

ANTHONY ROBBINS

i n n e r

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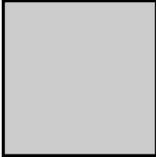
b a l a n c e™



*A*nthony Robbins has spent the past two decades seeking out the principles of vibrant health, vital life, and physical mastery—and applying them to his own life with outstanding results. Now you have access to the same nutritional system Anthony Robbins utilizes every day, to help you create extraordinary energy and vitality in your life.

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## Anthony Robbins inner balance overview

Congratulations on your purchase of Anthony Robbins Inner Balance and more importantly, on your commitment to proactively take care of your health and increase your level of energy.

Remember, health is not merely the absence of disease. Health is a metabolic state whereby the systems of the body are functioning at maximum efficiency. In other words, **health is where your body is working at optimal levels and you are experiencing a natural state of health, vitality, and energy.**

Unfortunately, today we live in a society where we tend to value our bodies the least. We promote a healthy, vital, attractive lifestyle in our advertising; however, most people don't give vitality and health the important level of focus it deserves. Many of today's health issues are a result of a stressful lifestyle coupled with an unbalanced, acidic diet. In addition, even if we do make health a primary focus, the water, air, and soil that we

are exposed to daily have become increasingly contaminated with toxic chemicals.

Modern farming methods include uses of chemical fertilizers, pesticides, and growth hormones which all affect the quality of our food supply. Freshly picked foods contain all of the building blocks of optimal health that we need. But today, fresh, live foods are scarcer than ever! In fact, since most of the good foods we eat have been picked early then stored for so long, pH levels and electric charges in foods are far below what our bodies require to function at optimum levels. Thus, the foods do not provide us with the energy that we need but actually contribute to depleting us. This creates fatigue, obesity, and the inability to think clearly.



## HOW INNER BALANCE WORKS

Anthony Robbins Inner Balance line of products was designed to support you in creating and maintaining a lifestyle of vibrant health, vital life, and abundant energy that may not be available through today's food choices alone. Inner Balance was formulated to work with the good foods that we still have available to us. There are several things that make the Inner Balance products unique:

### 1: BALANCE AT THE CELLULAR LEVEL

Inner Balance products are designed to nourish and energize the body and keep it functioning at its peak efficiency. They respond to your good diet habits and work cumulatively to help you address your nutritional needs at a cellular level.

### 2: QUICK AND EASY ABSORPTION

Inner Balance dietary supplements are created in a milligram form that is easily and quickly absorbed. The colloidal products are to be taken under the tongue and are then absorbed into the cell within eight seconds instead of passing through the digestive tract. Many over-the-counter dietary supplements are in capsules or gel-caps that are harder to absorb, as the supplement must break through the

capsule first. Tons of vitamin supplements are found in the nation's sewage each year. This is because so many people take vitamins and supplements that simply pass right through their systems without providing them all of the benefits.

### 3: FRESH AND NATURAL INGREDIENTS

Inner Balance dietary supplements are made from concentrated fresh and natural ingredients. In fact, it takes over one pound of fresh ingredients to yield one ounce of finished products and provide you with the necessary electrical energy charges that you would find in freshly picked food sources. Each product is uniquely formulated with the highest grade of organically grown grasses, green vegetables, herbs, and sprouted grains to alkalize and balance out stress and an over-acidic system. The biological activity of each of these ingredients is preserved through the low-temperature filtration in the manufacturing process.

## IS THERE A DIET PROGRAM THAT COMES WITH THE PRODUCT?

### A COMMON SENSE DIET IS BEST

While the products by themselves will help make a radical shift in your overall feeling of health, energy and vitality, it is also important to make a decision about the lifestyle you are committed to achieve in the process. You can take all the dietary supplements in the world, and if you are still eating french fries and chicken wings, your health will be affected. At the same time, this doesn't mean that you have to quit eating everything but vegetables and adhere to a strict diet of celery for the rest of your life. For the most part, common sense dictates the foods that are good for you and the foods that are not.

### A HEALTHY LIFESTYLE

At the most basic level, there are three components to creating and maintaining a healthy lifestyle:

1. A healthy diet and supplements to support your overall health.
2. A consistent exercise program.
3. Healthy mindset and thoughts.

