



Awaken Your Ageless Authentic Body Size and Your Higher Life Purpose!

Video 4 – Finding Your Balance

Slow – Medium – Fast > Metabolism

My Story of how I found my metabolism.

Slow- Put on weight easily, cold blooded – low in carbs from grains seeds and legumes and high in green powders, seaweeds, low fat. Eat once a day. More of a vegan diet recommended since you need less calories.

Medium- Moderate metabolism can eat more carbs from grains but still more on the conservative side. High green diet of seaweeds, green super foods, moderate fats. Optional- milk and fish

Fast- High carb diet to keep weight on, more fats, more grain powders emphasis along with green powders and high nutrient dense fibers of seaweeds'. Can get away with more milk and fish. However vegan diet is possible on a high metabolism diet.

Vegan Vs. Vegetarian VS. Pescetarian

Page 36 Essene Gospel of Peace:

Essene gospel of peace “do not eat the meat of beast – poison your body- red blood”

Book “Eat right for your type”- **Not accurate**

According to the blood type diet theory, people with Type A blood (39% of the population) are best off as vegetarians, while people with Type **O** (46% of the population) are natural born meat eaters. Type B's (11% of the population) are somewhere in the middle

Raw Vegan- no animal product including royal jelly (although it is recommended) plus all plant based foods except for raw potato and yucca, which are poisonous.

Vegetarian – milk, royal jelly and honey plus vegan diet

Pescetarian- (optional milk) royal jelly, honey, fish, plus all included in vegan diet.



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- >Super compacted Nutrition: nutrient dense fibers like seaweeds, green powders, multigrain powders, supplements, and other non juicable foods like garlic, mushrooms, seeds, grains, corn.
- >Intuition: Angel Board, pendulum, psychic readings, ayahuasca
Pray for guidance and thank that you have received clear guidance, believe that it is already here now.