



Special
"Giving Back"
BONUS

THE OVER40 HORMONE RESET DIET

8 Fat Burning Drinks That
RESET Your Hormones

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8 Fat Burning DRINKS That Won't RESET Your Hormones

Coffee. Tea. Water. Diet Soda.

These are just a few of the many drinks our clients ask about when using The OVER 40 Hormone Reset Diet Intermittent Fasting Protocol. For example:

“Can I drink coffee? If so, can I use creamer and stay in a ‘fasted’ state?”



“Am I allowed to drink water while I fast? If so, how much water should I drink?”

“Is Diet Soda on the approved drink list? Or can you recommend a better alternative?”

Truth is, what you DRINK during your fasting window can either enhance OR block the fat-burning, hormone-boosting effects you directly gain from your intermittent fasting (IF) efforts.

However, if you just simply follow each of the OVER 40 Hormone Reset IF guidelines—including the **8 drink recommendations revealed below**—you will experience a laundry list of amazing benefits, including:

1. Longer (and Healthier) Life Expectancy
2. Optimized ‘Anti-Aging’ and Fat Loss Hormones (Especially Growth Hormone)
3. Boosted Disease Prevention (Fight Against Alzheimer’s, Cancer, etc.)
4. Accelerated Fat Loss
5. And much more...

Remember: The critical KEY to successful Intermittent Fasting is to keep your insulin levels as low as possible while in your 14-16 hour fasting window.

The moment insulin is triggered, you have started to “break” your fast and you’ll miss out on all the powerful health and fat loss advantages you can only get from the OVER 40 Hormone Reset Diet.

And many times, if a client is not seeing visible results initially, it’s because they’re accidentally sabotaging all their efforts by what they drink.

So let’s work together to NOT make that same mistake. ;)

We’ve divided the 8 acceptable drinks below into two sections: First-Time Fasters and Full-Scale Fasters.

First-Time Fasters

If you have never used any type of fasting before, these first 4 drink options are a great starting point for you.

We’ve included these drinks because we know how difficult it is to start fasting if you’re brand new to the process and need a “little something” on your stomach.

Disclaimer: These drinks will take you (at least somewhat) out of your fasting window.

Only use these 4 drinks as a way to kick-start the intermittent fasting habit in your life.

We recommend only using these drinks for the first 7 days. Then moving forward, stick solely to the Full-Scale Faster drinks.

Lastly, drink only ONE of these 4 “First-Time FASTER” options during each fasting window (while following the serving size guidelines for each drink below).

Full-Scale Fasters

These 4 drink options are 100% fasting friendly and will have little, if any, impact on your insulin, growth hormone and other fat-burning OVER 40 hormones.

Feel free to drink these whether you’re an Intermittent Fasting beginner, intermediate or pro.

Most important: Regardless of your IF experience, you MUST drink water. The specific guidelines for your water consumption are provided below.

Now, bottoms up!

First-Time Fasters

#8 CRANBERRY JUICE – CRAZY CARDIO-VASCULAR BENEFITS

Cranberries have one of the highest amounts of polyphenols for all fruits. Polyphenols are associated with **cardiovascular health benefits**. They improve your heart health by reducing lipid oxidation, metabolic syndrome and most importantly, they reduce INFLAMMATION.

Inflammation is linked to most diseases associated with aging. While **acute** inflammation is necessary to heal an injury, **chronic** inflammation is not good at all. It messes with every biological system in your body.

There are so many health benefits of cranberry juice. You may have heard that drinking cranberry juice can help with a urinary tract infection (UTI), but that's not the only benefit. Cranberries are water-harvested fruits. They are packed with nutrients to help your body ward off infections and **boost** overall health.

A study included in the journal **Nutrition Research**¹ showed in a randomized, double-blind, placebo-controlled trial that participants identified with metabolic syndrome (31 women) were assigned to 1 of 2 groups: One group was given 16 ounces of cranberry juice per day and the second group was given 16 ounces of a placebo drink per day for 8 weeks.

