Video 5/9: Overcoming Obstructions

Disease Prevention, Remission & Rejuvenation

FILL OUT & CHECK THE BOXES

- [ ] We know we have to get our blood sugar and insulin levels down to unlock and release fat from our fat cells.
- [ ] We know that we have to reduce the amount of times and amounts of eating carbs and sugars to get our insulin down most of the time to reduce inflammation and disease.
- [ ] We know that our body runs way more efficient and cleaner on fat (ketogenic diet) and when it does it eliminates hormonal & mood swings, food cravings and reduces inflammation.
- [ ] We know now with scientific proof, that our conditioned believes that fat, saturated fats & cholesterol are bad for us, were flat out wrong.
- [ ] I click to share this video series with my family and friends to make them also benefit from these insights

Scientific studies

Click here — Rethinking dietary cholesterol
https://www.ncbi.nlm.nih.gov/pubmed/22037012

Click here — Rethinking dietary cholesterol & cardiovascular disease
https://www.ncbi.nlm.nih.gov/pubmed/26109578

Click here — Feeding dietary cholesterol down-regulates human cholesterol
https://www.ncbi.nlm.nih.gov/pubmed/8857917

Click here — Type 2 Diabetes & Low Carb Study
https://link.springer.com/article/10.1007/s13300-018-0373-9

Click here — Nutritional ketosis & Cardiovascular Disease Risk Study
https://cardiab.biomedcentral.com/articles/10.1186/s12933-018-0698-8

Click here — Long-term effects of a high fat - low carb diet (ketogenic diet)
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2716748/

Next video 6/9: Auto Immune dis-ease

In the next video I want to share the scientific insights in Auto immune disease: why our body starts to attack itself & how to reverse it towards your intended natural physical super state.

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