

## INTRODUCTION

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# RAISE YOUR STANDARDS AND CHARGE TOWARDS UNRIVALED SUCCESS IN EVERYTHING YOU DO

When I began writing **AGGRESSIVE HEALTH**, it was my mission to seek out the most effective principles in the areas of health, nutrition and peak performance, and fuse them together to create an approach unlike any other. I wanted to create a program that delivered so many distinctions and nutritional wisdom it would raise the standards of health to a whole new level. In my mind, **AGGRESSIVE HEALTH** had to become the most powerful and effective system the world had ever seen! I wanted to help everyone from the individual striving to win Olympic gold to the millions of people wanting to lose a few pounds of unwanted flab.

Many authors claim that the process of writing a book is 20% inspiration and 80% perspiration. I couldn't agree more! In the five years it took to perfect what you're holding right now, I spent countless hours writing, researching, re-writing and editing.

Every writer knows how frustrating it can be to complete a chapter, or even finish a book. Many say that a book is never truly finished, but abandoned by the author when they've had enough of writing it! In my case this isn't true. I have made it my personal mission to bring to you the finest, most unique, tried and tested methods for producing revolutionary change on every level and now that it's complete, I'm more inspired about **AGGRESSIVE HEALTH** than ever before!

## **LET THE JOURNEY BEGIN...**

AGGRESSIVE HEALTH leaves no stone unturned. In fact, I haven't yet found a book that delivers so much powerful information, on so many seemingly diverse subjects, and ties them together so beautifully. No other book that I've read combines the subjects of peak performance nutrition, pH balance and control, hormonal mastery, stress free living, movement sophistication, mind enhancing technology and longevity, as perfectly as the one you hold in your hands right now. It's a big claim, but once you've read it in its entirety, I'm sure you'll agree.

You've a lot to look forward to, so get excited. I'll share with you exactly what it takes to master AGGRESSIVE HEALTH and you'll soon realise, like many thousands before you, a few simple distinctions can truly change your life forever.

### **THE FIRST STEP TO AGGRESSIVE HEALTH: A POWERFUL STATE OF MIND**

I know you want to succeed, so pay close attention. The first step to your success is cultivating a burning desire that smoulders away inside of you and keeps you moving towards everything you deserve in life. With this ferocious intensity fuelling your resolve, you'll find it easy to read AGGRESSIVE HEALTH from cover to cover, exposing yourself to the most powerful life enhancing principles in existence.

The second step is making a commitment. A commitment to charge towards your dreams and desires. A commitment to tackle any challenges head on, and a commitment to do whatever it takes to succeed. Whether you want to maximise the electrical charge around each of your cells, create an amazingly efficient digestive system or control the key hormones that determine whether you gain weight or lose weight, AGGRESSIVE HEALTH delivers. In as little as 30 days, I'm convinced you'll be looking in the mirror at a 'new you', satisfied at how much you've learnt and applied, but hungry for more!

### **THE ONE KEY THAT MAKES ALL THE DIFFERENCE**

A word of advice. If you remember one idea from this chapter remember this. If you really want to experience the unlimited freedom associated with AGGRESSIVE HEALTH today, tomorrow and for the rest of your life, you **MUST** create a compelling vision for yourself. You **MUST** create a clear concise image or sense of what it is you truly desire. Imagine looking through the eyes of ravenous carnivore as it stalks its victim. Imagine seeing your victim so helpless, it just drops its head and walks towards you knowing its fate. Now imagine seeing your dreams and desires from this perspective. So much so that they don't seem out of reach, but actually gravitate towards you. This is the first and most important step to AGGRESSIVE HEALTH.

Let me ask you a question. One year from now, where will you be? Will you be healthier or closer to disease and suffering? Will you look like the back end of a bus, or will you be in the best shape of your life? Will you be crackling with energy or run down like an old car battery? If you have a compelling vision, a clear concise

image of what you want, you'll see yourself as fitter, healthier, stronger, more vibrant, charging at life with a new found freedom. Those who haven't made any decisions about their health may see themselves as fatter, more lethargic, less enthusiastic, and ready to throw in the towel and admit defeat.

