

Look in the mirror - Step on the scale
Open your medicine cabinet - Peek into the
fridge

Like what you see? Got a successful daily
routine?

God bless you & keep it up!

It started with the mirror, for me, eight years ago when I became obese... see "vanity lost" and "vanity found" pictures on the front cover. It took almost 2 years to lose 60 LBS, but it has stayed off ever since! My journey into health & nutrition became a passion born of necessity. Fortunately, these days, my daily routine starts with moderate stretching & brief exercise and 2-3 nights a week I do my version of cardio (basketball).

Although the book contains significant advice on simple quick exercise, proper vitamin supplementation, & motivational goal setting, it all begins and ends with food choices. Not a "diet" - some say lifestyle change, I say CONVERSION - change of heart; no calorie restrictions; ALL of our favorite food groups can be included - our choice (no BS) - and 3 SOLID meals per day are required. Mandatory food sourcing & preparation is necessary - eliminating processed foods and entering the world of "nutrient dense"- foods that are amazingly delicious & nutritious. My eye-catching example is on the front cover, Burgers, Beer, & Bread, three of my top favorites...

Reasons To Preview -
Or At Least Look At The Pictures +
Original Artwork

5-10-18 My annual physical (questions I encouraged Dr. Paul to ask me - my answers in bold):

* When's the last time you had high intensity physical activity for at least one hour? **Last night**

* What prescribed medications are you taking? **None**

* What are the odds of someone your age never regularly taking medications? **1 in a 1000+**

* When's the last time you had DNA testing for cellular age? **2017**

* Are you happy that it says age 46 instead of your actual age 68? **Yes, very happy!**

* What age would you like it to say? **33**

* Do you think that you can make that happen? **I'm gonna try!**



Dr. Paul G:

"Here's my personal email...

I want to hear more!"

Let me give you my personal email....and send me the book

Notable Quotables & Testimonials

Comments From Family & Friends

* **Peggy S.** "If someone says they like the taste of kale, they're lying"

* **Marie R.** "I want to lose weight and still drink beer and eat bread -
I'll throw away all those Women's Day magazines about diets"
(she raised her hand to be the first to buy the book) - \$3 on Amazon, coming soon

* **Tim D.** "I tell my friends, just do what Mike does, shop at Whole Foods instead of Publix; you'll lose a lot of weight"

* **Kaylee** (my granddaughter, about my grass-fed bison burgers) "On a scale of 1 to 10, I'd give it an 11; I like it better than McDonald's - I like your chicken nuggets better, too"

* **SPECIAL NOTE:** Dr. Paul had asked me on Thursday about feeding picky kids healthy food, so I included the quote above. Last night I fed the kids Annie's organic grass-fed macaroni & cheese with a side of applesauce. Pizza, hot dogs, you name it - they can be healthy - read the book!!



Father Dan

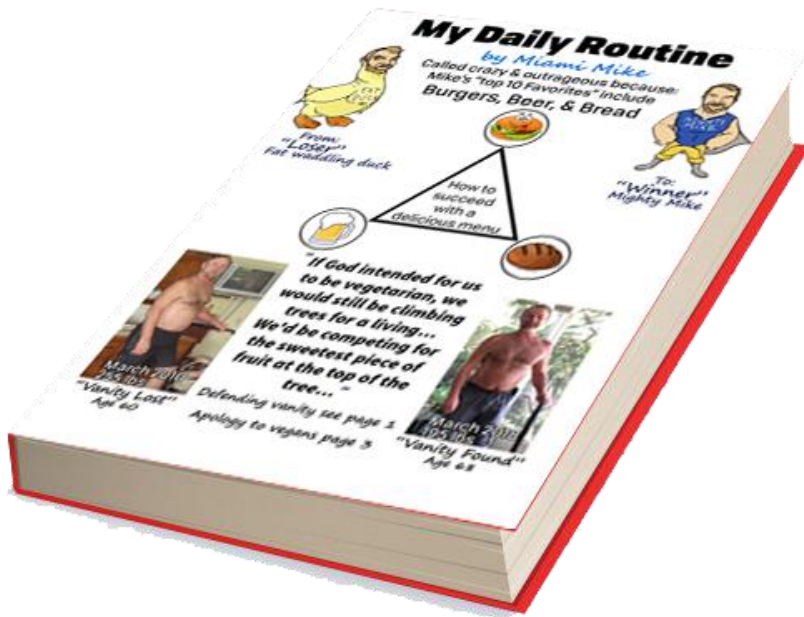
"Mike, if you can make me look like this, I'll become your disciple"

Miami Mike

"Danny, you **can** do it, get started today, just **click on the button below**"



You Can't Judge A Book By Its Cover



So, they say, but in my case, maybe you can... Here's my thinking:

What I call **TRIPLE B**, the pyramid with Burgers, Beer and Bread is the focal point of the front cover. It sounds crazy at first, but I include gluten & dairy and many other so-called "no-nos" into *My Daily Routine* - (working title of the book). I can eat & drink absolutely everything that is properly sourced and prepared - just look at the pictures below and read parts of my testimony in this email and, yes, I'm quite proud of my results. What works for me, could work for you, at least parts of it, and, of course, you can pick & choose from the easy format that I am offering to you today... **A 15 minute speed read email every Sunday afternoon for the next six weeks...** I hope you can join us!

My Daily Routine

by Miami Mike

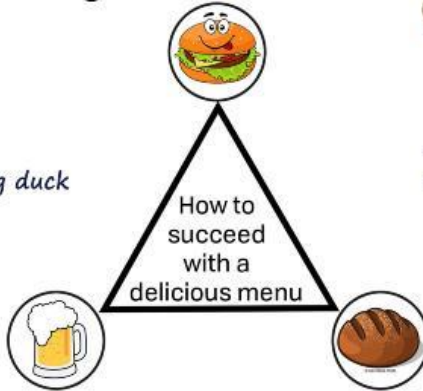
Called crazy & outrageous because:
Mike's "top 10 Favorites" include
Burgers, Beer, & Bread



From:
"Loser"
Fat waddling duck



To:
"Winner"
Mighty Mike



March 2010
255 lbs
"Vanity Lost"
Age 60

**"If God intended for us
to be vegetarian, we
would still be climbing
trees for a living...
We'd be competing for
the sweetest piece of
fruit at the top of the
tree..."**

Defending vanity see page 1
Apology to vegans page 3



March 2018
195 lbs
"Vanity Found"
Age 68

**Please click on the link below
to sign up for**

Mike's Weekly Health E-Book

**See Mike's 1-minute video for additional
info when registering**