After 8 weeks, blood was drawn from both groups. In the group that drank the cranberry juice, a **significant** increase in anti-aging **antioxidants** was shown as well as a **decrease in bad cholesterol**.



And to top it all off, the flavonoids present in cranberries have antioxidant properties that decrease the threat of atherosclerosis. Atherosclerosis is a disease in which the arteries are narrowed due to the build-up of fat, calcium, and cholesterol found in blood (which can lead to heart disease and other nasty conditions).

WHAT TO DO:

During your IF window, have ONE 8-ounce glass of non-sweetened (tart) cranberry juice diluted with water (50:50). So about 4 ounces of cranberry juice with 4 ounces of water. Because of its higher carbohydrate count, we recommend no more than one glass during your fasting window. (Your water should either be distilled or been through a reverse osmosis process).

NUTRITION PROFILE

One Diluted 8 oz. glass (diluted = mix of equal parts cranberry juice and water):

Total carbs: 7 grams

Total sugars: 4 grams

#7 WONDERFUL WATERMELON – KICK-STARTS YOUR KIDNEYS

Watermelon is **one of the fastest-digesting foods on the planet.** That's why it made it onto our "First-Time Fasters" drink list.

The beneficial ingredients in watermelon are known as **phytonutrients**. These naturally-occurring phytonutrient compounds are **bioactive**, or able to react with the human body to trigger healthy reactions.



In watermelon, these nutrients include lycopene, beta-carotene and a new phytonutrient called *citrulline* that has the **ability to relax your blood vessels.**

Another benefit: One of the primary health benefits of watermelon is that it improves the function of the kidneys, and it can also be used as a treatment of kidney stones and urinary tract infections. This is not only due to its very high percentage of water but also because watermelon is a mild diuretic (promotes urine flow).

WHAT TO DO:

Blend watermelon (including the seeds) in a blender to make 4 ounces of the juice and mix with 4 ounces of water (diluted). For the same reason as the cranberry juice above, **drink ONLY 1 glass per day while fasting.**

NUTRITION PROFILE

One Diluted 8 oz. glass:

Total carbs: 6 grams

Total sugars: 4 grams

#6 GLUCOSE-LOWERING COCONUT WATER

Coconut water is the clear liquid inside coconuts. Coconut milk and coconut cream are both made from the grated coconut meat that is soaked in a measured quantity of water. You do NOT want to drink the milk or the cream.

Benefits of Coconut Water

- Coconut water is a natural, nutritious beverage that contains several biologically active compounds
- Coconut water has an electrolyte composition similar to that of human blood, making this drink ideal for removing toxins and helping replace fluids
- Potassium in coconut water helps counteract the negative effects of a high-sodium diet



- Coconut water contains tannins, which reduce inflammation
- Coconut water also contains enzymes to help you digest your food

WHAT TO DO:

If you choose this option, **drink only one 8 oz. glass of coconut water during your fasting window.** (There are several varieties of coconut water in the store. You can get clear coconut water or with-the-pulp coconut water. It's a matter of taste—just don't use any coconut water with added sugar.)

In addition, you will have to drink plenty of water because coconut water is a diuretic. so make sure to follow the water consumption guidelines listed after drink #1 below in this guide.

When the coconut is still green, you can directly pour the coconut water into a glass; usually, you can fill about a liter (34 oz.) with one healthy coconut. Dilute 4 ounces of coconut water with 4 oz. water (50:50).

Nutritional Profile:

Diluted 8-ounce glass:

Total Carbohydrate 4 g

Sugar 3 g

#5 ZEVIA – HAVE YOUR SODA!

Zevia is certified non-GMO and has zero artificial sweeteners or sugar. They also recently removed the artificial coloring and went with all clear soda on all of their flavors.