## ADDITIONAL TIPS TO KEEP IN MIND

### DO NOT MAKE A RADICAL CHANGE IN YOUR DIET OVERNIGHT!

Instead, gradually transition your diet to create a lifestyle that will support you long-term. If you are currently eating a lot of red meat and carbohydrates, then you can begin by slowly cutting these things out and replacing them with fish, vegetables, etc. For example, if you eat a lot of bread, you can make a sandwich with a rice cracker, or sprouted-grain bread instead of a sourdough loaf. If you are eating a lot of chips, switch to eating raw vegetables with an avocado dip or salsa. If you decide to go ‘cold turkey,’ however, and immediately cut out all the foods you enjoy, then you will likely not follow through long-term. Instead, make the process fun. Taste and try new foods to discover what you not only enjoy, but what also supports your health and vitality. And, if you occasionally want to enjoy a treat, go for it! Or, try a treat that is sweetened with fruit juice instead of sugar. Just remember the 80/20 rule of ensuring that at least 80% of your diet consists of optimum foods.

### MAKE SURE YOU ARE EATING FOODS THAT STILL GIVE YOU THE TEXTURES YOU ENJOY

Remember to maintain the “crunch and munch.” For example, try eating some raw vegetables with hummus or avo-

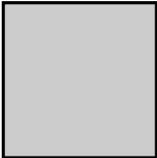
cado dips as this gives you both the crunchy and creamy textures. Or, try eating some almonds as a snack food. See the enclosed menu samples for a variety of international foods to try — either at home or dining out.

### USE A VARIETY OF SPICES TO ADD FLAVOR

Experiment with things like sun-dried tomatoes, which have a lot of flavor, or go to a health food store to seek out your options. For example, Bragg™ Liquid Aminos is a great alternative to any soy sauce. There are many great seasonings by Spice Hunter™ for a variety of international flavors.

### CONTINUE TO LEARN MORE ABOUT ATTAINING A HEALTHY LIFESTYLE

— by listening to Anthony Robbins Living Health® audio program. Living Health focuses on nutrition and psychological strategies to bolster your immune system and emotional techniques that, if used, can transform your body into a state of optimum health and peak vitality.



## inner balance FAQs

Following is a list of the most common questions and answers we have received.

For further information, call:

**1 (877) GO-4-GREEN**

**1 (877) 464-4733**



### HOW LONG DO THE PACKAGES LAST?

For daily use, each pack lasts about 3-4 weeks as directed. There are times when you are under extreme stress, have not been eating properly, or have a cold and may want to take an advanced dose which will run out more quickly.

### I DON'T LIKE THE TASTE OF THE "GREENS." WHAT CAN I DO TO IMPROVE TASTE, AS I LIKE THE ENERGY I FEEL WHEN I TAKE THEM?

If you have an acidic system, it is very possible that you will not care for the taste of the drink at first since it is alkaline. As you change your biochemistry to be more alkaline, you will actually crave the alkalinity in this drink and other fresh green foods, too. This is a natural response. Before you try to enhance the taste, make sure that you are taking the right dose.

We only recommend these options to change the flavor of the Pure Energy: Ultra Greens with MSM™.

1. Add some fresh squeezed lemon to the drink.
2. Add the greens to a weak herbal tea.

It's best not to mix the greens with fruit juices, as there are sugars in the juice that will counteract the positive effects of the greens.

Finally, if you prefer, you can simply take the capsules instead of the powder. The powder is digested more quickly and thus, provides slightly more benefit. The capsules are a great option, however, if the taste is a factor while you are just getting started or when you are traveling.

### WHY DO THE COLLOIDAL PRODUCTS SOMETIMES HAVE A METALLIC FLAVOR?

You may taste the mineral compounds in the product. Only take the recommended dose of each of the colloidal products *under* your tongue instead of on your tongue to minimize any adverse taste. You should not taste the product at all if administered in this manner.

### WHAT IS THE SHELF LIFE OF PURE ENERGY ULTRA GREENS?

The powder or capsules should be used as you order it but both have a 5-year shelf life, as long as they are not mixed with water.

### HOW SHOULD I START TAKING PURE ENERGY ULTRA GREENS WITH MSM FOR THE BEST RESULTS?

For optimal results, try three 16-ounce bottles of 'green drink' per day with one-half teaspoon of greens per 16 ounce bottle of water. If this is too strong tasting, you can make it a little weaker and simply drink an extra bottle of water per day. Smaller doses throughout the day are preferable to one concentrated dose all at once.

To get the most benefit from the Pure Energy Ultra Greens with MSM drink it within 20 minutes of mixing it. Don't mix it until you are ready to drink it so that you get the full effectiveness of it. If you wait to drink it for too long (more than a couple of hours) it will actually begin to decompose and you should not drink it. If mixing the drink is not possible due to travel or other circumstances, we recommend taking the capsules.

