenda. This stuff is junk and completely unhealthy.

### **Do you think aspartame is safe to eat? Watch this video.**

To learn about the dangers of aspartame, go to [DuckDuckGo.com](http://DuckDuckGo.com) and search for "dangers of aspartame and nutrasweet".

Why [DuckDuckGo.com](http://DuckDuckGo.com) ? Because they do not censor the search results like Google does.

Avoid all artificial sweeteners. You must get off this crappy habit if you want to lose weight and be healthy. When you consume this garbage, you are poisoning yourself. It's that simple. Please quit eating this junk.

### **If you crave sweets, eat fresh fruit.**

Instead of white sugar or those poisonous sugar substitutes like aspartame, nutrasweet, and splenda, use raw, unfiltered honey, agave nectar, or blackstrap molasses (contains lots of potassium and iron).

### **Get moving**

You've probably been pretty inactive to get where you are, so get active. Get moving. Do something. Clean the house and dance around to fun, positive, uplifting music while you are doing. Or, listen to audio of The Bible, or streaming radio. Combine two activities. Your brain probably works best anyway when you're doing two things at once.

## How to eliminate cravings for junk foods and sweets

### 1) Drink lots of water.

Divide your weight in half. Take that number, and drink that number in ounces of water every day. You'll eat less. And your cravings will disappear. For 2 - 3 glasses of water, add a 1/4 teaspoon of sea salt, stir, and drink. Visit [www.watercure.com](http://www.watercure.com) for some amazing testimonials.

### 2) Substitute with healthy snacks.

When you shop at your local produce stand or grocery store, select a variety of fruits and veggies for snacks. Instead of buying a 5 pound bag of apples, purchase one apple, one banana, a plum, etc. Get some of those baby carrots, too. They're about a buck fifty and will last the week.

### 3) Eat a lot of small quantity meals.

Rather than eating a huge lunch, and then falling asleep at your desk and having to revive yourself with coffee to make it through the day, reduce your meals to a smaller size. Prepare 6 - 10 small meals a day, with a variety of delicious and healthy foods. Even though you're eating more, you will lose weight. Try it.

### 4) Eliminate all forms of sugar.

If you crave something sweet, eat fruit or vegetables. Instead of sugar, use raw, unfiltered, unprocessed honey, blackstrap molasses, agave nectar, or stevia.

## 5 Steps to better health

### 1) Exercise more.

Find an exercise that you like to do. Then do it. Consistently. For at least an hour every day. Don't make excuses. Make changes for the better. Quit complaining and get moving. This also will cure depression.

Clean. Plant a garden. Wash your car. Learn how to swing dance. Learn how to breakdance. Do aerobics to positive, uplifting music. Find something to be thankful for, and praise God while you are exercising.

Do not exercise to lose weight. Exercise because you enjoy the activity. Walking and swimming are the best exercises that you can do.

Get someone to exercise with--someone to be your accountability partner. Exercise for an hour a day, even if you do not feel like it. At first, this will be difficult. But the payoff, after only a month, will be tremendous ... more energy, more positive feelings, clearer thoughts, a slimmer you. Not only does exercise relieve stress, tension, anxiety, it also helps you to keep clear-headed and focused.

### 2) Change your diet (what you eat)

Americans are killing themselves with the Standard American Diet (SAD).

Think about the last time you were in the grocery store.

How much time did you spend in the produce section?

How much time did you spend in the rest of the store?

Pay attention to this now.

When you leave the produce section, you're entering the dead foods section.

You are a living body.

Your body craves living foods.

What are living foods? Foods that are alive, foods that grow from the ground. We came from the "dust of the earth". We came from the ground. For optimal health, our diet needs to be food from the ground.

Take a look around. Some people resemble balloons. In a way, overeating is criminal, considering the number of people starving to death for lack of food and water. All that money we're spending to overeat could be used to feed entire families, entire tribes, entire populations overseas. There's no excuse.

## **Nutritional Pornography™**

When you eat junk food, you will still be hungry afterwards, because you have not satisfied your body by giving it what it needs. Junk food is nutritional pornography™. And like pornography, junk food is highly addictive. Similarly, junk food does not satisfy. At the end of that bag of Doritos, you may be full, but you're still hungry. And that junk gives you an itchy throat, too.