Zevia does have *Erythritol*, which accounts for a couple of carb grams that the FDA is not

required to put on the label. (Some flavors also have 3.75 mg of caffeine for those who are ultra-sensitive to caffeine.)

Note: Due to label loophole laws, you may read that it has 0 carbs, but Zevia actually contains a few grams of carbs. This is why we've placed it in our "First-Time Fasters" drink list.

WHAT TO DO:

If you are *not* sensitive to the caffeine, enjoy only ONE can during your fasting window.

NUTRITION PROFILE

One 12 oz. can:

Total carbs: 0 grams (1-3 grams not required to be placed on the label.)

Total sugars 0 grams

Full-Scale Fasters

#4 FAT-DROPPING APPLE CIDER VINEGAR (ACV)

ACV re-mineralizes minerals in the blood. When we are fasting, the kidneys are dumping a lot of water, which makes our bodies leech out critical, anti-aging minerals. The kidneys regulate this entire process. By taking ACV, you are automatically adding these minerals back into your body.



ACV also has Polyphenols. These compounds are **pre**biotics which feed your gut. They increase the growth of your **Pro**biotics—the vitally important critters in your colon that help you properly digest your food.

This amazing elixir is also full of vitamins, minerals, and enzymes in their raw form. It contains a sediment left over from the fermentation process of apples (called the *Mother*).

Unpasteurized sediment detoxifies, wipes out bad bacteria, and leaves the upper and lower intestines under optimal conditions to absorb nutrients. It also lowers bad cholesterol.³

Always dilute ACV with water before drinking it.

Pure apple cider vinegar is highly acidic (its main ingredient is acetic acid) and can damage tooth enamel and burn the tissues in your mouth, throat and esophagus. (Drink this with a straw if you consume it periodically.)

WHAT TO DO:

Add 1 tbsp. of ACV to 8 ounces of water and drink 2-3 times per day (in addition to your regular water that is distilled or has been through a Reverse Osmosis (RO) process).

NUTRITION PROFILE

1tbsp. of ACV to a glass of water:

Total carbs: 1.3 grams

Total sugars 0.4 grams

#3 CHOLESTEROL-LOWERING GREEN TEA

Green tea contains a compound called Epigallocatechin-3-gallate or EGCG.⁴

This compound has a strong effect on how satisfied you feel after a meal. It does this by increasing levels of cholecystokinin or CKK. CKK triggers a feeling of “fullness” in your body.



This powerful process also releases norepinephrine. **Norepinephrine helps to “release” fat OUT of fat cells. Sweet!**

In the *American Journal of Clinical Nutrition*⁵, Green tea was also shown to lower LDL (bad) cholesterol in adults. *Double Sweet!*

WHAT TO DO:

Have as much green tea as you desire. Add a slice of lemon or lime, and add some cinnamon, which is also great for managing your blood insulin levels.

NUTRITIONAL PROFILE:

Total Carbs: 0 grams

Total sugars: 0 grams

#2 BLACK COFFEE – THE “FEEL GOOD” NEURO-TRANSMITTER

NOTE: No sugar, no cream, only coconut oil is ok to add to your coffee. However....

You CAN drink coffee and stay in a “fasted state,” but you must drink it the RIGHT way.

In fact, coffee can even **enhance your fasting and improve autophagy** (the cellular aging process of your body).

A study shows that both caffeinated and decaffeinated brands of coffee rapidly trigger autophagy in mice.⁶ One to four hours after coffee consumption, the researchers saw an increase in autophagy in organs such as the liver, muscles and heart. The guess is that **polyphenols** contained in coffee promote better health and more “graceful” aging by stimulating autophagy.

Black coffee also blocks adenosine. When adenosine is blocked, the number of other neurotransmitters like norepinephrine and dopamine actually increase and lead to enhanced firing of neurons and **a healthier, more focused brain.**

Another reason to drink coffee is that it increases the receptors for GABA. GABA relaxes your mind. It’s the feel-good neurotransmitter that makes you relax and helps you get a good night’s sleep.

