

How to DOUBLE Your **Energy** in 48 Hours (or Less)

Natural SECRETS to increasing your energy levels
without sugar, caffeine, or harmful energy drinks.



By Yuri Elkaim, BPHE, CK, RHN

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We all want MORE energy, don't we?

More energy to wake up earlier without the grogginess...

More energy to make it through your day without that mid-afternoon crash...

More energy to get more done, train harder, compete better, play with your kids, and still have fuel left in the tank at the end of the day.

If you're with me, say "YES!"

And in this report, I'm going to show you how you can literally double your energy levels in less than 48 hours. How can I make that claim? Because I've already helped over 52,000 people (and counting) do just that.

And...without the use of stimulants like caffeine or sugar.

What's the secret, you ask?

That's what you'll uncover in this special report. So keep reading.

But before I show these tried, tested, and true natural energy boosting secrets...

I need to show how choosing quick-fix energy solutions like sugar, energy drinks, and coffee are more detrimental than you think...

And will never give you all-day energy. At the very best, they'll give you a quick jolt that might last an hour.

How Stimulants Destroy Your Vital Organs

Want to know why so many people walk around half-dead?

Part of the reason is that their internal organs – specifically the adrenal glands and pancreas – have been “physically abused” for years.

In fact, if you want more energy (and you probably do since you’re reading this report) I’m going to suggest that you too have damaged these 2 vital organs...

And without even knowing about it.

But don’t worry, **it’s NOT YOUR FAULT.**

You probably didn’t know any better. I sure didn’t. And that’s why it’s important that you understand how all this works, so you can finally be in control of your food, your health, and ultimately your energy levels.

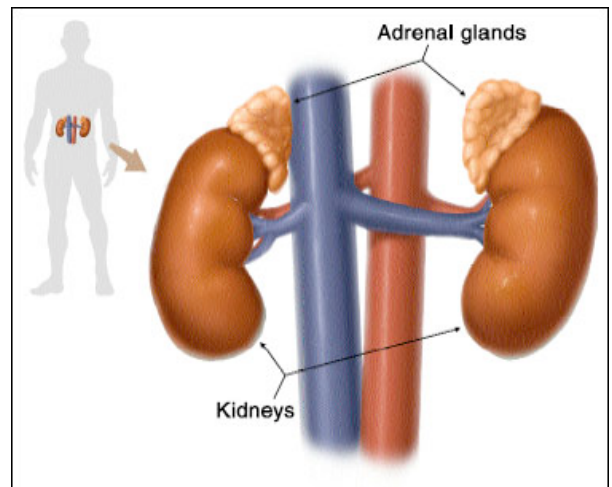
Your Adrenal Glands

The adrenal glands are your “fight or flight” organs – releasing **cortisol** and **adrenaline** during periods of stress.

Interestingly, these same hormones are secreted when **STIMULANTS** (like caffeine and sugar) enter your bloodstream.

HERE’S HOW THIS SCENARIO PLAYS OUT...

When you become stressed (or ingest stimulants), your adrenals start ramping up their activity. They release adrenaline and cortisol – two “catabolic” hormones which **break down your energy reserves for immediate use**. Remember, your body thinks it’s in a state where it needs to **FIGHT** or **FLEE** – so it needs that readily available energy.



Cortisol, when chronically present in your bloodstream, is a detrimental hormone leading to quick glycogen (stored carbohydrates) depletion, a rise in blood sugar, and eventually weight gain.

Adrenaline has similar energy-depleting effects. Initially, however, it gives you that feeling we often term the “rush”, as a result of an increase in heart rate, blood pressure, and carbohydrate breakdown into blood sugar.

But that **quick surge in energy is soon followed by a debilitating crash** in which your body does its best to recover from the “stressful” situation, whether it be your morning coffee or a near fender-bender on your way to work.

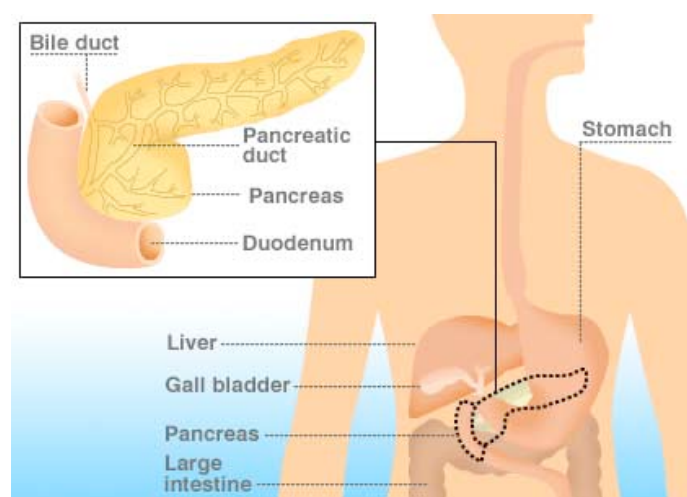
Having these 2 hormones chronically circulating in your blood is not a desirable situation.

