

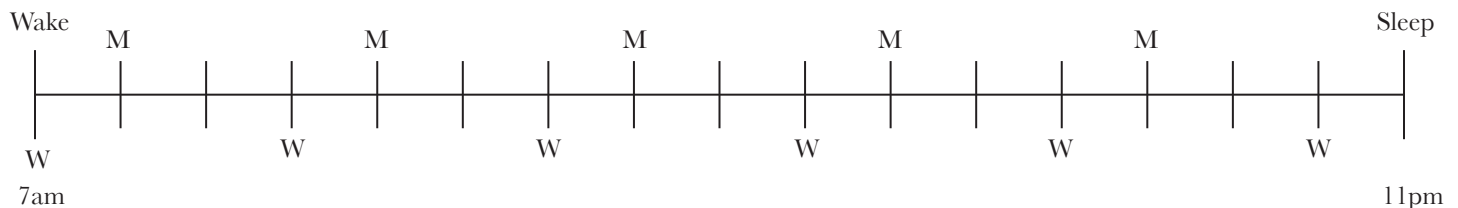
Eating for Optimal Energy Timing System

This is a system that I've developed to increase energy, create optimal health and improve digestive issues. Of all the things I teach, if you only implement one thing, this is the thing to choose. You will notice a difference almost immediately. In fact, all of my clients tell me that this is the thing that has made the biggest difference for them.

This is basically a system to help you to digest more quickly and more efficiently, so you get more nutrients out of everything you eat. It's kind of like turning your body from a gas-guzzling SUV to a super efficient Prius. You will begin to digest very quickly, with the least amount of your body's own energy so that you are left with a surplus of energy instead of the deficit of energy that most people are left with.

The premise is that you drink all liquids separate from meals (the exception here is for taking supplements with meals – feel free to drink a little to wash them down), at very specific intervals. This way your food has time to fully digest and leave the stomach before piling more food on top of it in your stomach.

I promise, you will notice a difference, and you will notice it quickly.



5 small meals per day=
400–500 calories each

Each space means 1 hour
M= meal and W=water

This is an example of how someone would eat if they wake at 7 and go to sleep at 11 with 8 hours of sleep, but the times can be adjusted to your sleep and wake cycle.

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.