Following a total approach method including alkaline choices, dietary choices, regular exercise, and changing your state of mind will also help you achieve an alkaline state more quickly.

### HOW CAN I EXPECT TO FEEL PHYSICALLY? ARE THERE ANY SIDE EFFECTS?

This all depends on where you are starting out. Some customers have reported that they have felt an increased energy level within as little as 4 hours of taking the products. Others have an initial opposite effect and feel poor for the first three days. Both of these situations are normal depending on the level of acidity within each individual. Since cells regenerate within 90 days, the products will be at maximum benefits at that time.

If you don't feel well for the first three days of taking the product, this may be normal as your body is beginning to cleanse itself from an accumulation of toxins that have taken years to build up. As your body starts to cleanse you may experience loose stools or diarrhea and be going to the bathroom more than usual. This may be more pronounced when taking cleansing products from the Life Balance Pack™. You should become more regular after a few days.

If you find that you are uncomfortable, you may reduce your dosage by half for the first three days as your body is adjusting. After the first few days of cleansing, most people begin to feel better—for many people, better than they've felt in years!

We recommend that you take the products as directed for two weeks. By that time you should be able to notice a change and increased vitality and energy level.

Should you have a specific medical condition or symptoms that concern you, we recommend that you consult with a licensed health professional.

### **IS IT OKAY TO MIX THE PACKS? FOR EXAMPLE, IF I'M TAKING THE PURE ENERGY PACK™, CAN I TAKE THE FLEX STRENGTH PACK AT THE SAME TIME?**

While Anthony Robbins Inner Balance packs are designed to target unique health needs, any supplements from any of the Inner Balance products will work well together. There are no conflicts in taking more than one pack at a time. In fact, this can increase the overall benefit you experience.

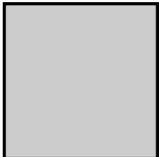
There are very few duplicates in the Inner Balance product line. Where they do exist, it's simply because we want to make sure that each pack produces the desired results when taken by itself. If you do happen to purchase two packs, that have included the same supplements (i.e. MSM & Vitamin C), then do not double up on the dose of that supplement. Simply continue taking them until you have utilized both bottles as directed.

### **SHOULD I CONTINUE TO TAKE MY PRESCRIPTION MEDICATION?**

Always continue to take prescribed medication unless your licensed health professional states otherwise. Anthony Robbins Inner Balance products are very effective but very gentle. The products were formulated so that they will not react with other medicines but as with any medication prescribed for a medical condition, it is always best to first consult with your health professional.

### I AM PLANNING A 7-10 DAY CLEANSE, WHEN SHOULD I TAKE THE CANDIDA CLEAR™ SINCE THE LABEL DIRECTIONS STATE TO TAKE THE PRODUCT WITH MEALS?

Start the Life Balance Pack™ a week before your cleansing fast so that the body can start the process. A registered nutritionalist should always monitor the fast because most people don't know how to fast or cleanse. A basic fast diet would involve cutting out all animal products, yeast products, and anything white — white rice, white breads, white potatoes, sugar, etc. during the fast. While on the cleansing fast, you should take the Candida Clear one capsule three times a day after juicing or after taking whatever you are using for nourishment. Otherwise, continue to take the products in the pack throughout the fast and after it is over as directed.



## suggested menus

This section is designed to give you a sample and some options for food choices that are tasty, healthy, and give you variety. Sample different foods and menus to discover what you love. Or, combine the ‘Eat at Home’ menus with the ‘On the Road’ menus for even more variety.

Whether or not you are at home or on the road, try creating themes for different days. For example, Monday is Greek day, Tuesday is Chinese, Wednesday is Mexican, Thursday is Thai, Friday is Italian, and Saturday is Japanese. Play around with different menu options at each type of restaurant (or even if you are cooking at home).

# REVITALIZING MENUS: WEEK ONE

Notes:

## Sunday

**Breakfast:**

Steamed broccoli with light olive oil & lemon

**Lunch:**

Vegetable wraps (sprouted tortilla with peppers, vegetables, almonds, etc.)

