

MY 3 HEALTH MISTAKES: 3 Changes which can bring 3x boost in your health & energy

HIGH ENERGY MASTERCLASS

Vineet Sharma

MY 3 HEALTH MISTAKES: 3 Changes which can bring 3X boost in your health & energy

I want to quickly talk about **3 mistakes of my wellness Journey and 3 changes which can bring 3x boost in your health & energy.**

Let's cover 3 mistakes that I did while pursuing wellness. And I suggest you to learn from these mistakes. They may be hindering you in achieving physical wellness.

My first mistake was to seek nutritional advice from Gym trainers and Doctors. Now do not get me wrong here. Doctors are life savers in emergency situations. They are an expert in Pathology. However Pathology is a study of disease.

The main focus is on after-the-fact; repair and damage control. Certainly, that is most important once you have already fallen sick. However, there is no focus on before -the- fact; what needs to be done so that you stay healthy. So much so that there is not even a word in modern medicine about study of health. Food & nutrition is not even a subject taught in most of the medical schools.

Less than 3% of doctors' visits are spent discussing nutrition. Trillions of dollars are spent on healthcare, yet less than 2% of that goes for prevention. One in five people will die of obesity and every year there are over 30 million preventable health related deaths worldwide.

Personally I have many doctor friends who do have wellness knowledge but **it is out of their personal passion and interest that they have seeked out this information.** It has never been part of their medical curriculum.

I visited doctors for months and years and did not get any results at all except different types of pills, drugs and injections. Infact I personally have seen many patients suffering from heart diseases and cancer talking to their doctors & oncologist about food & nutrition.

And sadly those patients do not get the right answers because it is never taught in medical schools. Or they get the answer – Eat whatever you feel like.

So 1st change you need to do – Take help of doctors only in emergency medical conditions. Doctors are equipped to give you medical advice but for food & nutrition advice, seek somebody who has got knowledge about food & nutrition.

MY 3 HEALTH MISTAKES: 3 Changes which can bring 3X boost in your health & energy

The same goes for gym trainers. Unless and until they have studied food & nutrition, please seek the advice about type of exercise and not about food, nutrition or diet.

It is similar to how you will get results in life. If you want to be rich, do not study broke people. Study Rich people, take their advice and you will become rich.

My second mistake was that I stopped using my common sense and gave in to the marketing message of pharma companies that I needed to pop a pill to feel good.

Contrary to what we have been told during our times, **human body is not designed to be sick at all**. It is not a house of the disease. We are born in the "Pill" culture, wherein we are brainwashed by TV Commercials to start believing that it is normal to remain sick and we need pills to feel normal, happy and healthy.

The reality is absolutely opposite of that. **Human body is designed to be healthy by nature**. It is designed to heal itself automatically. It is designed to last 100 years. It is the most powerful machine on this planet and it is our greatest ally, our greatest friend.

It keeps tolerating the systematic abuses that we hurl at it day in and day out, and still keeps working, though it does give warning signs being the most intelligent machine as well.

However, we fail to listen and even when we are forced to listen and take notice in form of pain, mostly we just suppress its voice by focussing solely on the symptoms and treating them with drugs and painkillers until one day when it can no longer bear the brunt and conks off.

And then we ask 'Why me?' and complain to GOD for not being kind.

Let me give you couple of examples.

Imagine that you have discovered the knowledge how to turn food into blood. You discover how to make blood from an apple. Once you patent this process, how much will you be able to earn from this patented process?

MY 3 HEALTH MISTAKES: 3 Changes which can bring 3X boost in your health & energy

Or, let's say you invent a glue which is so strong that it can bind the bones. How much for that? Any person having these inventions discovered in a lab will turn into a billionaire overnight.

Human body is full of these amazing inventions already.

It is not only the most powerful machine but the most intelligent as well.

So, when it is being hurled abuses day and night, it starts giving warning signs. It starts showing symptoms that the treatment it is receiving is improper and it should be taken care of.

What are those symptoms generally?

It could be pain, tiredness, loss of energy, headache, acidity, heartburn, indigestion etc.

And how are those issues addressed generally?

By a visit to the Doctor who prescribes the drugs.

And what do those drug do?

They hide the symptoms. They create an illusion that there is no pain anymore and we are fine.

It is like an alarm bell in the house which goes off every time a burglar tries to break in. Since the alarm bell is continuously ringing and asking us to take an action (which actually would be to prevent the burglar from entering the house), what do we do?

We go to a mechanic and tell him about the problem – the alarm bell is ringing frequently. And the mechanic provides the solution – he chops the wires of the Alarm bell. The problem seems to have been solved.

As the basic cleansing and nutrition needs are not met, the body, being the most intelligent machine, goes into survival mode and tries to give more warning signs. You could imagine it is shouting on top of its voice to attract your attention so that you address those basic needs.

What does it mean? What are those symptoms?

Severe pain, loss of energy, fever.

MY 3 HEALTH MISTAKES: 3 Changes which can bring 3X boost in your health & energy

And how are those issues addressed generally?

Again by taking higher doses of drugs, so that they again try to hide those symptoms. But what is completely ignored is the basic need for cleansing and nutrition.

The cycle continues, becomes aggravated and one day even the most powerful and the most intelligent machine also conks off. And you are diagnosed with heart diseases, liver diseases and even Cancer!