### **BEGIN EXPERIENCING THE ULTIMATE EMOTION THAT GUARANTEES SUCCESS**

Here's the key. With a compelling vision you begin to experience the ultimate emotion that guarantees your success. With this emotion oozing out of every pore of your being you'll feel propelled towards success. Armed with this emotion you'll never lose your desire to succeed! It's the difference between getting excited for a few weeks or making progress for a lifetime. Are you ready for it? The emotion I'm talking about is DRIVE! When you are driven to succeed, you might as well fasten your seat belt and enjoy the ride, because you *will* get what you want. With a compelling vision, you'll always be focused on taking the next step. Close your eyes now and let your deepest desires bubble to the surface and simmer in the forefront of your mind. See what you want in technicolor and let out a roar of excitement as if you were on the verge of making this part of your day to day reality. Feel this emotion pulsating through your veins, making the hairs on your arms stand up on end. Let it fill you with pure undiluted pleasure. Remember, a hungry predator with drool dripping from the corner of his mouth looks at the world differently than a timid little rodent scared to leave his tiny little hole.

### **IT'S TIME TO RE-IGNITE THE LONG FORGOTTEN DREAM**

With a vision to guide you, and the drive, desire and commitment to succeed, your dream of having perfect health and a body and mind to match will soon become part of your daily reality. Remember, the quality of your health and the quality of your life isn't a question of capability; you are capable of incredible things. Sometimes however you may have failed to tap your full potential. It's my job to challenge you. First to take control of your immediate future by igniting your engines and secondly to help you condition the habits that create momentum and secure your success.

Just stop for a moment and think about your current eating habits. Do you jump out of bed in the morning and like a detective, seek out the foods that make you feel great, that make your body feel alive and your brain feel sharp and alert? Or... Do you lazily roll out of bed, stumble down the stairs and head straight for the coffee? Whatever your life is like at the moment, there is room for improvement. It doesn't matter if you want to lose 400lbs or 4lbs, whether you want to win Olympic gold or perform more energetically at the gym, if you make the decision to excel, everything you've ever dreamt of will be in your reach. Just remember one thing...

### **SUCCESS OR FAILURE DOESN'T HAPPEN OVERNIGHT**

It doesn't matter how 'aggressive' your mindset is, success happens one step at a time, one day at a time, and is dependent on how committed you are to making

incremental improvements. The same is true with the material in this book. **If you want success you must master each of the following principles individually until you are able to see how they create the ultimate approach I call AGGRESSIVE HEALTH.** Many approaches to health fail because the author concentrates on one principle alone, leading their followers into a false sense of certainty that ‘their way is the only way’. You may read a book about balancing your pH and think that is all you need to focus on. You may read a book about controlling your hormones and think that is the secret to everlasting health. You may read a book about enzymes or hear a speaker talking about minerals, claiming they are the ‘key to everything’. The reality is that no single approach works for everyone and I believe AGGRESSIVE HEALTH will set you free from such a limited mindset. AGGRESSIVE HEALTH will share with you key principles that have proven successful since the beginning of time and with advances in biological terrain testing and live blood microscopy, you can be certain of what it takes to reach the pinnacle of physiological functioning. It’s up to you to then create YOUR daily habits that will determine YOUR success. I’ve had to discover what works for me and I’ll give you many clues as to what is likely to work for you. Gradually you’ll expand your mind and join the elite group of people who have waved goodbye to disease, have turned back the hands of time and who charge at life with a glint in their eye and a attitude to die for. Sound good? Well, there’s one last thing to remember to complete this winning formula...

### **RESPONSIBILITY: THE ONLY WAY FORWARD**

When you take responsibility, you stop wining like a little baby if things don’t go your way and you stop blaming others for your misfortune. In short, you simply get down to business and make it happen. Maybe you’ll book an appointment with your doctor before you begin to make powerful changes to your diet and your health. (If you take any drugs – prescription or non-prescription – or have been recently, I recommend you see your physician because dietary changes can affect the metabolism of prescription drugs). Maybe you’ll book an appointment with me for a biological terrain analysis at [www.aggressivehealth.co.uk](http://www.aggressivehealth.co.uk). Maybe you’ll read other books before you begin your quest to a more fulfilling life. Whatever your choice, as you take responsibility and let your vision guide you, you’ll begin to make important decisions that will set in motion a chain of events that will ultimately shape your destiny.

### **THE AGGRESSIVE HEALTH MINDSET WILL SET YOU FREE**

If you’ve ever asked the question ‘How can I lose weight and keep it off?’ you’re reading the right book. But from now on, forget about weight loss and adopt the ‘AGGRESSIVE HEALTH’ mentality. What good is weight loss if your body isn’t operating at its best? What good is weight loss if your brain isn’t functioning more coherently? What good is weight loss if your bloodstream isn’t crackling with electricity? What good is weight loss if you run your enzyme supply down to a level that can damage your health? What good is weight loss if you end up with weak

joints, sagging muscles and multiple aches and pains? You'll understand more about these concepts later, for now, ask a different quality of question:

**How can I begin today to make simple changes that guarantee UNRIVALLED HEALTH, OUTSTANDING LEVELS OF ENERGY AND BOTH PHYSICAL AND MENTAL MASTERY?**