As long as you're eating processed foods--foods that last for years on the shelf and arrive in a box or bag, your body will lack the nutrients it needs to run efficiently. So, dump the junk. Throw away the nutritional porn™. Treat yourself to natural, living foods that are good for you ... raw vegetables, raw fruits, fresh herbs, nuts, seeds, whole grains, plenty of pure water.

### **3) Find a reason to live**

Make goals. Discover a passion worth pursuing, then go for it. Involve others so they will help you, and remind you to, reach your goal.

Be part of something bigger than yourself. Do something for The Lord Jesus Christ. Work for the next world and make sure it's Heaven.

As Christians, our lives are not our own, for "Ye are bought with a price; be not ye the servants of men". (1 Corinthians 7:23)

### **4) Read The Bible**

Read The Bible every day, for at least 15 minutes. It will change your way of thinking. It will change your life.

I believe that God loves us, yet sin separates us from God (Romans 3:23), and that the wages of sin are death (Romans 6:23).

However, we can come to God through his Son, The Lord Jesus Christ (Romans 10:9-10) and spend eternity with Him, following physical death in this world.

The Bible mentions diet and health throughout the Old Testament and New Testament.

The Bible is The Word of God. What it has to say will help you more than anything I can tell you. Read it consistently. Pray that God will give you wisdom to understand it.

### **5) Reduce the stress in your life**

Is stress getting the best of you? Have you repented of your sins and surrendered your life to The Lord Jesus Christ? If not, do that. Ask Him into your life. Read Romans 3:23, Romans 6:23, Romans 10:9-10, John 3:16-18.

### **Are you a Christian?**

Then rejoice, pray, give thanks. The Bible tells us to do this. Read these verses. Apply them into your life. Act them out.

16) Rejoice evermore.

17) Pray without ceasing.

18) In everything give thanks: for this is the will of God in Christ Jesus concerning you.

1 Thessalonians 5:16-18

6) Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known to God.

7) And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:6-7

## **The Spiritual Aspect of Diet**

These are just some verses. Read The Bible.

### **Bible verses about diet & blessings**

#### **Pre-flood diet: vegetables, fruits, herbs, plants**

And God said, Behold I have give you every herb-bearing seed, which is upon the face of all the earth, and ever tree, in the which is the fruit of the tree yielding seed; to you it shall be for meat.

Genesis 1:29

#### **Post-flood diet: animals and plants**

Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.

Genesis 9:3

#### **Worship The Lord Jesus Christ**

And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.

Exodus 23:25

#### **Eat with joy, drink with a merry heart**

Go thy way, eat thy bread with joy, and drink thy wine with a merry heart; for God now accepteth thy works.

Ecclesiastes 9:7

#### **Spend time in the sunlight**

Truly the light is sweet, and a pleasant *thing it is* for the eyes to behold the sun:

Ecclesiastes 11:7

**Tithe - give at least 15% of your earnings to God, for blessings in your life**

Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will open you the windows of heaven, and pour you out a blessing, that *there shall not be room enough to receive it.*

Malachi 3:10

**Fear the Lord and shun evil**

7) Be not wise in thine own eyes: fear the Lord and depart from evil.

8) It shall be health to thy navel, and marrow to thy bones.

Proverbs 3:7,8

**Fear: Another Enemy of Your Soul**

"What the wicked dreads will overtake him; what the righteous desire will be granted."

Proverbs 10:24

"What I feared has come upon me; what I dreaded has happened to me."

Job 3:25

What Job feared came upon him, and what happened to him (Job 3:25).

Fear is not a respecter of persons.

**Lean toward The Word of God (The Bible); they are life, and health to the flesh**

20) My son, attend to my words: incline thine ear unto my sayings.

21) Let them not depart from thine eyes; keep them in thine heart.

22) For they *are* life unto those tht find them, and health to all their flesh.

Proverbs 4:20-22

**Bright eyes are good for the heart; good news puts fat on the bones**

The light of the eyes rejoiceth the heart: *and* a good report maketh the bones fat.

