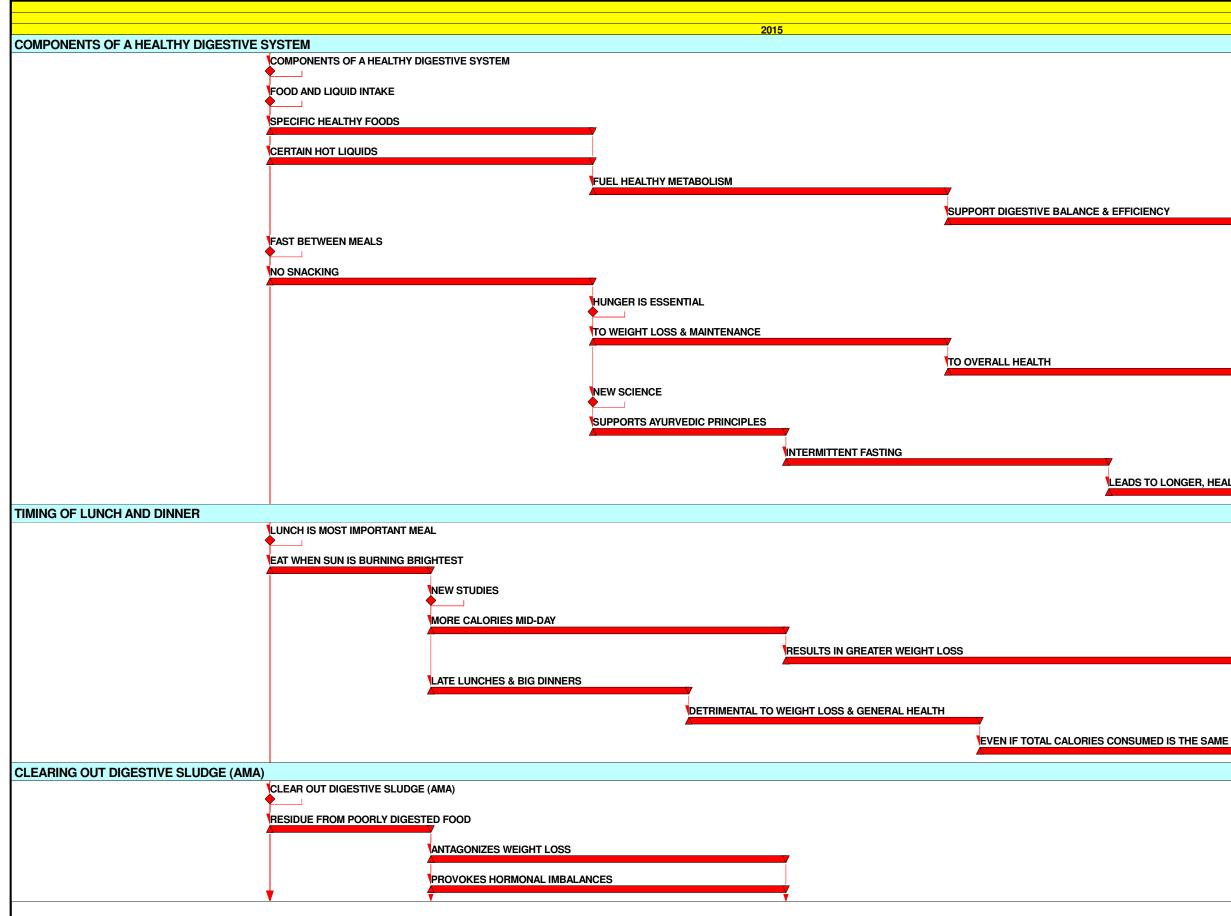
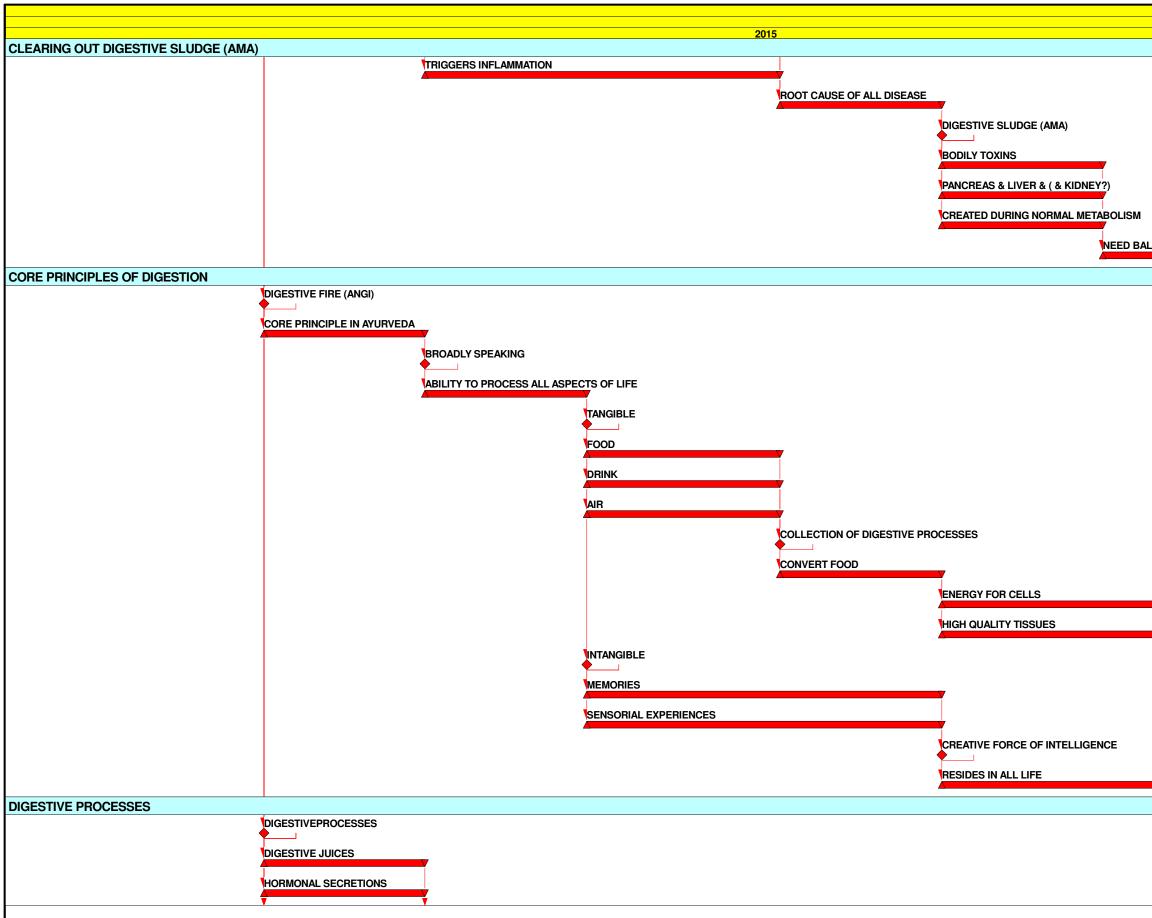
			2015	
HOT BELLY DIET				
	HOT BELLY DIET (AN AYURVE	EDIC APPROACH TO LIFE)		
CONCEPT OF "AGNI" = DIGESTIVE FIRE				
	DIGESTIVE FIRE (AGNI)			
	BODY'S METABOLISM			
			CONVERTS NUTRIENTS	
			FOOD INTO ENERGY	
				BIOLOGICAL CHEMICAL INTERACTIONS
				ENERGY FOR CELLS TO SUSTAIN LIFE
				HEALTH
				•
				CORNE
WEAK DIGESTIVE FIRE				
	WEAK DIGESTIVE FIRE			
	RESPONSIBLE FOR:			
		LOW ENERGY		
		BODY-WEIGHT CHAOS	·	
			· · · · · · · ·	
		DIGESTIVE DISORDERS	· · · · · · · · ·	
		POOR SLEEP		
		HEADACHES		
		CONGESTION		
			V··	
			V	
		LOW-GRADE DEPRESSION	V	
		ANXIETY		
		BURN-OUT		
			SORE JOINTS	
			RELENTLESS ALLERGIES	
				INEFFICIENT DIGESTION
				●
	1			CREATES DISEASE & DISORDER