**Snack:**

Raw almonds

**Dinner:**

Grilled halibut in pesto sauce, asparagus, tomato/cucumber/avocado salad

## Monday

**Breakfast:**

Open-face avocado sandwich (avocado, tomato, and seasoning on toasted sprouted bread)

**Lunch:**

Tuna burger on a sprouted wheat bun with fresh tomato and lettuce, mixed green salad

**Snack:**

Rice crackers with raw almond butter

**Dinner:**

Vegetable fajitas with guacamole & salsa, gazpacho soup, and mixed green salad with clover sprouts, pine nuts, herbs, roasted peppers, and olive oil spray

## Tuesday

**Breakfast:**

Roasted vegetable broth soup (i.e., diced zucchini and yellow squash) and green salad with crunchy chow mein noodles and green peas

**Lunch:**

Warm spinach salad with falafel

**Snack:**

Sunflower sprouts, cucumbers, Udo's Choice® Perfected Oil Blend and lemon

**Dinner:**

Vegetable stir fry seasoned with Bragg™ Liquid Aminos, wild rice, and miso soup

# OF HEALTHFUL AND TASTY EATING

## *Wednesday*

### **Breakfast:**

Tomato, cucumber, and avocado salad with light olive oil and lemon

### **Lunch:**

Roasted vegetable wraps (in sprouted tortilla) with hummus and tabbouleh

### **Snack:**

Flax seed chips and guacamole

### **Dinner:**

Barbequed salmon with a vegetable skewer and a mixed green salad with avocado tofu dressing (Put tofu in blender with one avocado and add seasoning — i.e. Mrs. Dash™)

## *Thursday*

### **Breakfast:**

Stir fry broccoli, sesame oil. Bragg™ Liquid Aminos, Spice Powder, Sesame Seeds

### **Lunch:**

Lentil soup with field greens salad and no yeast crackers

### **Snack:**

Raw vegetables (jicama, celery, and carrots) and guacamole

### **Dinner:**

Split pea soup and soft-shell fish tacos with lettuce, tomato, guacamole, and salsa (optional sour cream)

## *Friday*

### **Breakfast:**

Stir fried vegetables with hash browns and green peppers and onions

### **Lunch:**

Vegetable burger, avocado, lettuce and tomato on sprouted wheat bun and sweet potato chips

### **Snack:**

Date shake

### **Dinner:**

Taco salad: Crunchy tortilla (place olive-oil basted tortilla upside down over a bowl in the oven), pinto beans, romaine lettuce, tomato, and avocado sprinkled with shredded rice cheese

## *Saturday*

### **Breakfast:**

Steamed broccoli with light olive oil & lemon

### **Lunch:**

Vegetarian chili and yellow squash

### **Snack:**

Hummus, tabbouleh and raw vegetables

### **Dinner:**

Grilled salmon, asparagus, spinach salad and lemon tofu cheesecake

Notes:

## Sunday

**Breakfast:**

Miso soup and spinach and fresh greens with lemon and lime juice and Udo's Choice® Perfected Oil Blend

**Lunch:**

Grilled zucchini, peppers, cauliflower, and broccoli over millet

**Snack:**

Fresh Melon or grapefruit (after 30 days of cleansing and only on an empty stomach)

**Dinner:**

Minestrone soup, spaghetti squash with tomato/basil sauce and steamed broccoli

## Monday

**Breakfast:**

Vegetable juice (carrot juice, celery juice, parsley juice, and wheat grass juice)

**Lunch:**

Roasted eggplant sandwich on whole wheat foccacia bread with roasted peppers and pesto and tomato-spinach soup

**Snack:**

Taro beet and sweet potato chips

**Dinner:**

Curried tofu and vegetables (peppers, carrots, broccoli, cauliflower onion, garlic, etc.) with wild rice

## Tuesday

**Breakfast:**

Stir fry vegetables and hash browns with green peppers and onions

**Lunch:**

Chopped salad: finely chopped romaine lettuce, tomato, cucumber, pine nuts, sun-dried tomatoes, chopped herbs, olive oil, and basil

**Snack:**

Grilled vegetables with olive oil spray and seasoning

**Dinner:**

Cream of broccoli soup with soy milk and roasted vegetable wrap

# OF HEALTHFUL AND TASTY EATING

## *Wednesday*

### **Breakfast:**

Basmati rice with sliced avocado and tomato with lemon juice

### **Lunch:**

Nicoise salad (tuna, red-skinned potatoes, green beans, olives, romaine lettuce with lemon dressing)

### **Snack:**

Celery and jicama with raw almond butter

### **Dinner:**

Lentil soup and pita chips with mixed green salad (flax seeds, lentil sprouts, tomato, cucumber, mixed baby greens)