Proverbs 15:30

Avoid MainStream Media (MSM) news. The fact that most of it is propaganda and outright lies means that watching it is a giant waste of time. Mainstream news is garbage. It's a big train wreck looking for rubberneckers.

Think about it. If good news is healthy for us, what are we doing to our bodies with all the bad news we're listening to and watching?

Watch something that inspires or challenges you in some way. Or watch something that makes you laugh.

**A joyful heart is good medicine; a sad spirit drieth the bones**  
A merry heart doeth good like a medicine: but a broken spirit drieth the bones.  
Proverbs 17:22

### **Follow the will of God**

16) Rejoice evermore.

17) Pray without ceasing.

18) In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

1 Thessalonians 5:16-18

### **Pray for good health**

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.

3 John 1:2

### **Examine your life, in the light of The Bible. Pray for freedom from these spirits.**

Spirit of Heaviness - Isaiah 61:3

Spirit of Jealousy - Numbers 5:30

Lying Spirit - 1 Kings 22:22

Familiar Spirit - Leviticus 19:21, 20:6, 20:27; Deuteronomy 18:11; 1 Samuel 28:3

Perverse Spirit - Isaiah 19:14

Spirit of Pride/Haughtiness - Proverbs 16:18

Spirit of Whoredom - Leviticus 19:29, 20:5; Numbers 25:1; Hosea 1:2

Spirit of Infirmity - Luke 13:11  
Deaf and Dumb Spirit - Mark 9:25  
Spirit of Fear - 2 Timothy 1:7  
Spirit of Bondage - Romans 8:15  
Antichrist Spirit - 1 John 4:3

### **Seek The Lord for healing**

In the 39th year of King Asa's rule, he was diseased in his feet until his disease was very critical. Yet, in his disease, he did not seek the Lord, but went to physicians for help. He died two years later.

2 Chronicles 16:11-13

### **Listen to The Lord, do what is right, obey his commands**

"If you will carefully listen to the voice of the Lord your God, and will do that which is right in his sight, and will give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I *am* the Lord that healeth thee.

Exodus 15:26

### **Serve the LORD your God**

And ye shall serve the LORD your God and he shall bless your bread, and your water; and I will take sickness away from the midst of you.

Exodus 23:25

### **God wants Christians to prosper and be in good health**

Beloved, I wish above all things that you may prosper and be in good health, even as your soul prospers.

John 3:2

Bless the LORD, O my soul: and all that is within me, bless his holy name. Bless the LORD, O my soul, and forget not his benefits: Who forgives all your iniquities; who heals all your diseases.

Psalms 103:1-3

### **Jesus healed people**

And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every disease among the people.

Matthew 9:35

4) Surely he has borne our sicknesses and diseases, and carried our pains; yet we did esteem him stricken, smitten of God and afflicted.

5) But he was wounded for our transgressions, he was bruised for our iniquities; the chastisement of our peace was upon him; and with his stripes we are healed.

6) All we like sheep have gone astray; we have turned every one to his own way, and the LORD has laid on him the iniquity of us all.

Isaiah 53:4-6

### **Jesus cast out spirits and healed the sick**

16) When the evening was come, they brought unto him many that were possessed with devils; and he cast out the spirits with his word, and healed all that were sick.

17) That it might be fulfilled which was spoken by Isaiah the prophet saying, 'Himself took our infirmities, and bore our sicknesses'.

Matthew 8:16-17

### **God's Word heals**

He sent his word, and healed them, and delivered them from their destructions.

Psalms 107:20

## **Foods that will give you youthful, glowing skin and appearance**

Want glowing, beautiful, healthy skin?

Drink lots of pure water - spring water or distilled water. Squeeze lemon, lime, or orange into the water. Add a tablespoon of organic apple cider vinegar.

Eat raw fruits and vegetables, nuts, seeds, herbs, and whole grains.

Eat coconut oil. Buy organic, extra virgin. Eat two tablespoons a day. Rub some on your face. This cures acne, too.