/ DIGESTIVE SYSTEM

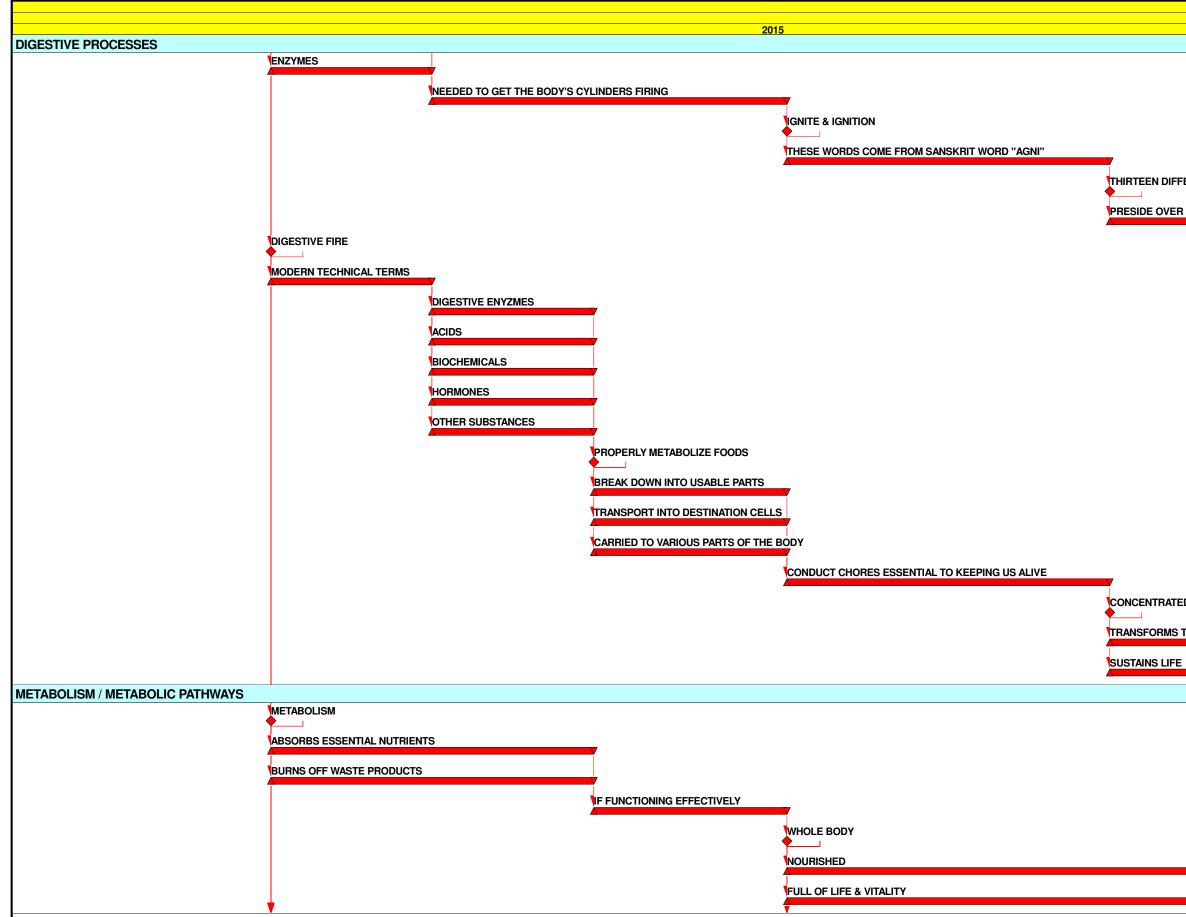
STONE OF WELL-BEING



LEADS TO LONGER, HEALTHIER LIFE



NEED BALANCED AGNI (DIGESTIVE FIRE)