The other problem with having high levels of both cortisol and adrenaline is that since they breakdown your stored carbohydrates for energy, releasing glucose (sugar) into the blood for immediate use, your pancreas is then called into action and eventually into over-production..

Your Pancreas

Your pancreas produces and secretes the hormone **INSULIN** to remove glucose out of the blood to be stored in your muscle, liver, and fat cells.

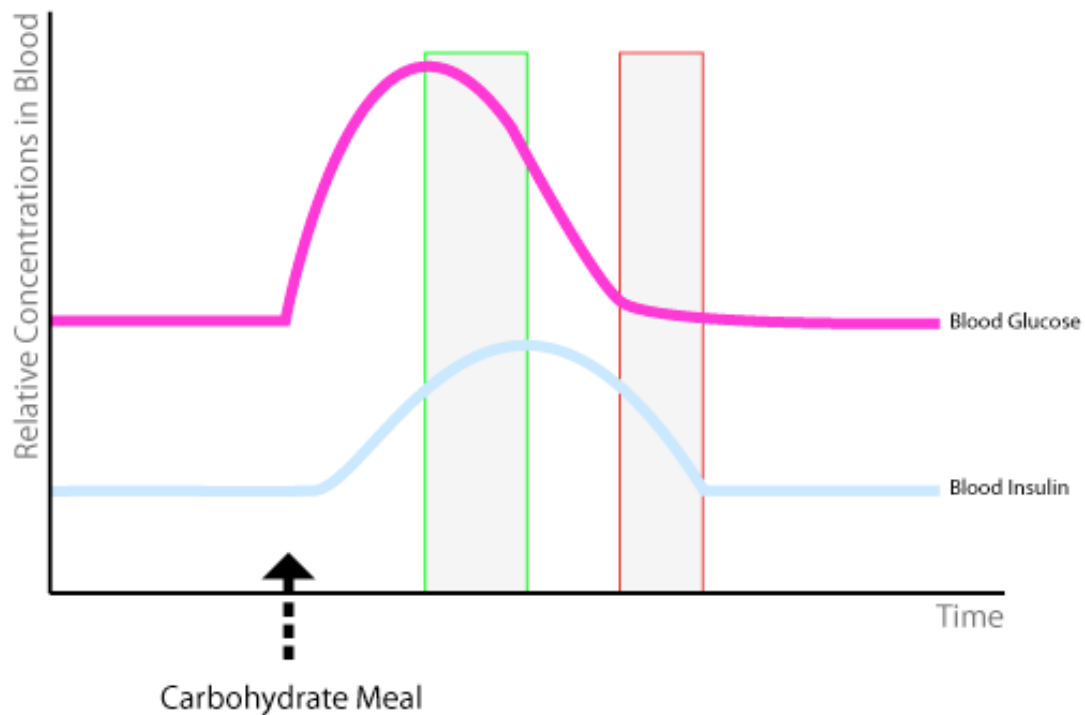
As blood sugar rises, so do your insulin levels. Over time, your body's cells can become desensitized to too much insulin, leading to a condition you might know of as Type 2 Diabetes (insulin resistance).



But before that dreaded day, something more immediate happens that absolutely **shatters your energy levels**.

Since insulin removes excess sugar from your blood, high blood sugar levels lead to high levels of removal (via insulin), leading to low blood sugar (or hypoglycemia).

The Insulin Response to Carbohydrates



When your blood sugar crashes, all “normal” decision making is thrown out the window as all you can think about is “*I need sugar. I need sugar.*” This is when you start feeling **jittery, anxious, and in desperate need of a quick sugar or caffeine fix**.

And if that wasn't bad enough, chronically high and low blood sugar levels also **drain your adrenal glands** – setting you up for all-day fatigue in the future.

Elevated blood sugar doesn't just arise from adrenal stimulation either. Eating sugar (in its basic form) or refined carbohydrates (white bread, pastries, etc...)

are TWO massive culprits skyrocket your blood sugar (and adrenal stress) almost immediately of them entering your mouth.