For lots of natural cures using coconut oil and apple cider vinegar, visit [www.earthclinic.com](http://www.earthclinic.com).

## How to grow your garden free

This is fun.

Visit your local produce stand or vegetable market. Visit their dumpster. Dive the dumpster.

Dig around the dumpster for fruits and vegetables. Bring them home. Bury them. Watch what grows.

Don't like dumpster diving? No problem. Ask the manager of the produce stand if they'll save the vegetable and fruit scraps to a special container.

Provide the container if necessary. Or provide some 5-gallon buckets with lids. Offer to pick them up whenever they are full.

Then, pick them up. Bury the contents in your yard. Watch what grows.

## **Cosmetic and makeup products**

Cosmetic products are harmful. Don't ever wear makeup. Only put on your body what you can eat.

The only moisturizer you should be using for your face is extra virgin, organic coconut oil.

For info on healthy skin, visit [www.earthclinic.com](http://www.earthclinic.com).

Want healthy skin? Drink lots of pure water, spring water or distilled water. For healthy, clear skin, eat fruits and vegetables.

Avoid milk, meat, and all forms of dairy, as it's mucous producing. It's easy to spot someone who drinks a lot of milk or eats a lot of cheese. Usually, they have a puffy face and their body will soon become puffy, too, unless they kick the dairy habit. If you enjoy your milk, visit [www.milksucks.com](http://www.milksucks.com) or [www.notmilk.com](http://www.notmilk.com).

## Health and wellness websites worth visiting

[www.watercure.com](http://www.watercure.com)

Discover a recipe that cures any disease: water + sea salt. Visit this site. Amazing.

[www.naturalnews.com](http://www.naturalnews.com)

Run by health ranger Steve Adams and a crew of volunteers, this website has a plethora of helpful articles about health solutions.

[www.pcrm.org](http://www.pcrm.org)

The Physicians Committee for Responsible Medicine website

[www.mercola.com](http://www.mercola.com)

Natural health information articles and health newsletter by Dr. Joseph Mercola

[www.earthclinic.com](http://www.earthclinic.com)

Lots of natural remedies for softer skin, natural detergents, and cures using simple ingredients like apple cider vinegar, honey, cocounut oil. Discover the healing benefits of certain foods and beverages. You can leave comments here, too.

[www.curezone.com](http://www.curezone.com)

An enormous health and wellness website where you can log in to leave comments.

## The Shift Diet - 5 gears

The Shift Diet requires a shift in thinking, thus the name. Similar to driving a manual transmission vehicle, the shift diet requires you to start in the first gear, then shift to the second, then to the third, then to the fourth. By the time you hit the fourth gear, your vehicle is at a certain speed, and ready for the next gear. Think of the shift diet this way--starting slowly, then accelerating you to your goals as you shift to a higher numbered gear.

**1st Gear** - Dump the junk. Go through your fridge, cupboards, desk, and get rid of all unhealthy foods. Throw it in the garbage. Right now. Then, come back to read the 2nd Gear. **2nd Gear** - Eat healthy. Consume 75% raw fruits and vegetables, eat plenty of raw, unsalted seeds, nuts. Avoid all sugars. Replace white sugar or sugar substitutes with unsulphured blackstrap molasses, really raw honey, agave nectar, or stevia. Avoid all dairy except 100% pure butter, which you can have in moderation. Avoid all junk food.

**3rd Gear** - Drink lots of water. Incorporate the [www.watercure.com](http://www.watercure.com) recipe. Drink only water.

**4th Gear** - Get moving. Get an hour of aerobic exercise every day. Swimming, walking, dancing is terrific. Try to do this outside, where there are plenty of trees around.

**5th Gear** - Get sunlight. At least 15 minutes a day. Avoid all suntan lotions. Many contain chemicals that are carcinogenic (cancer causing). Use coconut oil instead. I have heard that raw honey is also good for the skin. You can probably find recipes for this at [www.earthclinic.com](http://www.earthclinic.com).

Remember these 5 gears and repeat them over to yourself. Apply them and you will see results.

