



MY TOP FIVE TIPS

**for Getting Your
Health Back!**

HOW TO GET WELL NATURALLY



Do you suffer from one or more health problems that ruins your quality of life? Have you tried all the conventional methods and medications without getting to the root of the problem? Have you desperately tried all the dietary supplements and alternative doctors without much luck? Have you been diagnosed with a chronic disease with no hope for future improvements? Do you feel tired, stressed out and burned out even though you live a relatively healthy life? Are you deeply frustrated that no matter what you do, you just keep getting worse? Have you almost given up

and feel like you have nowhere to go for help?

My name is Louise Koch and in 2009 I could personally answer yes to all of the above questions. Actually I was so ill, I could hardly leave my bed. My liver didn't work, I had adrenal fatigue and gout, my hormones didn't work, I had daily anxiety attacks and a doctor told me that I had so much damage to my cells and DNA that the next step would be cancer if I did not do something radical. On top of that I suffered from a lot of little things like herpes, candida, insomnia, oedemas, PMS, infections and brain-fog. Therefore in the summer of 2009, I radically changed my diet and lifestyle and in only a few years everything disappeared. Today I'm healthier than ever and I still eat and live this way because it gives me the best results. In this e-book I share my top 5 tips on how to get your health back naturally, without medication, healthcare practitioners or supplements.



1

FRUITS & VEGGIES

Change your diet to a low-fat raw vegan diet that follows the 80/10/10 guidelines. That means eating primarily fruit, lots of greens and veggies and very little nuts and seeds. The more fruit the better, but make sure to keep the fat intake extremely low and get enough calories from fruit so you don't become tired or underweight. Expect a lot of detoxification and things like flu symptoms, an upset stomach or headaches in the beginning. It is a very normal part of the process, and things will start to get better afterward.

A woman with long blonde hair and blue eyes is smiling broadly, holding a large, clear glass bowl filled with water. She is wearing a white top with blue floral patterns and a gold watch on her left wrist. The background is plain white.

2

DRINK

WATER

Drink a lot of water and, preferably, pure filtered water like reverse osmosis. Make sure that you drink so that your urine is light yellow or completely clear, and drink one litre of water first thing in the morning when you wake up. Being hydrated will make you feel so much better and help your body detox.



GREEN SMOOTHIES

Make green smoothies at least once a day. Green smoothies consist of fruit, greens and water and will help your health tremendously. You can use ingredients such as iceberg lettuce, baby spinach, arugula, romaine lettuce and even edible weeds from your garden. Your body will simply love to get minerals, fiber and protein from the greens, and when you blend them with fruit, the meal tastes sweet and delicious. You will probably also experience some detox symptoms when you start drinking green smoothies, but the results on the other side are truly worth waiting for.



REMOVE

POLLUTION

Remove all pollutants from your food and environment. This means that you should eat preferably organic food with no colourings, pesticides or additives of any kind. You should also try to use as few health-care products as possible, as they contain chemicals that will enter your bloodstream and drain your health. So instead of cream and makeup remover, you can, for example, use an organic cold-pressed coconut oil, and instead of perfume, you can use an essential oil. Anything that is not natural to your body needs to be eliminated by the liver, and that energy is better spent on healing.



POSITIVE THINKING

Exercises for positive thinking are an absolute must if you are ill, because disease has a very hard time thriving in a body with a happy mind. Therefore, do a positive rant in the morning when you wake up. That means thinking of all the positive things in your life that you can possibly come up with such as: “I really appreciate that I have this friend” or “I’m so happy for my warm and cozy bed” or “I love that the birds are singing, and it is weekend.” Continue for as long as possible, and make sure to truly feel happy and appreciative when you do the exercise. That way, you will start your day in the best possible way, and if you do it consistently for a longer period of time, you will get amazing results.



NATURALLY!

My mission is to get the word out about this simple and natural way of healing because everyone deserves the chance to try it. I got well naturally and I believe you can do it too because this diet and lifestyle will boost your immune system and help your body repair itself in a way that no pill or doctor can.

If you would like personal help to get started and also make sure you avoid the classic pit-falls and beginner mistakes you can get personal coaching from me. I'm a certified coach and can also guide you when it comes to meal plans, transitioning plans, backup plans for cravings, dietary lists etc. I offer online coaching via Skype. You can read more about me on my website:

www.FruityLou.com