Chronic stimulation (ie. stress, sugar, coffee) of your adrenals wears them down and **can eventually lead to adrenal fatigue**. That's one of the reasons many people feel "drained" almost instantly when dealing with stress. Their adrenals simply can't handle it anymore.

Interestingly, sugar and salt cravings become more pronounced with adrenal fatigue as mineral deficiencies and "out of balance" hormones cause unwanted changes in your body.

It's amazing when you think about it...

Eating sugary foods and drinking caffeinated beverages - the very foods that you've been led to believe give you energy - on a daily basis are crippling you from the inside-out.

They are ROBBING YOU of energy because they are slowly and surely wearing away at your blood sugar levels, pancreas, adrenal glands, and most other systems in your body.

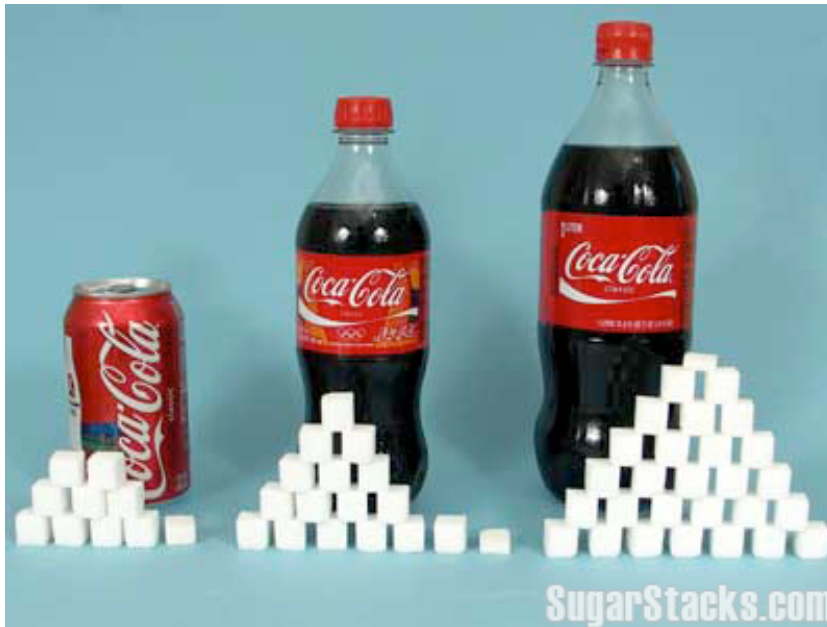
When the cells, organs, and systems inside your body become sick and lethargic...

SO DO YOU.

Before we move on, I want to give you some perspective as to just how serious this situation has become by highlighting exactly how much caffeine and sugar are present in various beverages.

So sit back, relax, and enjoy the show...

COCA-COLA



355ml can

46g sugar
140 calories
35mg caffeine

590ml bottle

65g sugar
240 calories

1 liter bottle

108g sugar
400 calories

VITAMIN WATER



590ml bottle

33g sugar (for water!!!)
125 calories

MINUTE MAID ORANGE JUICE



473ml bottle

24g sugar

110 calories

SNAPPLE LEMON ICED TEA



473ml bottle

23g sugar

100 calories

42mg caffeine

What About Coffee and Tea?

Well, let's have a look...

STARBUCKS (grande sizes - 16oz, 473ml)



Latte

150mg caffeine

Caffe Mocha

175mg caffeine

Regular Coffee

330mg caffeine

TAZO CHAI TEA



8oz cup

47mg caffeine

How Do the Energy Drinks Stack Up?

ROCKSTAR



240ml can

31g sugar

480ml can

62g sugar

160-240mg caffeine

RED BULL



250ml can

27g sugar

80mg caffeine

And those are just a few examples.

In fact, the energy drinks with the MOST caffeine include:

- 32oz can of 5150 Semi Sweet (12,000 mg caffeine - yes, you read that correctly)
- 24oz can of Rage Inferno (375 mg caffeine)
- 2.5 oz of Redline Power Rush (350 mg caffeine)
- 2 oz “5-Hour Energy Shot” (138mg caffeine)



And the list goes on.

The other big problem with caffeine is that since it's a DRUG, the amount needed to produce stimulation increases with regular use.

How Much is Too Much?

Now that you've seen some real-life examples, you might be wondering **how much caffeine is considered acceptable or safe**, right?

Shockingly, Health Canada recommends NOT exceeding 400mg of caffeine per day. This amount equals about THREE 8oz (237ml) cups of brewed coffee per day!

As a holistic nutritionist, I find this recommendation absolutely absurd.