## *Thursday*

### **Breakfast:**

Assortment of fresh melons (after 30 days of healthful living & cleansing)

### **Lunch:**

Soft shell fish tacos (i.e., halibut, vegetables, guacamole, and tomato salsa)

### **Snack:**

Stir fried tomato basil, garlic, and zucchini

### **Dinner:**

Rice (or spelt) pasta with pesto sauce, cabbage, carrots, and pine nuts, garlic toast, and mixed greens salad with tomato, cucumber, flax seeds and avocado

## *Friday*

### **Breakfast:**

Brown basmati rice with broccoli and cauliflower seasoned with olive oil, salt, and pepper

### **Lunch:**

Ginger/carrot soup with zucchini salad (zucchini, red leaf and romaine lettuce, radish, and onions with flax seed oil, salt, and garlic dressing)

### **Snack:**

Healthful oatmeal  
raisin cookies

### **Dinner:**

Pizza: Grilled vegetables, rice mozzarella, tomato sauce on yeast-free crust

## *Saturday*

### **Breakfast:**

Tomato, cucumber, and avocado salad with lemon and vegetable juice (celery, cucumbers, parsley, and spinach)

### **Lunch:**

Roasted vegetable salad (mixed greens, eggplant, zucchini, yellow squash, peppers, asparagus, sun-dried tomatoes with citrus dressing) with potato and arugula soup

### **Snack:**

Veggie Stix™ (available at most health food stores)

### **Dinner:**

Broiled herbed mahi mahi, vegetable medley, and baby green salad with flax seeds, lemon, and olive oil

Notes:

*Sunday*

**Breakfast:**

Steamed broccoli with light olive oil & lemon

**Lunch:** *Airplane*

Bring cut up cucumbers and carrots to snack on. Pack a salad wrap (vegetables, hummus, etc. in a pita) to take with you

**Snack:**

Raw almonds

**Dinner:**

Call ahead and ask the chef to make baked fish, a fresh vegetable salad (i.e., Baked fish with rosemary, salt, and pepper, sauteed spinach with garlic, and a green salad with olive oil and lemon)

*Monday*

**Breakfast:**

Miso soup and cucumber, tomato, and avocado salad

**Lunch:** *Wrap Fast Food*

Ask the hotel concierge (or call around yourself) to find a fast food wrap restaurant. Order a vegetable wrap with guacamole and sweet potato chips or fries

**Snack:** *Hotel*

Raw vegetables and guacamole if available

**Dinner:** *Chinese*

Wonton soup (no egg, no mushrooms), szechwan shrimp and snap peas with black bean sauce (Remember to ask them to hold the MSG!)

*Tuesday*

**Breakfast:** *Hotel*

Stir fry broccoli, sesame oil, Brags™ Liquid Aminos, and Sesame Seeds

**Lunch:** *Salad Bar*

Big salad, vegetable soup, and potato

**Snack:**

Sunflower sprouts, cucumber, Udo's Choice® Perfected Oil Blend, and lemon

**Dinner:** *Seafood*

Grilled halibut, asparagus, field or mixed green salad

# EATING ON THE ROAD

## Wednesday

**Breakfast:** *Restaurant*

Fresh melons and/or grape-fruit (on empty stomach after 30 days of cleansing)

**Lunch:** *Restaurant*

Tuna over salad with tomato, cucumber, mixed greens, etc.

**Snack:**

Vegetable chips (ask hotel to help you find a health food store or grocery store to purchase healthful snacks)

**Dinner:** *Thai*

Vegetable spring rolls (fresh), vegetable fried rice (with no eggs), pad thai noodles (no eggs, no mushrooms)

## Thursday

**Breakfast:** *Hotel*

Steamed broccoli with olive oil and lemon

**Lunch:** *Greek*

Greek salad, falafel, hummus, and pita

**Snack:**

Raw almonds

**Dinner:** *Italian*

Big green salad with lemon, asparagus, angel hair pasta with olive oil, basil, garlic, and tomato and lemon sorbet

## Friday

**Breakfast:** *Hotel*

Stir fry vegetables and hash browns with peppers and onions

**Lunch:** *Mexican*

Fish tacos or bean tostada (ideally made with pinto beans — make sure that the beans are not made with animal fat. hold the sour cream and cheese. Ask for extra lettuce, salsa, and guacamole)