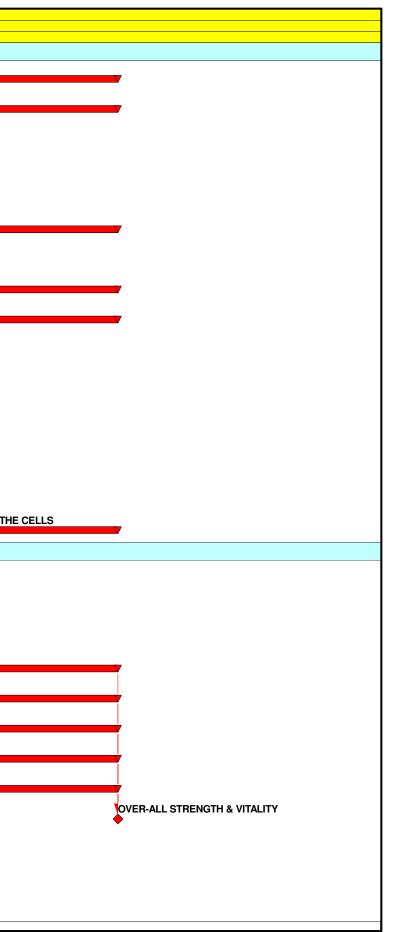
THIRTEEN DIFFERENT AGNIS

PRESIDE OVER OUR METABOLIC FUNCTIONS

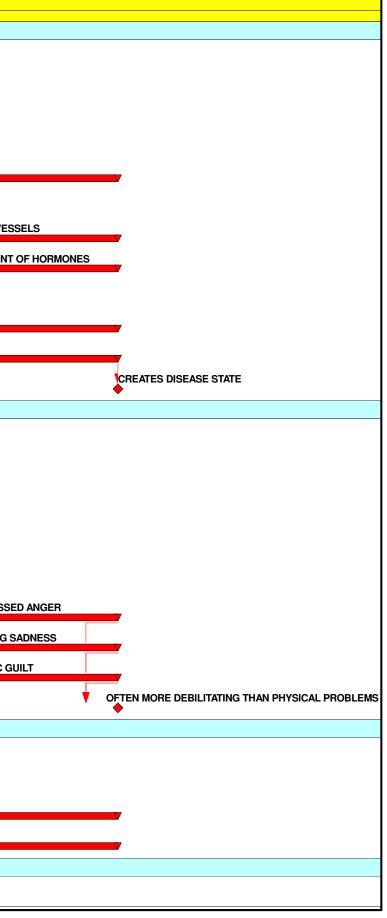
CONCENTRATED IN: LOWER STOMACH & SMALL INTESTINE

TRANSFORMS THE ENTIRE BODY

METABOLISM / METABOLIC PATHWAYS	20	015		
		BUILD HEALTHY APPETITES		
		DIGEST FOOD EFFICIENTLY		
		ORGANS		
		STRENGTH TO WORK OPTIMA	OPTIMALLY	
			STOMACH	
			PRODUCE HYDROCHLORIC ACID	
			PANCREAS	
			SUGAR DIGESTING ENZYMES	
			REGULATES THYROID GLAND	
		MIND		
		EMOTIONAL STABILITY		
			V	
		RESILIENCE	V	
		ANGI'S METABOLIC PATHWAY		
		BEGINS WITH DIGESTION		
			ENDS IN T	
MAIN STATES OF AGNI				
	MAIN STATES OF AGNI			
	INSURES PROPER NOURISHMENT			
		ENERGY		
		REGULAR ELIMINATION		
		STRONG IMMUNITY		
		CLEAR COMPLEXION		
		EXCELLENT CIRCULATION		
	IRREGULAR			
	SHARP			
	WEAK			
	*			