According to this logic, it's ok for teenagers to continue guzzling 2 BIG cans of Rockstar (about 400mg caffeine) each day!

In general (and across most “medical” boards), **the upper limit is about 300mg of caffeine per day.**

So here's my two cents...

The LESS caffeine you consume, the MORE energetic you will feel - assuming you follow the recommendations I put forth in this report - that I can GUARANTEE!

It's time to save your adrenal glands...to get your blood sugar until control...and perhaps most importantly to...

Restore Your Blood's Natural Acid-Base Balance

In my research, there are **more than 87 different energy drinks on the market**. And that number is rising each year as more and more people are in desperate need of energy.

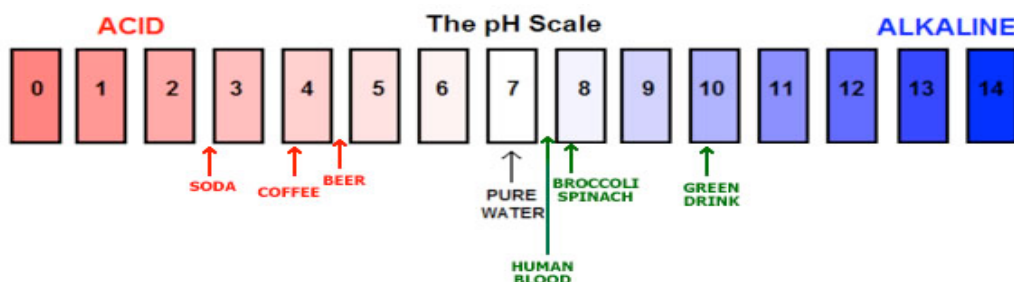
But, as we've seen, these energy drinks and caffeinated beverages have created an even greater need for energy since they are, in large part, the single-handed cause of draining your energy in the first place!

Not only do energy drinks and other caffeinated beverages drain your energy by taxing your adrenal glands and blood sugar levels, **they also (and perhaps more importantly) help to turn your blood into sludge-like sewage!**

Let me explain...

Do you remember learning about the pH scale back in science class?

If you don't, I'll quickly fill you in. The pH scale ranges from 0 to 14. 0 is considered highly ACIDIC while 14 is highly ALKALINE (or basic). 7 is neutral.



The following chart will give you a better idea of the **pH levels specific fluids and substances** (NOTE: don't worry about the middle column)...

pH Value	H⁺ Concentration Relative to Pure Water	Example
0	10 000 000	battery acid
1	1 000 000	sulfuric acid
2	100 000	lemon juice, vinegar
3	10 000	orange juice, soda
4	1 000	tomato juice, acid rain
5	100	black coffee, bananas
6	10	urine, milk
7	1	pure water
8	0.1	sea water, eggs
9	0.01	baking soda
10	0.001	Great Salt Lake, milk of magnesia
11	0.000 1	ammonia solution
12	0.000 01	soapy water
13	0.000 001	bleach, oven cleaner
14	0.000 000 1	liquid drain cleaner

Now why am I showing you this?

Because **your BLOOD needs to be slightly alkaline**. Specifically, it needs to maintain a tight pH range of **7.35-7.45**.

However, this becomes very difficult to do when the body is "attacked" by drinks and foods that deposit more acid in the blood.

Caffeinated beverages (like we discussed above) along with many foods in the typical western diet are acid-forming once metabolized in your body.

The major acid-forming culprits are sugar, refined grains, animal products, caffeine, alcohol, and pretty much anything other man-made food.

All of these foods/drinks **create MORE acid** buildup in your bloodstream for ONE simple reason...

They deposit MORE protein and phosphorus (acidic) than magnesium, potassium, and calcium (alkaline minerals).



That simple relationship is what determines the “acid or alkaline effect” - aka. PRAL (potential acid renal load) - of any food.

Considering that, it's no wonder that more than 80% of the western world is suffering with low energy levels.

Having acidic blood not only deprives your body of energy (I'll tell you why in a second) but it **also creates the foundation for disease to proliferate**. Every disease we know of, has at its root, an acid problem!

How Acidic Blood Robs Your Energy

When your blood becomes too acidic, ONE very important event occurs...

Your red blood cells (RBCs), which are responsible for carrying oxygen to your cells, **lose the negative charge around their membrane.**

This is important because under normal (alkaline) conditions this negative charge prevents your RBCs from clumping together - since 2 (or more) negative charges will repel each other.



However, when acid strips away that

repelling charge, RBCs **begin to stick together** as their positive internal charge begins to attract the negative charge from other intact RBCs.

Are you with me so far?