**Snack:** *Hotel*

Grilled vegetables with spices

**Dinner:** *Japanese*

Edamame (boiled soybeans), salad with ginger dressing, and vegetable nori roll-ups

## Saturday

**Breakfast:** *Juice Bar*

Go to a juice bar and order a blend of fresh vegetable juices

**Lunch:** *Salad Bar*

Spinach salad and vegetarian chili with baked potato

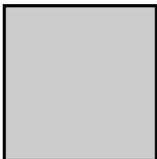
**Snack:**

Raw hazelnuts or almonds

**Dinner:** *Indian*

Dahl (lentil soup) and vegetable curry over rice





## additional eating tips

A good diet is the base of any health program; the supplements simply support and enhance your overall health. A good rule of thumb to follow is to ensure that 80% of the foods you eat are alkaline-based, high-water

content foods. Enclosed you will find a list of suggested foods to eat and to avoid as well as some suggestions for maintaining a healthful kitchen.

## STOCKING YOUR KITCHEN

1. A variety of organic fresh seasonal fruits and vegetables.
2. Lemons and herbs.
3. Fresh herbs.
4. Penta-hydrate™ Water.
5. Olive oil, Udo's Choice® Perfected Oil Blend, Flax Seed Oil
6. Seasonings: Bragg™ Liquid Aminos, any Spice Hunter™ seasoning as well as *The Zip* by Spice Hunter.

## TOOLS FOR YOUR KITCHEN

1. Food processor
2. Blender
3. Juicer that can pulverize wheat grass
4. Wok
5. Steamer
6. Barbecue
7. Salad Spinner

## ORGANIZING PRINCIPLES

1. Dramatically reduce or eliminate processed foods.
2. Read labels carefully. If you need a dictionary to understand it, don't buy it!
3. Remember the 80/20 rule: your diet should contain 80% water-based, alkalizing foods. Only 20% should be cooked foods.
4. Remember to drink half your body weight in ounces per day (i.e., if you weigh 150 pounds, you should drink 75 ounces per day). Remember to drink water 30 minutes prior to eating.
5. Enjoy yourself! It's not about what you can't have, it's about developing the consistent habits that allow you to eat foods that you enjoy and that give you the health and energy you deserve.

*“Eat as if your life depended on it.”*

— Anonymous

## WHAT SHOULD I AVOID?

### JUNK (NON-FOODS):

These are refined, over-processed and loaded with sugar, salt, coloring, additives, and hardened (hydrogenated or partially hydrogenated) vegetable oil, margarine, butter, and hidden ingredients. All refined non-foods are deficient in fiber and many essential nutrients. Such nonfoods are a direct assault on the blood.

*Alternatives: Try some carrots with hummus dip or some fresh-baked, seasoned tofu nuggets.*

### SUGAR:

Processed or refined sugar must be completely avoided — it is very acidic and increases glucose levels in the blood rapidly. Glucose is the first thing to be metabolized by yeast, bacteria, fungus, and mold in the body. This creates a highly acidic environment where disease and symptomology thrive.

*Alternatives: Fruit is a sugar you can have. Remember that the craving for sugar comes because your body is not absorbing the food you're eating. Try drinking water or a green drink first. This can alkalize you, making your body less prone to cravings.*

### ANIMAL PRODUCTS:

Whatever nutrients may be in animal food, it is not worth the stress put on the body and the energy required to extract them. Animal foods are highly acid-forming, and as grown in the US, has high levels of bacteria, yeast, fungus, and associated toxins. The methods involved in utilizing domesticated animals for human food involve a number of steps which increase exposure to yeast and fungus and their mycotoxins. For one thing, animals eat stored feed from silos, which is characteristically contaminated with fungi and toxins. These influences are passed on to the consumer. Avoid all processed, pickled, and smoked meats, such as sausages, hot dogs, corned beef, pastrami, pepperoni, and pickled tongue or feet. Dairy contains lactose, a form of sugar. Dairy is also very mucous-forming. The mucous is produced by the body in order to neutralize the acids.

*Alternatives: Try fish instead of pork or beef. Just make sure to get it from a fresh source!*

## WHAT SHOULD I AVOID?

### STORED POTATOES/GRAINS (WHEAT):

Stored grains begin to ferment in 90 days under most conditions. In a short time, they will be full of mycotoxins. It is also unwise to eat animals that eat stored grains. In 1991, researchers studied 112 patients with esophageal cancer and found positive correlations between esophageal cancer and stored grains. Similarly, you cannot cut out a moldy spot on a potato and assume you “got it all.” Once mold is present anywhere, it renders the whole product toxic. (*Study: Ghardirian P. Thermed Irritation and Esophageal Cancer in Northern Iran (1987). Cancer 68 pp. 1909-1914*)

**Alternatives:** *Try some spelt, kamut, and non-yeast breads and noodles.*

### MALT:

Avoid malt products such as malted milk and certain cereals and candy. These foods are all fermented with fungus, contain high levels of sugar, and are highly acid- and mucous-forming.