			2015			
MAIN STATES OF AGNI			2013			
	CAN'T DIGEST EFFICIENTLY					
		CREATES "AMA"				
			UNDIGESTED & PARTIALLY DIGESTED FO	OD		
					FORMS INTESTINAL SLUDGE	
					BLOCKS OTHER PATHWAYS	
						BLOOD VE
						MOVEMEN
			ACCUMULATE IN WEAKER PARTS OF BOD	ער		
					DISRUPT ORGANS	
					CRIPPLE IMMUNE SYSTEM	
AMA: ROOT CAUSE OF DISEASE						
	AMA					
	ROOT CAUSE OF DISEASE					
			ACCUMULATION OF AMA			
			●			
			SLOW DETERIORATION OF BODY			
			INCAPACITATES ABILITY TO PROCESS EN	IOTIONS		
				CREATES MORE TOXIC RESIDU	E	
			4			
						RESPRES
						ON-GOING
						CHRONIC
BODY FLUIDS	I					
	BODY					
	•					
		SWEET NECTARS				
		BLOOD				
		WATER				
		Δ				
АМА						
	'					



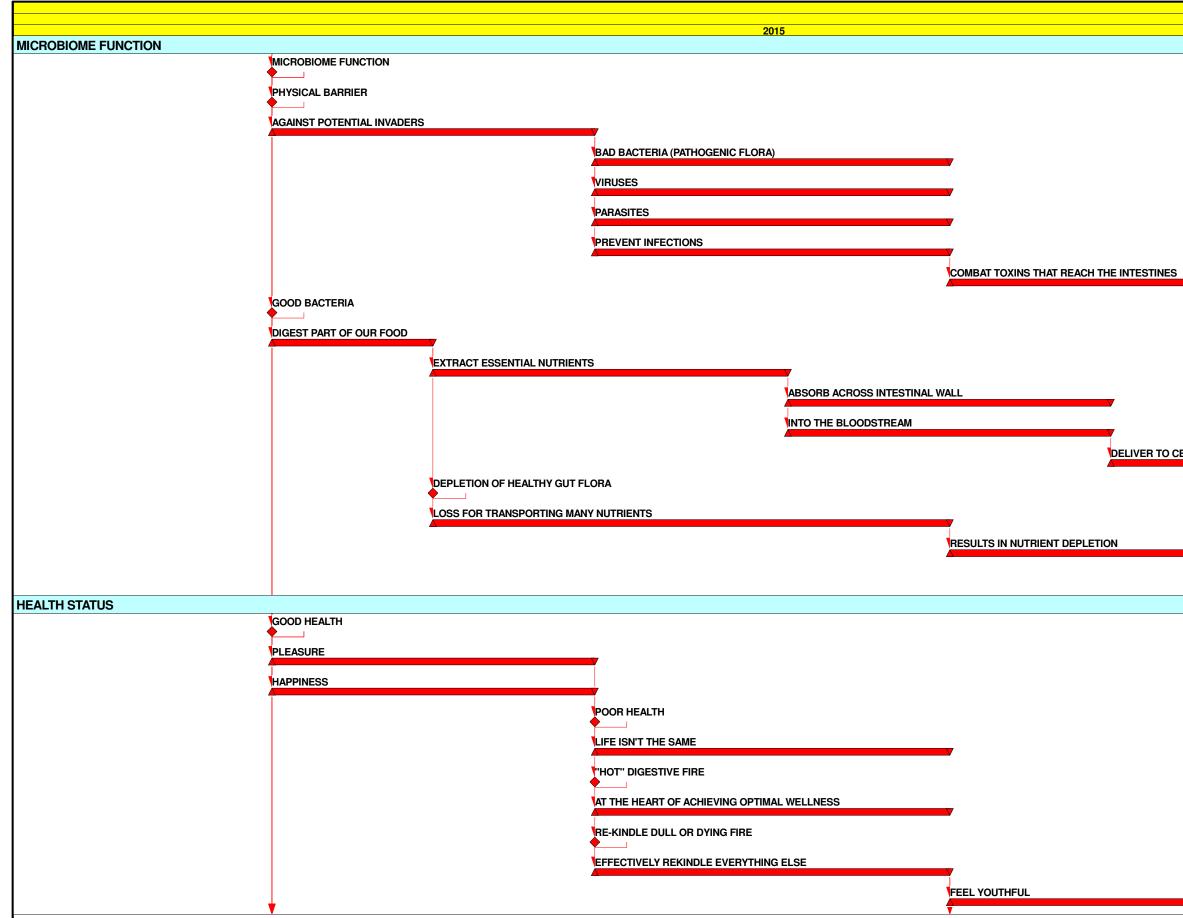
			2015	
АМА				
	GUNK THAT IMPAIRS OUR ABILITY TO DIGEST FOOD			
	RESIDUAL, POORLY DIGESTED FOOD PARTICLES			
		UNDIGESTED PROTEINS		
		EXCESS SUGARS		
		FATS		
			GET INTO BLOOD STREAM	
			TRIGGER HORMONA	L DISTURBANCES
				BLOOD S
				INSULIN
				DIABETE
	SERIOUS CONDITIONS			
	●			
	HIGH CHOLESTEROL			
	HYPERTENSION			
	DIGESTIVE DISORDERS			
			ACUTE CONSTIPATION	
			DIARRHEA	
EXTERNAL TOXINS	OTHER HEALTH CHALLENGES			
	TOXINS			
	EXOGENOUS (FROM OUTSIDE)			
	ENTER BODY THRU FOODS WE EAT			
		PESTICIDES		
		HERBICIDES		
		ANTIBIOTIC TREATED MEAT & POL	ILTRY	
INTERNAL TOXINS	ENDOGENOUS "FROM WITHIN"			
	NORMAL OUTCOME OF DIGESTIVE & METABOLIC PROCESS			
			TURN NUTRIENTS FROM FOOD TO ENERGY CELLULAR	
	NEED TO BE DEALT WITH & NEUTRALIZED			