This creates a virtual **traffic jam in your blood**. Now, your blood has become thicker, like sludge.

Your oxygen-carrying RBCs cannot readily access the trillions of cells in your body that depend on oxygen for energy production for 2 reasons...

The first is **flow**.

If your red blood cells, which carry oxygen, are not able to reach their “destination” quickly enough because they are all backed up in a traffic jam, then your cells will be deprived of oxygen, and thus energy. You’ll feel the same.

The second reason clumped RBCs cannot access your cells is because they are **no longer small enough to fit through the tiny capillaries** (smallest blood vessels) that feed your body’s cells.

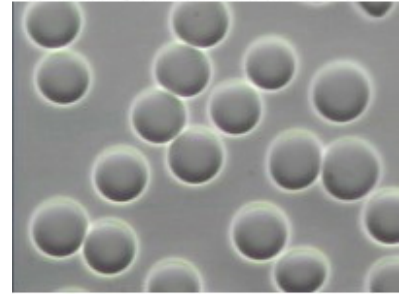
This is it.

This is the most fundamental reason why so many people (including yourself) are not fully energized.

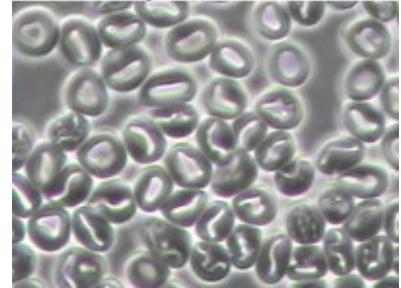
There is stuff going on in your blood that no amount of sugar or caffeine can ever overcome. In fact, as I mentioned just a moment ago, they make this acid problem even worse!

Aren’t you happy you know this now?

Healthy Red Blood Cells



Unhealthy Red Blood Cells



How to DOUBLE Your Energy in 48 Hours (or Less)

You've now discover that consuming too much sugar (or refined carbohydrates) and caffeinated beverages drain your adrenal glands and wreak havoc on your blood sugar levels. Both result in you feeling lethargic in the short and long term.

You've also learned that these same popular foods (and energy quick fixes) are creating an even BIGGER problem by acidifying your blood, making it near impossible for your red blood cells to deliver energy-boosting oxygen to your cells.

Remember, oxygen = energy.

No oxygen = NO energy

Now that we've looked at the problem and what to avoid if you really want to enjoy all-day energy, it's now time for me show you **the most powerful energy-boosting solution.**

This seemingly simple solution can literally DOUBLE your energy in less than 48 hours. It's done so for me and over 50,000 of my clients around the world.

Are you ready for it?

Ok, here we go.

Considering what you've just learned...

Wouldn't it make the most sense to CORRECT the traffic jam in your blood?

Wouldn't it be smartest to re-establish your blood's naturally alkaline pH level?

YES!

And that's the secret to having more energy.

Now let's look at how to do that...

Eat MORE alkaline forming foods in their most energetic state.

Earlier, I mentioned that the foods most commonly associated with the western diet (ie. lots of refined carbs, animal protein, and processed foods) are acid-forming inside the body.

Thankfully, the easiest and most immediate way to alkalize your blood is by eating more **fruits and vegetables** in their most energetic state...

Which happens to be RAW.

Fruits and vegetables are not only packed with thousands of disease-fighting phytonutrients but they are also **loaded with high levels of the alkalizing minerals** - calcium, potassium, and magnesium.

For that reason, they are crucial for re-establishing your blood's desirable pH level of 7.35-7.45.

And that's just ONE more reason why we should all be eating more fruits and veggies every day.

The Real Energy of Foods

As healthy as fruits and vegetables are, there is a day and night difference between eating them in their **cooked vs. raw state**, especially from an energy stand point.

Not only does heating (ie. cooking) foods deplete them of many of their important vitamins and minerals but it also **strips them of their natural life force** - an invisible, almost intangible, and poorly understood aspect of food nutrition.

When you think of food and energy you probably think of calories, right? Well, that's what we've been led to believe thanks to all those "wonderful" food labels.

But what most people don't realize is that the ultimate source of energy is the sun. Energy is captured in the chlorophyll of plants, the pigment that gives off that wonderful green hue.

These plants are then consumed by animals (including humans) and this energy provides the necessary building blocks and fuel we need to thrive. Thus, the MAIN reason for eating is nourishment, growth, and productivity.

Typically this energy is referred to as calories. But let's assume that 2 foods have the exact same amount of calories - does each present a different energy to the body or are they the same?