### BREWER'S YEAST:

Avoid or reduce your usage of all products containing brewer's yeast, especially baked goods such as bread, muffins, pies, cakes, and pastries. The grains in bread and cookies usually contain yeast/fungus and mycotoxins already, and the moisture content of the finished products tends to promote further growth of these forms. Regular consumption of brewer's yeast and its toxins can lead to many cancers, particularly breast, prostate, and liver cancer. Other symptoms result as well, such as Crohn's disease, colitis, heart disease, kidney disease, diabetes, sarcoidosis, cirrhosis, arthritis, and osteoarthritis (the aging arthritis).

### CONDIMENTS:

Avoid condiments such as mustard, ketchup, steak sauce, soy sauce, tamari, mayonnaise, salad dressings, chili sauce, horseradish, and monosodium forming substances, which are fermented with fungus. For the same reasons, avoid pickled vegetables: relish, sauerkraut, and of course, pickles!

**Alternatives:** *Fresh squeezed lemon as an enhancer. It's delicious!*

## WHAT SHOULD I AVOID?

### **MUSHROOMS:**

Avoid edible fungi; mushrooms of all kinds, truffles, etc., and even spirulina and algae. These foods are all acid-forming and contain mycotoxins.

*Alternatives: Put sprouts and squash on salads and in sauces for alternatives to fungi.*

### **CAFFEINE:**

Avoid all products containing caffeine, including chocolate, tea, and all forms of coffee. All are highly acid- and mucoid-forming.

### **PEANUTS:**

Avoid peanuts and peanut products. Peanuts contain twenty-six different carcinogenic fungi.

### **CORN:**

Avoid corn and corn products. Corn contains twenty-five mycotoxin-producing fungi.

## WHAT CAN I EAT?

### DARK GREEN & YELLOW VEGETABLES & GRASSES

An excellent source of alkaline salts. These are anti-yeast/fungus and anti-mycotoxic. Some examples include: lettuce, broccoli, asparagus, wheat grass, bell peppers, squash, chard, sprouts, etc.

*More Suggestions: Try veggies steamed over spelt noodles, stir-fried with chick peas in soy oil over basmati rice, or grilled in olive oil and seasoned with herbs.*

### CERTAIN CARBOHYDRATE VEGETABLES

Potatoes (not commercially stored), winter squash (acorn, butternut, hubbard), sweet potatoes, and pumpkin.

*More Suggestions: Try some whipped butternut squash or sweet potatoes with a fresh green leaf salad.*

### LEGUMES

Black beans, chickpeas, peas, adzuki beans, white beans, chestnuts, cowpeas, dried pinto beans, and lentils (soy and lentil are a good source of protein).

*More Suggestions: Enjoy some hummus and Greek salad, or lentil soup with a slice of non-yeast bread.*

### PROTEIN

Raw almonds, raw sunflower seeds, raw pumpkin seeds, hazelnuts, fresh soy sprouts, organic soybeans, fresh tofu, soy oil, and lecithin (a by-product of soy).

*More Suggestions: Make a tofu dressing for salad and veg - gies, or enjoy a fresh soy sprout salad with grated carrot and fresh squeezed lemon for dressing.*

### LOW SUGAR FRUITS

Lemon, lime, avocado, tomato, grapefruit

### ALTERNATIVES

- **Bread:** Pacific Bakery Yeast-Free Bread, kamut, or spelt bread.
- **Pasta:** Rice or spelt pasta

### SALAD DRESSING

Go naked! Try raw vegetables seasoned with salt, pepper, or other spices. Otherwise, try a small amount of Olive Oil, Lemon Juice, Salt, and Pepper.

## WHERE CAN I EAT?

### ASIAN (CHINESE, JAPANESE, VIETNAMESE) RESTAURANTS

... are great if you ask them to hold the mushrooms and corn and order vegetables and rice dishes.