UGAR IMBALANCES

RESISTANCE

INTERNAL TOXINS			201	15	
INTERNAL TOXINS	,	АМА			
	•	•			
		ACCUMULATES IN COLON & SM	ALL INTESTINE		
				TRAVELS THROUGHOUT BODY	VIA THE BLOOD
		CREATES TOXIC BREEDING GR	OUND	A	
				ACTS AS A PRECURSOR TO DIS	EASE
CONNECTION OF INTERNAL SYSTEMS					
	CONNECTION				
	DIGESTIVE SYSTEM				
	EXAMPLE: FOOD POISONING				
	GUT IS THE FIRST LINE OF DEFEN	NSE			
			IMMUNE SYSTEM IS GATE-KEEPER		
			À		
					HARMLESS
					HARMFUL
	IMMUNE SYSTEM				
	●				
	MILLIONS OF IMMUNE SYSTEM C	ELLS			
				RESIDE IN WALLS OF STOMACH	1
	NERVOUS SYSTEM				
	BACTERIAL SPECIES: IN THE GAS	STROINTESTINAL TRACT			
			DETERMINED BY:		
			GENETIC (CONSTITUTION)		
			GENETIC (CONSTITUTION)		
			DIET		
			HYGIENE		
			GEOGRAPHY		
			MEDICATIONS		
			TRIBES OF BACTERIA COLONIZING PE	OPLE AROUND US	
					MICROBES RESIDE IN THE FOLDS OF INTES
	*				