Most allopathic practitioners (doctors, dietitians) only view foods for their nutrient content and energy (in calories) that they yield. For instance, a bagel has roughly 250 calories, and 'x' amount of carbohydrates, 'x' amount of protein, and so forth.

Thus, shouldn't it provide MORE energy than an apple that contains roughly 50 calories?

Can you see where this logic starts to fail?

So why is that 2 foods that have the exact same (or even differing) caloric value affect your energy levels in different ways?

Well, we can look at the nutrient profile of the given foods such as their content of fat, carbohydrates, proteins, vitamins, and minerals. This would be looking at foods from a quantitative perspective.

We can also investigate the **quality of the ingredients** (if applicable) of the foods. Are there preservatives, fillers, fortifiers, and so forth that have been added? Such an investigation may also reveal some previously unknown sensitivities or allergies to particular foods – both of which severely affect your health and energy levels.

But there's still something more to this story of food energy...

Since all living things (food, animals, humans, etc...) are electromagnetic (our trillions of cells produce electric currents and magnetic fields at all times) we need to consume foods that energize our natural vital "energy".

I know this may sound a little wishy-washy, and believe me, I was skeptical when I first learned this stuff, but I'm telling you this IS the secret.

And you'll never know unless you give it a try. So stick with me for a few more moments and it will all make sense.

Every single piece of food is packed with life force (or energy). The more natural the food, the more energy it will provide. The more processed a food, the less energy it will provide.

Again, I'm talking about the type of energy that makes you feel like you're on cloud 9 - not calories. Unfortunately, science hasn't evolved to be able to quantify this intangible force, but that doesn't mean it doesn't exist.

Electricity - in the form of light - wasn't discovered until 1879 by Thomas Edison. Does that mean that it never existed before that time? Does that mean that it

was previously IMPOSSIBLE for elements found in nature to produce light before that year.

Absolutely not. It just happened to be “discovered” at that particular point in time thanks to advances in science and technology.

In fact, almost 100 years before Edison's breakthrough, Luigi Galvani published his discovery of bioelectricity (in 1791), demonstrating that electricity was the medium by which nerve cells passed signals to the muscles.

So we ARE electric beings.

It's only a matter of time before this becomes “common knowledge”.

Food is pure energy – it has a specific vibration and frequency. We can't see it but we know it's there (I'll show you in just a second).

The importance of this is that each of the body's cells, organs, and systems also require this electromagnetic vibrational "energy" to perform its function.

And each natural living food has within it the power to fuel these needs.

Check this out...

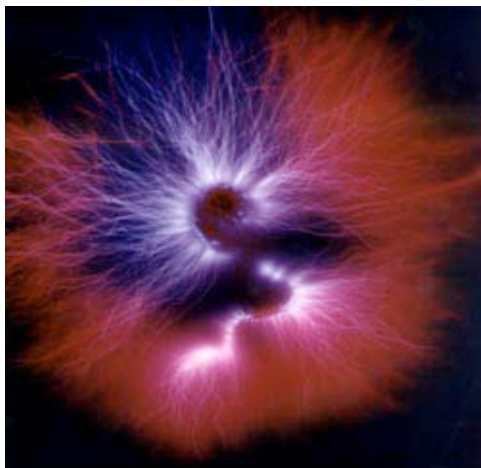


photo 1: An organically grown Lentil sprout using Kirlian photography.

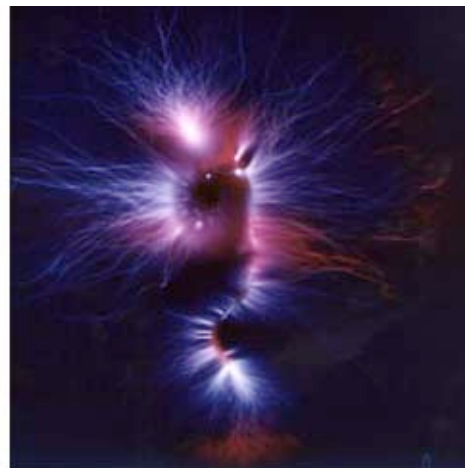


photo 2: An organically grown Lentil sprout that has been cooked at 140° F for approximately 3 minutes.

These are two Kirlian photographs (courtesy of Kirlian photographer Christopher Wodtke) of two different ORGANIC LENTILS. Kirlian photography is a method that enables us to see the **vibrational energy emanating from living things**.

The picture on the left is of a RAW ORGANIC LENTIL while the picture on the right is of an organic lentil that has been cooked for just 3 minutes.

Do you see the IMMENSE DIFFERENCE in energy emanating from the RAW lentil on the left versus the one on the right?