Then you ask the question to God – ‘why me?’

Those diseases were not chosen by God and transferred to you. It was the result of long term prolonged abuses, depriving the body of its basic needs which prompted those conditions.

Consider the human body a large thick glass window and the daily abuses as pelting of small stones that happens every day. In the beginning, nothing happens but slowly the stone size starts increasing and it is thrown at the glass window with more force every day. Finally after a prolonged period of time, one day when the size of stones becomes too big to endure, it breaks.

Now for some people, this is the wakeup call. This stage is the bottom most for their health – it becomes a question of survival. And depending on their will power and motivation to live life, they take action.

They study health & wellness and there are thousands of real life stories of people, who have turned it around completely.

For others, they still keep giving the control of their health to medical authorities. And sadly, they go down the pre-determined path.

Human body is a design marvel. 100 trillion cells working in harmony.

207 bones and more than 600 muscles helping us move in all the directions. It is the wisdom and power of the body that heals.

This energy which miraculously heals wounds, is always striving for your highest possible level of health under all circumstances. It is also self-preserving under all circumstances. As an insect approaches our eyes, we blink.

MY 3 HEALTH MISTAKES: 3 Changes which can bring 3X boost in your health & energy

We have 70 thousand meals to be consumed in a lifetime and the quality of water and fluids we consume is the determining factor in acquiring and maintaining vibrant health.

Billions of cells die every day and are replaced by new cells. The building blocks for their replacement come from the foods we eat.

Human body is naturally designed to be healthy unless you come in its way, knowingly or unknowingly.

It is your greatest ally .Being healthy is natural and your birth right.

So 2nd change you need to do – Change your belief about your own body. Human body is always self –repairing and self –healing. It is infinitely intelligent. You do not need to take a chemical pill to feel good.

Being healthy is its natural state. You need to just get out of its way.

My third mistake was that I believed food marketing to be real and authentic. I thought food companies wanted to make healthy nutritious food, exactly what they claim in their advertisements.

I never actually looked at the nutrition information in any detail.

And the trend continues till date in the market. Only a small percentage of people [around 15 %] actually read the ingredient label.

One example—and one that’s often abused by food manufacturers—is the term “natural.”

There is no legal definition of “natural”. If you see “natural” or “all-natural” on a product label, that tells you next to nothing about what’s inside.

These healthy-sounding terms create a “health halo” that surrounds a product and makes it seem nutritious to a potential buyer, even if the product itself is junk food.

MY 3 HEALTH MISTAKES: 3 Changes which can bring 3X boost in your health & energy

Most of the buyers analyze packaging info “only very peripherally”, and make snap judgments based on dubious health claims or healthy *sounding* [but ultimately meaningless] language.

Healthy ingredients are often mixed with loads of sugar, artificial colouring and other additives that offset or overshadow the benefits.

If you decide to eat packaged foods, the most reliable indicator of a product's healthfulness is its list of ingredients.

These ingredients have to be listed in descending order of weight. So if the front of the box boasts lots of whole grains, you know it's fibbing if the first ingredient is not whole grain in the ingredient list.

Here's a peek behind the mixed messages on too many food packages.

Tricky Names: terms like “farm”, “whole” and “simply” in brand names or labeling are not regulated.

Diverting : Breakfast-cereal boxes shout that their contents are fortified with vitamins and minerals so you overlook the sugar content.

Organicwashing : Many junk foods, including sodas, chips and prepared meals, now come in organic versions. They may be marginally healthier for you, but they're still junk.

Greenwashing : Terms like “simple”, “farm raised”, “responsibly made”, “sustainable”, and “all natural” are pure feel-good catch phrases implying that the foods are good for you and the earth.

Sugar deception : Ingredients are listed on packages in descending order of quantity and one trick is to flavour foods with multiple sweeteners so “sugar” doesn't appear high on the list.

So 3 change you need to do – Instead of reading food labels, read food ingredients. Food makers often use fuzzy language as sneaky sales strategies.

MY 3 HEALTH MISTAKES: 3 Changes which can bring 3X boost in your health & energy

If the ingredients list contains sugar [there are 38 forms of it including corn syrup], white flour, vegetable oil, permitted synthetic colour, nature identical flavours or a list of chemicals that you cannot pronounce, it is no more a food. So next time you go for shopping in supermarket, you know where to look.

So these are the 3 mistakes of my wellness Journey and 3 Changes you can do to boost your health & energy 3x.

Here are just a few examples of Vineet's students and the results they have achieved:

“Vineet’s trainings are immensely helpful for working professionals. It has helped me a lot and I would recommend it to anybody looking for wellness, weight loss & Vitality.”

Shailesh Singh

“I have been greatly benefited by Vineet’s teaching to boost my wellbeing and day to day energy levels. It is a must for anybody looking to transform their personal health & wellness.”

Anuradha Joshi

Want to learn more techniques on how to lose weight on a full & stuffed stomach? OR Getting rid of food cravings & addictions?

Enroll for a live workshop at www.hexintensive.com to learn more.

And you may want to carefully consider investing in **HIGH ENERGY EXPERINCE (HEX Intensive)** when it's offered to you during the workshop. It's an implementation program backed by scientific systems & processes to change your food habits without will-power and get you an experience of wellness, weight loss & Vitality, permanently.

Vineet