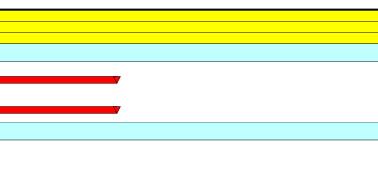
STINAL WALLS



DELIVER TO CELLS & TISSUES



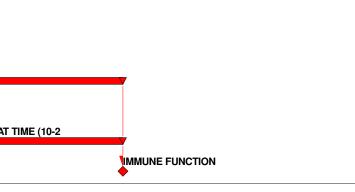
		2015	
HEALTH STATUS		2013	
			VIBRANT
			FULL OF PROMISE
DIETARY TIMING			
	TIMING		
	AVOID EATING BETWEEEN MEALS		
	LUNCH		
	MAKE LUNCH THE BIGGEST MEAL OF THE DAY		
		FASTING	
		• • • • • • • • • • • • • • • • • • •	
		A FEW TIMES A YEAR	
		ONCE A SEASON "DETOX ON THE EQUINOX"	
			FOUR FASTING PROTOCOLS
			LIGHT, DIGESTIBLE FOOD (KHICHAD) BROT
			FRUITS, VEGETABLES, FRESH JUICE ONLY
			NO SOLID FOOD; WATER & HERBAL TEAS C
			AVOID FOOD & WATER (EXTREME: LIMIT 24
MEAL SCHEDULE TIMING			C
	MEAL SCHEDULE		
	BREAKFAST: 7-8 A.M.		
		DON'T EAT A LOT OF FOOD AFTER 9 A.M.	
	LUNCH 12-1 P.M.		
		LARGEST & BIGGEST MEAL OF DAY	
	DINNER BEFORE 7 P.M.		
		LIGHT MEAL: BROTHER SOUP & LIGHT SALADS	Y
			SLEEP
			BE ASLEEP BETWEEN 10 PM AND 2 AM
			SUBTLE DIGESTION
			BUILDS TISSUE, BONES, ETC DURING THAT
	· · · · · · · · · · · · · · · · · · ·		