Here's the best part...the lentil sprouts in these pictures yield the exact same 82 calories per cup!

I guarantee that each will affect your body TOTALLY differently.

Here's another image of cacao - the main component of chocolate.

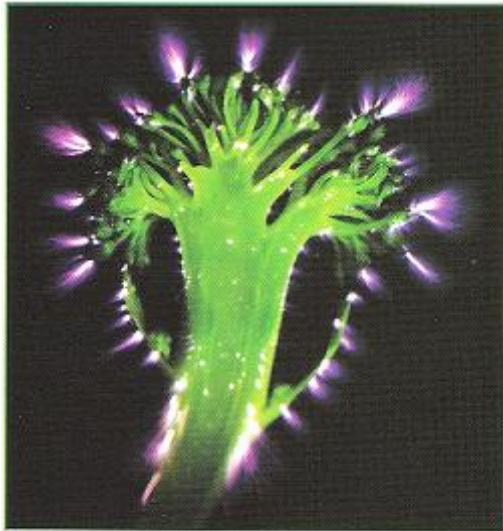


You've probably heard that dark chocolate is a superfood, right?

Well, here's another reason why. Just look at the energy it gives off!

THERE IS OBVIOUSLY MORE TO ENERGY THAN JUST CALORIES!!!

Finally, here are 2 images of **steamed vs. raw broccoli**. Which one is giving off more energy?



Steamed Organic Broccoli



Raw Organic Broccoli

Are you starting to see a trend here?

Fruits and vegetables in their raw state (their most energetic state) are KEY to having more energy!

Raw Food = Greater Life Force (or Energy) =
Resonates With Your Body = You Feel More Energetic

Now, you don't have to become a full-blown raw foodist (I'm not) to benefit from the power of eating more natural foods in their raw state.

And to help you get started, below are 3 simple tricks to get you started so that you can boost your energy by this time tomorrow!

3 Eating for Energy Tricks

Now that we've established that eating more raw fruits and vegetables is the SECRET to boundless, all-day energy and greater overall health, I want to help you implement them in 3 powerful ways for maximum benefit.

1. Make a Green Smoothie in the Morning

Put away the coffee maker and whip out your blender and energize your body with several servings of fruits and veggies first thing in the morning. This is the BEST way for you and your family to start your day - GUARANTEED!

Plus, the easiest way to add more fruits and vegetables into your diet is by blending them. It's quite simple really...add your favorite fruit and some green vegetables together, add some water, and blend it all together.

And presto!

You've just consumed several servings of fruits and vegetables in a delicious smoothie that takes no more than 2 to 3 minutes to make. And, drinking smoothies reduces the burden on your digestive system because the blender has predigested the foods and broken down much of the fiber.

Here's my go-to morning green smoothie...

- 1 head of lettuce (the darker the better)
- 1/2 handful of parsley or cilantro
- 1 apple
- 1 banana
- 1 pear
- Juice of 1 lime
- 500-750 ml of water (depending on your desired consistency)



** Blend everything together and voila!*

This recipe will give you about 1.5-2.0 liters of amazing green, alkalizing goodness!

2. Eat a Green Salad

Again this is rocket science but it's amazingly powerful. Simply grab some lettuce, add a couple tomatoes or other vegetables that you enjoy, and there you go. You now have added even more servings of vegetables and fruit into your day.

If you're busy at work during the day, then simply commit to making a big green salad for you and your family to enjoy with dinner. Everyone will benefit from the nutrients, fiber, and added alkalinity.

3. Snack on Raw Foods Throughout the Day

Okay that seems a bit obvious so let me explain...

What I mean by this is simply eat a pear. Eat a banana. Have a papaya.

By snacking on your favorite fruits and vegetables throughout the day you inherently increase the intake of life-giving, energy producing, and nutrient dense plant foods.

All of this combined leads to greater health, vitality, weight loss, and energy.

These 3 tips seem almost too simple. And that's why they're so powerful. Don't complicate things. The health and diet industry loves complication - it's no wonder we're so sick and lethargic.

Apply these 3 energy-boosting tricks starting TODAY and I guarantee you'll already feel a big difference by tomorrow...

FREE GIFT

3 More Energy-Boosting Recipes

I want you to understand just how easy it is to take your health and energy to the next level...almost effortlessly! That's why I want to share another 3 of my favourite raw food recipes with you. Not only are they packed full of great nutrition, they also taste amazing...and they take less than 4 minutes to put together!