The PERFECT Coffee Concoction - Black Coffee with Cinnamon

Next time you're in your intermittent fasting window, try this new, delicious version of your *Mornin' Cup of Joe*. Just add one, small teaspoon of ground cinnamon (or a cinnamon stick) and you will not need a sweetener.

This **naturally sweet coffee** will not only give you all the benefits (detailed above in the Black coffee section) but will **drop your blood sugar, providing you with tons of anti-oxidants, lowering your triglycerides that clog your arteries and boosting your immune system.**

Cinnamon

Cinnamon has been shown to have VERY high antioxidant activity, which helps fight Inflammation and lower cholesterol and triglycerides in the blood. ^{29, 30, 31}

Your PERFECT Coffee Concoction Recipe:

Combine one cup of hot coffee (caffeinated or decaf) with 1tsp. of Cinnamon or 1-2 cinnamon sticks. Stir and enjoy!

*Optional: Add 1 tbsp. of coconut oil for a really rich sweetened cup of coffee!

WHAT TO DO:

Drink a few cups of black coffee or black coffee with cinnamon throughout the time period you are intermittently fasting.

NUTRITIONAL PROFILE:

Total Carbs: 0 grams

Total sugars: 0 grams



And the **BEST** drink to consume while Intermittent Fasting is:

#1 LEMON WATER & Cayenne Pepper (optional)

Lemon juice has been shown to improve your digestive function, acts as a mild diuretic and is loaded with healthy ingredients (*citric acid, vitamin C, calcium, magnesium, bioflavonoids, pectin*) that helps **boost your immune function**.

But the most powerful benefit of lemon juice is its ability to stabilize your blood sugar.

The acid in lemons slows down how fast your stomach empties food so it can break down sugar molecules. This causes a steadier rise in blood sugar levels **WITHOUT** the huge spikes that cause fat storage.

Just one to two tablespoons of fresh squeezed organic lemon juice may reduce the impact of a meal on your blood sugar by as much as 30%, according to an article in “Reader’s Digest.”

Lemons and cayenne pepper are spicy and acidic, restore your body to a healthier, more alkaline pH balance. A balanced, internal pH has proven to be a major contributing factor to gaining unwanted fat and countless chronic disorders and diseases.

WHAT TO DO:

Dilute 2 tbsp. of lemon juice in 8 ounces of warm water to reduce the acidity. Too much acidity erodes the enamel on your teeth. You can further minimize the risk of this erosion by drinking the warm lemon juice through a straw (so it bypasses your teeth).



NUTRITIONAL PROFILE:

Because it does have some carbs, just drink ONE glass of water with the lemon juice (not every single glass of water)

2 tbsp. of lemon juice:

Total Carbs: 2.6 grams

Total sugars: 0.7 grams

If you add the cayenne pepper: (Optional)

Purified Water, 1 Lemon, ½ tsp Cayenne Pepper

Directions:

- Heat purified water until lukewarm
- Juice 1 lemon
- Cut the remaining lemon into small pieces
- Place lemon juice & remains into water
- Top with 1/2 tsp cayenne pepper
- Let sit for 10 minutes (the longer you wait, the spicier it gets)
- Drink with a straw (avoids unnecessary damage to tooth enamel)

But how MUCH water per day should YOU drink?

Drink 1 ounce of water per lbs. of body weight.

Example: If you weigh 200 lbs., you would need to drink 200 ounces of water. Space it out throughout the day. Yes, this does mean you will be taking more pee breaks as a result. 😊

We do not recommend drinking just any filtered or bottled water. If you can, try to find bottled water with a pH balance of 7.0 or higher.

Distilled water works well, as does reverse osmosis water. Look into your local co-op or health foods store to see if they offer high-level pH water as well. Still, anything other than tap water will be better than plain ol' tap water.