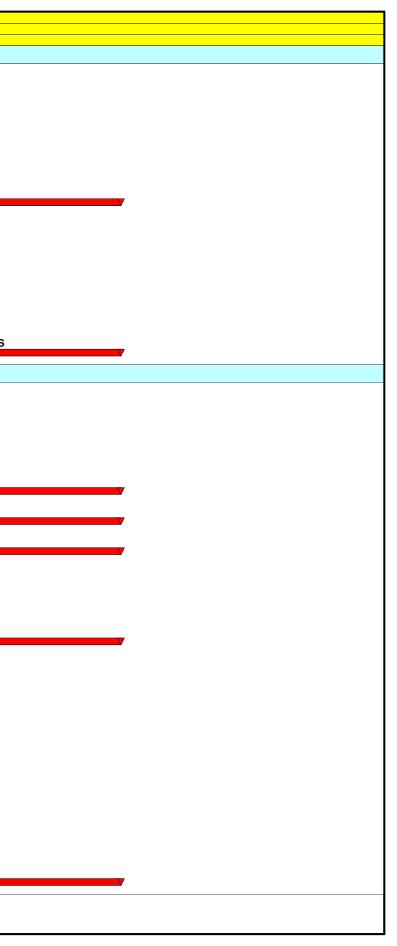
TH, TEAS

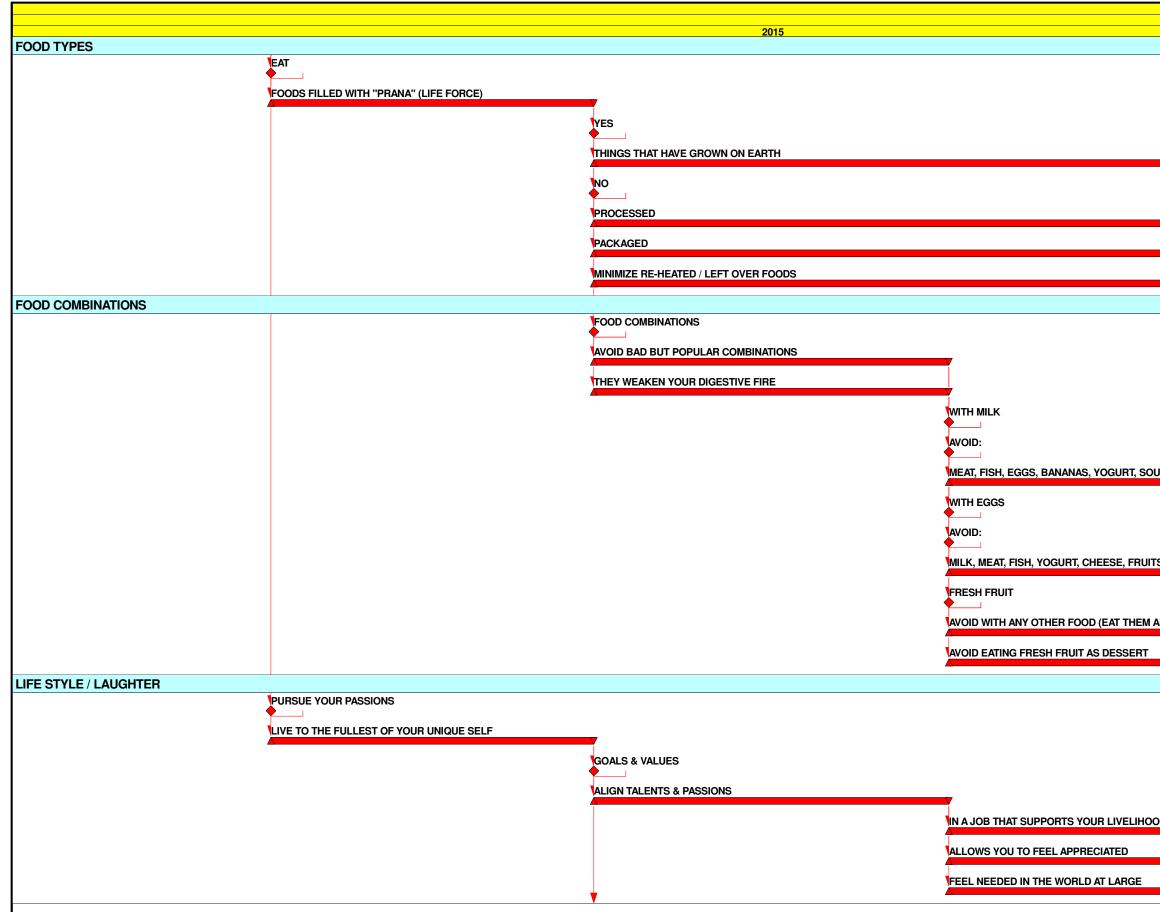
ONLY

HOURS



HUNGER / REDUCED PORTIONS		2015	
	ENJOY HUNGER		
	INTERMITTENT FASTING		
			KEY TO LONG & HEALTHY LIFE
	EAT LESS, LIVE LONGER		_
	WATCH YOUR PORTIONS		
		<u> </u>	
		SKIP 2ND OR 3RD HELPING	
		PUSH AWAY FROM THE TABLE	
			BEFORE YOU REACH MAXIMUM FULLNE
FLUIDS / SPICES			
	WARM FLUIDS		
		DRINK HOT WATER THROUGHOUT THE DAY	
			HELP PREVENT ACCUMULATION OF AMA
	AVOID COLD FLUIDS		
	●		
	AVOID COLD AND CARBONATED DRINKS		
			EALS
	ADD SPICES		
	FRESH GINGER		
	BLACK PEPPER		
	TURMERIC		
	FENUGREEK		
		THESE WILL ENHANCE DIGESTION	
			HELP ACHIEVE WEIGHT LOSS GOALS





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UR FRUIT	
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TS, BEANS	
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ALONE)	
ALONE)	

	2015	
LIFE STYLE / LAUGHTER		
	FUN & LAUGHTER	
	MAKE ROOM FOR FUN & LAUGHTER	
		IN WHATEVER JOB YOU PURSUE
	THE ACT OF LAUGHTER	
	WILL MAKE YOU FEEL LIGHTER	
	HEIGHTENS YOUR SENSE OF AWARENESS	
		A BELLY FULL OF LAUGHS
		IS A HOT BELLY INDEED

