

The nutritarian diet

Avatar: Mary 45 years old middle to lower class family of 3 kids, worked hard all of her life uses food to comfort her and de stress from hard days at work alongside being a full time mother. Each day Mary looks at herself in the mirror and is ashamed of what she looks like. This makes her feel bad about herself and makes her feel weak. She has little to no hope because every diet or exercise plan she's tried she just cannot stick to because of her addiction to food. she is a low energy person due to what she eats and wants better for herself and those around her, the food she eats makes her feel happy in the short term but after the dopamine spike she is left feening for the next hit. Her health and mood are important to her but her addiction to bad foods is the number 1 thing holding her back from a happier more fruitful lifestyle. Mary hates the idea of ever getting cancer, heart problems or diabetes but she is too consumed by her addiction to realize it's actually doing her any harm.

The scientifically proven way to end food addiction and live past your 80s

If I told you that a few simple yet highly effective lifestyle changes could help you lose 10 lbs or more in a matter of two weeks without reducing your food intake your BS detector would be going crazy right?

This method will make your BS detector look like a fool.

The standard american diet is toxic and killing our people processed foods and meats are riddling our population with disease.

Dr.Fuhrman and the okinawan and adventist standard BMI proved that a whopping 85% of americans are deemed overweight or obese!

People around the world are now living to eat, what happened to eating to live?

Food addiction.

Ending this bad habit reduces the risk of cancer, heart disease and many other autoimmune illnesses drastically whilst simultaneously adding years onto your life.

Not only will this change make you look better, it will make you feel better.

Changing your eating habits will make you feel 20 years younger, full of energy, confident and proud when you see your reflection in the mirror.

Are you fed up of trying new diets but after a few days falling back into your old ways?

The nutritarian diet is the answer to all of your problems.

There are 2 reasons why people get their addiction to bad foods:

1. Physically-

- Our standard diet of foods are high in fat,sugar and salt, all things terribly physically addictive. This makes it hard to reduce portion sizes, cut back on calories or follow other dieting strategies.
- When we want to change our diets to lose weight we experience withdrawals such as weakness, fatigue, shakiness, headaches and stomach cramps.
- These withdrawals are also known as the detoxification stage and these minor symptoms often confuse people into believing they are hungry when they are not actually truly hungry, we call this toxic hunger.
- In the course we talk about this in more depth and give you the best solutions to end toxic hunger once and for all.

2. Psychologically-

- Unhealthy foods cause a spike in dopamine, a primary neurotransmitter regulating motivation and feelings of pleasure.
- Our brains are wired to repeat behaviors that make us feel good.
- Each time we eat junk the brain records it as a pleasurable action and therefore beneficial so we then repeat this action causing a pattern of decisions made without any hesitation or consideration of the long term health risks.
- Just like a smoker becomes tolerable to nicotine, an overeater becomes tolerable fat, salt and sugar this means they need more and more food to get the same pleasure otherwise it will result in physical and emotional discomfort, causing them to eat more to get out of this state. This is the vicious cycle that many get trapped in. A cycle that takes overeaters through a life of apathy and misery, a life leading to an early grave.
- To beat food addiction you have to beat emotional eating, inside of our community we teach you all of the keys to conquer this and to get you that happy and healthy life you desire.

Why diets are a waste of time

diets are constructed in a restrictive manner and have people constantly worrying about what they are putting in their body.

We eliminate this worry and restriction for you so you can feel free whilst losing weight and rebuilding your body designed for a longer life.

Our plan is designed so that you can eat as much as you want and actually benefit from the foods you are eating.

Here at the nutritarian approach we understand that making that first jump is hard that's why we have put thousands of hours into research to make this journey the easiest we possibly can for you.

Our plan is tailored to fit all people whether you have all the time in the world or very little, if you are severely obese or just looking for a healthier more complete nutritional approach to life.

No matter who you are 1 thing the nutritarian team guarantee is that after committing to a healthier happier life you will:

Be free from the overwhelming cravings of disease promoting foods.

Enjoy life without feeling bloated, tired and depressed.

Wake up in the morning feeling refreshed and happy to be alive.

Be a person with high energy and a zest for life.

Be unchained of fears about heart disease or diabetes.

Hear what some of our students have said since making the decision to change their lives for the better.

Helen who switched to a nutritarian lifestyle said: “ since becoming a nutritarian I've lost weight, but more importantly, I feel FANTASTIC! I haven't got a cold in over a year. I no longer suffer

from migraines or headaches. I have energy. I sleep well. I stopped taking antidepressants, and I no longer suffer from anxiety. I feel great all the time.

Susan lost 210 pounds she was headed to an early grave, now she enjoys physical activities she doesn't weigh or measure any food and she doesn't feel like she's on a diet because when she is hungry she eats. Since losing 210 pounds Susan and her husband traveled to Paris on a vacation she would have never dreamed of because of the expense and humiliation of buying 2 airplane seats for just herself.