The rule of thumb has always been to drink when you're thirsty. But what if you have a headache, are in a bad mood, are constantly hungry or have trouble concentrating?

Then you may be suffering from mild dehydration. Drinking more water may help fix this.

Since your body is approximately 50%-60% water and we are constantly losing water from our bodies via urine or sweat, you may need more than the recommended 8 glasses (8 oz.) each day.

(And for more information on the importance of drinking water, see our BONUS SECTION below.)

What You Should Eat Right AFTER Your Fast:

FACT: What you eat immediately AFTER your fast is just as important as what you do during your fast.

After fasting, your cells are primed to “receive” nutrients unlike any other time in your day. The food you consume during this critical time will be absorbed much quicker and will be utilized much more effectively than usual—especially if you exercised at the end of your fasting window.

This is why I focus (and you should too) on a **high-protein, nutrient-dense shake** that has small amounts of friendly fats. You also want to consume protein because you've been in a “some-what” state of catabolism. The protein in this shake will restore the amino acids you didn't consume while fasting.

My **OVER 40 Hormone Reset Post-Fasting SUPER Shake** provides all the nutrients you need to get your body ready for your first high-carb meal of the day:

OVER 40 Hormone Reset Post-Fasting SUPER Shake:

- 1-2 scoops of [Spring of Life Grass-Fed Whey Protein](#) (1 scoop for females) or 3-4 scoops of [BioTrust Low Carb](#) (2 scoops for females)
- 1 serving of Athletic Greens
- 3-4 grams of CLA (Conjugated Linoleic Acid)
- 3 grams of [Krill Oil](#)
- 1 tbsp Apple Cider Vinegar

You can also add 1 cup of organic berries or a spotted ripe banana on weight training or resistance training days, but I recommend skipping the fruit on cardio/interval days if your goal is to lose belly fat.

BONUS WATER SECTION: 10 Eye-Opening Reasons to Drink H₂O

Water is VITAL.

Without pure, clean water your body will not function.

Take a quick look at some of the necessary benefits of drinking plenty of water:

- 1) Cell membranes require water for nutrients to be transported in and out.
- 2) Water is the solvent of all the solutes in the body. Nothing dissolves and circulates in the body without an adequate water supply.
- 3) Water is vital to nerve transmission.
- 4) All nutrients from foods are transported in the bloodstream, which is 83% water. When your body is well hydrated, there is more oxygen in the bloodstream to burn more fat for energy.
- 5) Water suppresses the appetite.
- 6) Water is part of your lymphatic system, which fights off illnesses.
- 7) You can't digest your food without proper amounts of water.
- 8) Water lubricates your joints.

9) Water prevents constipation.

10) Water detoxes your body of toxins through sweating, kidney functions and your intestines.

NOTE: Lack of water intake is probably the MOST neglected nutritional habit STOPPING fat loss.

Losing as little as 2% of your body's water content (dehydration) can significantly impair your physical performance. This dehydration leads to reduced motivation, altered temperature control AND increased fatigue.



6 Critical Benefits Of Drinking Enough Water

1) WATER RELIEVES CONSTIPATION

Constipation is a symptom that occurs when bowel movements are less frequent because of harder stool. Most people experience constipation occasionally. Typically, it's only a temporary issue, but when it's chronic, knowing that water is a key player will help relieve the symptoms.

2) WATER REDUCES PROBABILITY OF RECURRING KIDNEY STONES

Drinking water helps with kidney stones. Stones are formed from the crystallization of minerals in the urinary system. Higher water intake increases the volume of urine passing through the kidneys, which dilutes the concentration of minerals, so they are less likely to crystallize and form clumps.

3) WATER AND YOUTHFUL SKIN

Proper hydration is essential for younger-looking skin. If you are addicted to buying expensive creams that cost a lot while delivering little, ditch them and instead try drinking a minimum of 2 liters (67oz) of clean water per day. Why?