Blueberry Morning Cereal

- 1 cup blueberries
- 2 tbsp shredded dried coconut
- 2 tbsp crushed walnuts/almonds
- 1 tbsp hemp seeds
- 1 tbsp ground flaxseed
- 1 tbsp hemp seeds
- 2 cups almond milk



** Mix all ingredients in a bowl and top with almond milk.*

Coconut Chocolate Truffles

- 2 cups dates, pitted
- 2 cups pecans, soaked 2 to 4 hours
- 1 tbsp cacao powder
- 1 tsp vanilla
- ½ cup dried shredded coconut

** Throw all ingredients into a food processor and blend until the mixture becomes smooth and forms a ball.*

*** Roll mixture into small balls (should yield about 36) and roll in shredded coconut for coating.*



Chocolate Raspberry “Faux” Ice Cream

1-2 frozen bananas
½ cup raspberries
1 tbsp cacao nibs



** Frozen bananas make an incredible substitute for ice cream. Run them through a juicer with the blank plate OR but you can also make banana ice cream with a high-speed blender or food processor. If you need to add a little liquid to make the frozen banana blend, I suggest a bit of almond milk or coconut milk. A drop of vanilla extract is another nice touch.*

*** Pour “ice cream” over raspberries and top with cacao nibs.*

What’s that—you’re a chocolate fan? Combine a sliced frozen banana (or two), a spoonful of cacao powder, and a bit of maple syrup (enough to blend smoothly). It’s delicious!

But wait, there’s more...



Want “Step-by-Step” Guidance on Exactly How and What to Eat for More Energy?

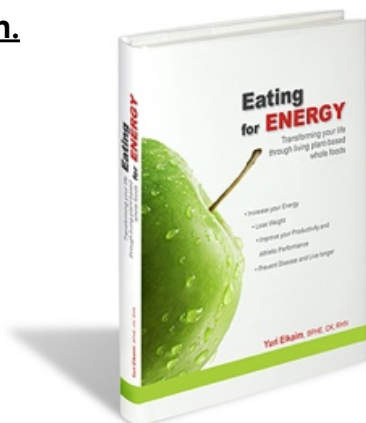
If you've enjoyed this report and want **more in-depth knowledge**, **simple “how-to” nutrition strategies**, and **more delicious energy-boosting recipes**, then you'll want to check out my best-selling [Eating for Energy](#) program.

It's an energy nutrition bible packed with **120 simple raw food recipes**, an easy-to-follow **12 week meal plan**, and **more strategies** to help you and your family enjoy greater health and enjoy ALL-DAY energy!

No longer will YOU have to worry about how to eat for more energy. No more will you have to worry about how to prepare healthy, energizing meals for you and your family.

At last, you can wake-up earlier, have more energy throughout the day, outlast your kids (if you have), and still have fuel left in the tank at the end of the day.

And **I want to THANK YOU for reading this report by offering you a significant discount on the program.**



[Click here NOW for your special discount](#)

So who is Yuri Elkaim anyways?



Yuri Elkaim graduated summa cum laude with a Bachelors of Physical Education and Health from the University of Toronto. He is a Certified Kinesiologist, a Registered Holistic Nutritionist, and the Head Strength & Conditioning and Nutrition Coach for the University of Toronto men's soccer program.

After losing ALL his hair to an autoimmune condition, called Alopecia (as a result of years of unhealthy eating), Yuri turned to holistic raw food nutrition for answers. It wasn't long until his improved eating habits helped him re-grow his hair (although he still keeps his head shaved as it's become his "claim to fame") and skyrocketed his health and vitality to an entirely new level!

Over the past 13 years, Yuri has helped over 50,000 people around the world lose weight, get fit, and live their healthiest lives ever through his innovative iPod workout programs – Fitter U, Treadmill Trainer, and Fitter U Fitness – and his best-selling nutrition programs – Eating for Energy and the Total Wellness Cleanse.

Before founding his company – Total Wellness Consulting - Yuri played professional soccer for 3 years - with the Toronto Lynx of the North American A-League and with Lille OSC of the French 1st division. Yuri was also named a 2-time All-Canadian All-Star and team MVP/captain with the University of Toronto Men's Soccer team helping the team capture provincial gold and silver medals and leading the team to the National Championships.

Yuri has shared his wealth of knowledge and expertise by publishing articles in Beyond Fitness Magazine, Impact Magazine, and Fitness Business Canada Magazine. He and his fitness and nutrition program have also been featured in several media including: Maximum Fitness Magazine, CityTV, Perfect Fit, CP24, 24 Hours, Calgary Herald, eTalk Daily, and Breakfast Television.