



LIFESOURCE INSTITUTE NEWS

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STAY ON TRACK

- * **Lowering stress is imperative supporting your body as a whole while managing stress to gain access to your body's storage of fat, effectively burning it for improved energy.**
- * **Exercise is not needed until we capture the mental aspect of the Skinny Up program. This is a true mind body approach.**
- * **Starch and sugar are the enemies, the quicker we get a grasp on those two cravings the better off we will be on any diet including the Skinny Up.**
- * **Last when on any diet notably the Skinny Up diet it is very important to stay on course do not deviate, by following the protocol exactly this will guarantee the results you are looking for.**
- * **Remember during this time of COVID we are all here for each other the coaches and counselors at LIFESOURCE INSTITUTE will help you to bridge the gap between mind, body and spirit. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.**
- * **Disclaimer: As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.**

Why Skinny Up Diet?

The Issue is that we all have visceral fat cells in our adipose tissue. The body provides this for several reasons: energy, cushion, and insulation, which are all needed in tiny quantities so to keep the body at the correct temperature and provide protection to your organs. The Issue with a large amount of weight gain, your body gets used to the false signals, causing you to crave large amounts of food that can't be broken down adequately, turning into unneeded fat storage instead of using fat for energy.

Yeast overgrowth happens from overexposure to sugars, carbohydrates, GMOs, and ridiculous amounts of processed foods. For a healthy digestive system, proper nutrients must enter the body regularly to make it work

effectively. The problem candida can reap havoc on your system. Candida makes it impossible for the body to stop cravings for carbs and sugars. In short, you gain weight and never seem to be able to lose any. Another problem with candida is that when your digestive system fails, your kidneys and liver stop giving your body the needed ability to break down this unwanted fat. The brain gets hunger signals that are false and readily impossible to deny. In short, we need help controlling the cravings, pinpointing the visceral fat cells naturally, and promoting healthy bacteria growth, not unhealthy yeast overgrowth.

Importance of changing

our old habits matters. We must start by retraining the hypothalamus, that little part of your brain known as a thermostat that keeps your body in that "normal" range. Completing this phase in your diet establishes a new "normal," along with the hypothalamus learning a new normal. Next, you must learn to harness a new hunger level and a renewed metabolic rate. This can be done with repeated varieties of food without starch and sugar, giving the body time to recognize and acknowledge that the old weight is no longer needed, leading you down the road of success.

Confidence is crucial in the quest to lose those unwanted pounds and inches. Use a coach if necessary. Skinny Up diet will help you with the mind body connection.

MUST READ: KETO COOKBOOK FOR BEGINNERS BY GERALD HUBBELL

ASK THE COACH?

Q: COACH BERNARD: MY QUESTION IS REFERENCE NUTRIENTS I NEVER BEEN BIG ON TAKING SUPPLEMENTS, WHAT SUPPLEMENTS DO YOU TAKE OR RECOMMEND TO YOUR CLIENTS? TONY.M. TN

A; GREAT QUESTION: TONY, YES WE AT LIFESOURCE INSTITUTE TRULY BELIEVE IN SUPPLEMENTATION, THE REASON BEING YOU CAN NEVER GET ALL THE NEED NUTRIENTS YOU NEED FROM A NUTRIENT FILLED DIET. FOR EXAMPLE I EAT A LARGE SALAD EVERY NIGHT AND I STILL DON'T GET ALL THE NUTRIENTS NEEDED FOR A COMPLETE DAILY SUPPLY. THIS SALAD TAKES ME ALMOST 30 TO 40 MINUTES TO COMPLETE AND THAT IS JUST MY SALAD. I FIND LIFE EXTENSIONS NUTRIENTS ARE ONE OF THE BETTER NUTRIENTS FOUND IN THE MARKET TODAY. I BUY DIRECT FROM THE COMPANY, SO TO GET AUTOSHIP ON ALL REFILLS, TONY, I HOPE THIS HELPS.

COACHES AT LIFESOURCE INSTITUTE CAN LEAD YOU DOWN THE ROAD YOU ARE LOOKING TO TRAVEL, DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY, AND SPIRIT. IF YOU HAVE MORE QUESTIONS, CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS, AND KEEP SENDING IN THE QUESTIONS.