Lotions and creams do not deal with the root of the problem. Dehydration is at the core of dry-looking skin, not a lack of a "cream." Creams can only do so much. They penetrate only the uppermost layers (epidermis) of the skin but can't reach deeper into the dermis.

Water also helps keeps your skin stay hydrated and pumped not sagging. And don't just drink water, make sure to also eat watery foods (fruits and veggies) like apples, melons, cucumbers, celery and peppers to name a few.

4) WATER HELPS TO LOSE BELLY FAT

In a 2003 study from the *Journal on Clinical Endocrinological Metabolism*, impressive results were seen from healthy normal-weight subjects who drank 17 ounces of water.

Drinking just 17 ounces of water increased the metabolism of the subjects by 30%, which occurred 10 minutes after drinking and lasted for a total of 40 minutes. In other words, drinking water, especially cold water, can boost your metabolic rate. This occurs because your body works harder to warm the water.

In a study with premenopausal women who drank over 1 liter of water per day (34 oz.), the women dropped 4.4 pounds in a 12-month period without doing anything new. These women were measured at 3 months, 6 months and 12 months intervals. Now if you're thinking that 4.4 pounds is not a big deal, think again.

These women made no other lifestyle changes. They kept their activity levels and the caloric intake the same as before the study; the excess body fat decreased just by drinking extra water!

5) WATER AND EXERCISE

Blood flow to the muscles must be maintained at a high level to supply oxygen and substrates, but a high blood flow to the skin is also necessary to convert heat from the active muscles and the body core to the body surface where it can be released. In other words, *without sufficient blood flow to the muscles, fat doesn't get burned.*

6) DRINK WATER AND REDUCE JOINT PAIN

Joints are like hinges (where two bones come together). Ligaments connect bones to each other and a coating of cartilage covers the bone surface to keep the two bones from rubbing directly against each other. A special liquid called synovial fluid fills the space between bones and provides food to the joint and cartilage.

Most people don't link dehydration with joint pain. As we get older cartilage loses its ability to stay hydrated. Yes, you can take supplements, but drinking more water will prove to be your best bet. Drinking more water will keep cartilage around your joints hydrated and thus able to "rub together" more smoothly—causing less pain

Living Water International

“Giving Our Brothers and Sisters a Cup of WATER in Jesus’s Name…”

Before we talk about our passionate mission to save lives, first the bad news:

There is a world-wide water crisis going on that goes pretty much unnoticed by most of us here in the west or other first world countries. There are 663 million people who do not have access to drinking water all over the world.

In spite of great improvements in sanitation and in the availability of rehydration solutions, dehydration resulting from infectious diarrheal disease remains one of the largest single causes of death among young children—in fact, it’s responsible for about 1.5 million deaths annually around the world.

Two thousand children in Africa suffer and die from severe diarrhea (every day!) from drinking contaminated water, more than any other single cause of death. Over 90% of these deaths could be prevented with safe water, and better sanitation habits.

Worldwide, water-related causes of disease like roundworms, hookworm, and anemia keep children all over the world from getting an education.

Now, on to the GOOD NEWS:

Thanks to Living Water International, in the past 20 years over 2 billion people have gained access to safe water all over the world.



Safe water is just the beginning for communities across the globe who are infested with poor water supplies that affects everything from their health to truancy.

But it doesn't stop there. Living Water international is a ministry dedicated to supplying safe water for communities around the planet. Hygiene instruction and sanitation are all part of their passionate message. Just showing communities how to wash their hands with soap and water has reduced diarrheal morbidity by 44%.

Living Water International demonstrates the love of God by helping communities acquire desperately needed clean water. This ministry also shows communities the true "living water"—the gospel of Jesus Christ— this alone satisfies the deepest thirst.

Since 1990 Living Water has completed more than 15,000 water projects.