## **Bonus Ebooks**

Because you have finished reading my ebook, I have a Bonus Gift for you ... a special collection of ebooks that will help you on journey to health

### [How you Rot & Rust](#)

source: <http://biomedx.com/microscopes/rrintro/rrintro.html>

### [The Health Benefits of Fasting](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/health-benefits-of-fasting.pdf>

### [Ancient Secret of the Fountain of Youth](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/Ancient-Secret-of-the-Fountain-of-Youth.pdf>

### [Health Secrets of the Hunzas](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/hunza-health-secrets.pdf>

### [Unlimited Energy](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/UnlimitedEnergy.pdf>

### [Your Own Perfect Medicine](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/Your-Own-Perfect-Medicine-by-Martha-Christy-with-Testimonials.pdf>

### [Urine Therapy Ebook](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/urine-therapy-ebook.pdf>

### [Guide to Urine Therapy](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/Guide-Urine-Therapy.pdf>

### [The Water of Life - Treatise on Urine Therapy](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/the-water-of-life-treatise-on-urine-therapy-by-john-w.-armstrong-1971.pdf>

### [The Golden Fountain](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/The-Golden-Fountain-Coen-van-der-kroon-1994.pdf>

### [The Miracle Mineral Solution of the 21st Century](#)

source: [http://www.kriskemp.com/wp-content/uploads/2018/04/mms\\_parts-1-and-2.pdf](http://www.kriskemp.com/wp-content/uploads/2018/04/mms_parts-1-and-2.pdf)

### [Breakthrough: The Miracle Mineral Solution of the 21st Century](#)

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### [None of These Diseases](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/None-Of-These-Diseases.pdf>

### [Fasting: Atomic Power with God](#)

source: <http://www.kriskemp.com/wp-content/uploads/2018/04/FranklinHallFastingPaper.pdf>

Thank you for reading The Shift Diet. Bookmark this link and pass it on to everyone you know. Many of us know what to do to get healthy, but just need reminders to get us on track. Take this information and run with it.

Apply it and you will see results.

Expect good health. Take action to make it a reality.

Kris Kemp

[www.TheShiftDiet.com](http://www.TheShiftDiet.com)

Shift your thinking, lose the weight

## **Need help in reaching your weight loss goals?**

### **Sign up for The Shift Diet™ Personal Consultation**

Get a one on one personal consultation with me for only \$197.

- 100% satisfaction guaranteed, or all your money back.
- As this is one-one-one counseling, there are a limited number of spots.
- This consultation conducted via e-mail, phone, or both, whichever you prefer.
- All information will be kept confidential.

### **How does The Shift Diet™ Personal Consultation work?**

In The Shift Diet Personal Consultation, I will ask you questions about your lifestyle, personality, tastes.

We will discuss your schedule, habits, current diet, and more, over the phone and via e-mail.

Using this information I will put together your own personal diet plan that fits your lifestyle.

All for the low price of \$197 dollars.

Satisfaction guaranteed: If you don't lose weight, have more energy, and feel better, your money will be refunded.

Email me to get started: [bicycledays@yahoo.com](mailto:bicycledays@yahoo.com)

## **Will The Shift Diet Personal Consultation help me lose weight?**

Yes. You are guaranteed to lose weight. If, for some reason, you do not get the results you want, you are entitled to a 100% money back guarantee.

This is a one-on-one personal consultation that will take a few days to put together. You will lose weight, feel better, and have more energy or you get all your money back.

As this comes with a 100% Satisfaction Guarantee, this is a Zero-Risk offer.

Act now. Get started by emailing me at: [bicycledays@yahoo.com](mailto:bicycledays@yahoo.com) with "the Shift Diet Personal Consultation" in the subject line.

As this is a personal consultation, I can only take a limited number of clients. For this reason, this consultation is sometimes put on pause mode.

The Shift Diet Personal Consultation is the Done-For-You Diet Plan that will get you guaranteed results, effortlessly.

**There Is No Doubt That The Shift Diet™ Personal Consultation Will Change The Way You Look at Weight Loss Forever.**

**Email me to get started:**

Email: [bicycledays@yahoo.com](mailto:bicycledays@yahoo.com)

Kris Kemp

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