

Eat All You Want

**The Sizzling Minerals Cleansing Diet
Not Just Another Diet Fad!**

How many “Bio-engineered” diets have you tried in your attempt to lose weight and keep it off? Was it two, six, or maybe ten? Some people have tried as many as sixteen and they are still overweight. Not only have they spent a large amount of money, they have also suffered through a great deal of anxiety and frustration.

Anyone can lose weight if they quit eating or drastically reduce their food intake. However, this sort of action promotes fatigue and increases cravings, which in turn promotes nervousness, tension, and many other abnormalities.

Would you attempt a diet plan that allows you to eat normal foods and to eat as much as you want?

This type of diet plan is now available to you. Best of all, while your dieting you may also be improving your health.

Many diets burn off excess weight but lack the ability to stimulate the body to properly discard the wastes and toxins created by dieting. The Sizzling Minerals cleansing diet will not only help you lose weight, it will cleanse your system because the food eaten requires more calories to burn than it releases in calorie value. You may eat as much of the recommended food as you desire so long as you consume three (3) Sizzling Minerals wafers daily as outlined. It is important that you follow the plan as closely as possible in order to flush your system of toxins and impurities that circumvent a nutritionally responsible body and an enthusiastic and motivated feeling of well being.

Begin your weight reduction now!

Monday or Day #1: Eat only fruit today – You may eat all the melon and other fruits you want with the exception of bananas. (Do not eat bananas.) Be sure to consume 1 Sizzling Minerals wafer with breakfast, lunch and dinner. Always consume 1 wafer, 3 times each day of the diet, and you may eat 4 or 5 times daily if you prefer. *Water

Tuesday or Day #2: Eat only vegetables today – Don't forget your 1 Sizzling Minerals Wafer at breakfast, lunch and dinner. Eat your favorite choice of all the fresh, raw or cooked vegetables you want. Stuff yourself! If you eat cooked vegetables, we prefer they be prepared in a microwave

oven, but only in glass, not plastic. If necessary, use salt-free seasoning. Avoid corn, peas and salad dressings other than vinegar and oil. *Water

Wednesday or Day #3: Eat fruit and vegetables today – You should stuff yourself today, as often as you desire, with your favorite fruit and vegetables with the exception of bananas, peas and corn. Restrict the salt, and if salad dressing is necessary, use only vinegar and oil. Be sure to consume your Sizzling Minerals the usual 3 times today. This will supplement your nutrition with at least 63 trace minerals and 7 major minerals. You should consume at least 10 glasses of hot water with lemon throughout Day #3.

Thursday or Day #4: Drink low fat milk and eat only bananas today – During the 4th day, your body will need an extra portion of carbohydrates and proteins which are supplied by bananas, low fat milk or cottage cheese. Eat all you want! Don't forget your 3 wafers today. *Water

Friday or Day #5: Eat tomatoes and lean beef today – Day #5 is slim day. Take your normal Sizzling Minerals Wafers, eat as many tomatoes as often as possible while eliminating salt. Eat no more than 12 ounces of lean beef such as roast or unbasted grilled steak. Beef may be substituted with baked or broiled fish. *Water

Saturday or Day #6: Eat vegetables and lean beef today – Eat as many vegetables as possible today, avoiding salt, salad dressing, potatoes, peas and corn. You may actually eat as much lean beef as you desire. Beef may be substituted with baked or broiled fish, or eliminated altogether. Remember to take 1 Sizzling Minerals Wafer 3 times today. *Water

Sunday or Day #7: Eat vegetables only today – Eat as many fresh, raw or cooked vegetables as often as possible today. Don't be afraid to stuff yourself! Yes, don't forget your Sizzling Minerals. *Water

***Water:** During the cleansing diet, you should drink at least 8 glasses of chlorine free water each day. Hot water with lemon is by far the best if you want excellent results.

Other Beverages: Do not consume any kind of alcohol during your diet. If you must drink coffee, make sure it's decaffeinated and unsweetened. Any tea without sugar will suffice. If fruit or vegetable juices are consumed, make sure they are unsweetened and then only consumed on fruit or vegetable days.

The Sizzling Minerals diet may be repeated as often as you like. You may experience nausea, weakness and other unusual feelings during the cleansing and detoxification. This is normal and expected if a chemical change occurs within the body.