### FAST FOOD: “WRAP” RESTAURANTS

... where you can special order what you want in your wrap are great, especially if you can also get a special sprouted wheat tortilla. One good option is the Greek wrap: hummus and veggies wrapped in a special sprouted wheat tortilla (alkalizing rather than acidic once you sprout the grain).

### HEALTH FOOD MARKETS

... often have fresh, organic salad bars as well as deli sections with a wide range of food selections.

*The key to eating healthfully is to eat consciously. Make sure you know what you are eating before you eat it. Make special requests at restaurants for salads, grilled vegetables, and lemon and olive oil for your salad, and shop at stores that you know carry quality foods.*

## BREAKFAST OPTIONS

### KICKSTART ANYTIME COOLER

2	Roma or plum tomatoes, quartered
1	Lime, juice
1/4 each	Cucumber peeled and chopped
1/4 each	Jalapeno, seeded (optional)
1 tsp.	Garlic or 1 clove
1/8 tsp.	Salt (optional)
6-8 each	ice cubes
8-10 each	Cilantro leaves, no stems

Place all ingredients in a blender and process until smooth, 2-3 minutes. Adjust seasonings if desired.

This is a zesty way to get your day started. Even with the jalapeno, it is not too spicy, but you can certainly make it spicy by increasing the jalapeno or adding cayenne.

*Yields: 2 cups*

### 5-SPICE BROCCOLI STIR-FRY

4 cups	Broccoli, cut in 1"-2" pieces
1 Tbl.	Extra virgin olive oil
1/4 tsp.	Sesame oil
1/2 tsp.	Ginger, peeled and chopped
1/2 tsp.	Garlic, chopped
1/4 tsp.	Chinese 5-spice powder*
1/2 tsp.	Sesame seeds
2 Tbl.	Bragg™ Liquid Aminos (can substitute any low sodium soy sauce)

In a large skillet over medium-high heat, warm the olive oil and sesame oil. Add ginger and garlic; stir for about one minute or until golden in color. Stir in the broccoli and cook until it becomes bright green. Add the 5-spice powder, sesame seeds, and Bragg's; stir for an additional minute and serve.

*Yields: 1 serving*

*\*Chinese 5-spice powder is a spice blend of cinnamon, fennel, cloves, anise, and white pepper. It may be found in health food stores or your grocery store. There are many brands.*

## BREAKFAST OPTIONS

### WRAPPED TO GO

2 each	Whole wheat yeast-free tortillas
1/2 cup	Red pepper, chopped
1/2 cup	Cucumber, chopped
1/2 cup	Avocado, chopped
1/2 cup	Carrots, shredded
1/2 cup	Red cabbage, shredded
1/2 cup	Romaine, shredded
2 Tbl.	Extra virgin olive oil
1/2 each	Lime, juiced
1 Tbl.	Cilantro, chopped

Toss all the veggies with the olive oil, lime juice, and cilantro. Spread the guacamole on the tortillas and top with veggie mixture. Roll up and enjoy.

Wraps are really great for people on the go, with little effort.

*Yields: 2 servings*

These great tasting recipes have been specially created by Chef's Greg & Miki Knowles in accordance with Tony Robbins Living Health criteria. For more recipes or information, contact [www.vibrantliferecipes.com](http://www.vibrantliferecipes.com)

## TRAVELING TIPS

### DINING OUT STRATEGIES

1. Eat a balanced meal with salad & vegetables.
2. Avoid fried foods.
3. Use olive oil and lemon rather than creamy, fat-laden dressings. (Also, use olive oil in place of butter and margarine.)
4. Ask for steamed vegetables on the side with a squeeze of lemon for flavor.
5. Watch out for MSG (especially in Asian restaurants) — you can request to have the food prepared without it.
6. Use fresh parsley on top of soups and salads when possible to increase the alkalinity.
7. Stay away from breads and desserts.
8. When ordering a salad, request the dressing on the side or add almonds.
9. Order flat bottled water in a wine glass with lemon (to make it more enticing and exciting).

### THINGS TO TAKE WITH YOU

1. Raw Almonds
2. Udo's Choice® Perfected Oil Blend in capsules
3. Penta-Hydrate™ Water
4. Bragg™ Liquid Aminos (optional)
5. Anthony Robbins Inner Balance dietary supplements
6. Pure Energy: Ultra Greens with MSM™

### VEGETARIAN INTERNATIONAL OPTIONS

1. Indian
2. Chinese
3. Thai
4. Greek
5. Japanese
6. Mexican
7. Mediterranean

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**KEEP OUT OF REACH OF CHILDREN.**

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