It's not just about installing wells ...it's about installing the right water systems, it's about rainwater harvesting and other water-related projects. It's about helping entire communities enjoy reliable safe water.

Education is vitally important for helping these hurting people understand how to prevent diseases by washing their hands, storing their water properly, and using a latrine. This is just as important as installing a water system in a community.

Living Water International is a ministry that we here at **Get Lean in 12** fully support with our resources and our time.

Get Lean in 12 is seriously involved in this massive project. The first time we traveled to Nicaragua to install a well was back in 2014.

We had many challenges with parts breaking down, but we never gave up. After one week of hard work and dedication, we had paid for and installed, a fresh water well to help a community

of over 500 people in Leon, Nicaragua. Here we are after finishing the installation on our 2nd trip in July of 2015:

Seeing the way these people have to live on a daily basis is truly heart breaking.

- They live in shacks with no furniture.
- Their floors are made of dirt.
- Their entire yard is nothing but a windy dust storm.
- They wash their clothes by hand.
- They have to grow their own food just to survive.
- They use buckets of dirty (often contaminated) water to shower and bathe.
- Their bathroom is a 5-foot tall outhouse with a hole in the ground and no toilet paper.

HOWEVER:

They're still happier, more positive, and more grateful than 95% of the people we know.

Karen took the pictures below of their bathroom to depict the terrible living conditions they have to endure on a daily basis.

Now you can see why we've become so passionate about this mission, which is why we travel to different villages and help different communities by contributing our time and our financial wherewithal every year.



While the men in the community are installing the water well with the Living Water Team, the women are learning about the hygiene and sanitation aspects of maintaining safe, potable water and keeping free from diseases.

My wife Karen had a life-changing experience on her first trip to Nicaragua.

She helped educate the women and the children of the community about sanitation and cooking (her favorite pastime).

This is a picture of two of the young girls she built a deep bond with while we were there.

The village was called “The Widows” (Las Viudas) because so many men from the village have passed away from kidney disease from the contaminated water.

Thanks be to God, we were the answers to their prayers. The water well we installed will save the lives of hundreds of men, women, and children.

Here we are below cutting the ribbon to celebrate the victory of fresh, clean water to this village in need.

Living Water International is committed to saving lives through reaching communities with safer, potable water as well as instructions in sanitation and hygiene.



Meeting basic needs such as clean water is at the core of this organization's mission statement.

It's not enough to create awareness of the global problems facing humanity. Living Water International takes action and ultimately makes an impact everywhere they go.

One example is Liberia:

- In 2015, Living Water helped drill 15 new wells, fixed 17 existing wells, and provided service to 12 wells.
- More than 8,000 people in Liberia gained access to safe water. Liberia is now Ebola-free.
- In 2015, Living Water International raised over \$25.5 million to help 1,205 thirsty communities.
- Over 2,000 trip participants helped drill nearly 300 new wells in Central America and Haiti.
- Finally, 3,480 households in Rwanda joined community health clubs (which instruct children in sanitation)

And without your help, none of this would be a reality for Get Lean in 12. We are very grateful for your support to help us achieve our goal of giving \$50,000 or more every year to help provide clean water for those who so desperately need it.

Just look at the pictures above and remember:

You are blessed just to have food, running water, a toilet to flush, and a place to lay your head at night.

Living Water International Update:

Get Lean in 12 takes a percentage of all of our products to help save thousands of lives by paying for water wells: one in Uganda, one in India and one in El Salvador; In addition to that, we personally travel to Nicaragua each year to help install water wells.

Our goal in 2017 was to donate \$51,000 to provide clean water to those who need it most. Our EXCITING NEWS is that we were able to give **\$72,473** at the end of 2017!

In 2016, we gave \$28,311 to the efforts of **Living Water**. Combined, that comes to almost 15 wells around the world (@\$6000 per well). That's 15 communities that have potable, drinking water now thanks to you!

And our Goal for 2018 is \$150,000!!

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