Your aim is to learn the most cutting edge strategies to get your body working as perfectly as possible. That is where we are headed. A word of warning though. To opt out of the eating habits of the herd does require a certain degree of self-discipline. Remember – Many people are being paid billions of dollars to advertise and market products that can destroy your health. Whether it is pharmaceutical drugs found at your local chemist, nutritionally deficient foods in supermarkets or just friends who want you to be like them, the opportunities to stray off course are everywhere. People will challenge you and your new habits for many reasons. It's up to you to develop momentum and hold on tight to your vision. As you do your life will never be the same again. Remember one thing. When you get it right – it's easy. That's where we're headed and changing the habits of a lifetime can be easy if you have enough reasons to begin. That is the power of **AGGRESSIVE HEALTH**. Each principle builds upon the last creating an almost magical approach to health.

With the right foods you unlock the door to more than just optimal health. Some people have talked about being so highly 'charged' with energy that they've felt more connected to their religion or spiritual path. Whether this happens to you or not remains to be seen, but the kind of energy I'm talking about can only be built on a foundation of superior eating habits and superior lifestyle choices...

### **UNLEASHING THE AWESOME POWER OF YOUR RETICULAR ACTIVATING SYSTEM (RAS)**

If you maintain your focus on the principles of **AGGRESSIVE HEALTH** something magical will happen. You'll mysteriously find yourself gravitating towards anything and everything that can help you achieve your goals. Why? Because of a unique part of your brain called your Reticular Activating System (RAS). Your RAS simply determines what you notice and what you pay attention to. It is responsible for the screening of data into your mind. You see.....even as you sit quietly.....reading this book.....there are countless pieces of information.....you could focus on.....you could focus on the temperature of your left toe.....or the tightness of the clothes you are wearing .....or you could focus on the sounds around you..... and how they are affecting you.....you may even focus entirely..... on the words you are reading.....or the whiteness of the page.....as you read.

You are constantly being bombarded by infinite amounts of data. Now, your conscious mind can only focus on a limited number of elements at any one time, whilst your brain decides what *not* to pay attention to. It does this by focusing on what you believe to be of importance, whilst ignoring the irrelevant. This is where your RAS comes in. If you buy a new item of clothing or a car for example, don't you find that you begin to see it everywhere! Do you think it didn't exist before? Of

course not! The reality is that it probably did, you just weren't paying attention. Your RAS wasn't sensitised to its existence.

Now, when you focus exclusively on the compelling vision you have for yourself and being the best you can be, your brain will delete all the information that isn't necessary for the attainment of your goal, and highlight what you need to know in order to fully succeed. It's up to you to SPECIFY exactly what you want and activate your RAS. Think about it now. Start by making a mental image of what you'll look like and be like once you've achieved some of your goals. See yourself having finished reading AGGRESSIVE HEALTH. See yourself applying all the principles successfully and easily. See yourself the way you want. Make the picture big and bright and appealing so that you feel like charging at it right now. Feel a burning desire to do everything you can to become what you see. Tell yourself how much energy you want in a voice that is seductive and alluring. Let yourself know what time you want to wake up in the morning and how excellent you want to feel. Let yourself know that you want to squeeze the maximum amount of juice out of life whilst bathing in the pleasure of empowering emotions. The more appealing you make this image, the easier it will be for your brain to highlight what you need to do in order to achieve this kind of success. This is your vision! This is what creates the drive inside of you to succeed. Now back it up with a thunderous voice that reverberates through every cell of your being, "OK... Let the games begin!"

All you need now is that carnivorous look in your eye as you watch the image of your goals tuck their tail between their legs and walk towards their master. This is called a minor shift in perception! With a compelling vision you'll begin to notice everything around you that can assist you. People will start showing up that can assist you in your quest, articles in magazines may reinforce something you are about to learn and before long you may start meeting people that have also read this book and can share with you their own experiences. I know this may seem like a strange way of thinking, but by the time you've finished AGGRESSIVE HEALTH it'll make perfect sense.

### **WHAT YOU ARE ABOUT TO LEARN WILL CHANGE THE WAY YOU PERCEIVE FOOD FOREVER**

Before long, a sprouted bean or seed won't be something you associate with a Chinese takeaway, but a source of 'live' enzyme rich nutrition that will help you take your health to a whole new level. An avocado won't just be something you can make guacamole from, but an insulin decreasing hormonal delight that can help you lose unnecessary fat. The hemp seed won't be something you associate to smoking 'dope' but a source of unrivalled nutrition that will supply you with the most absorbable form of protein known to mankind.

Your RAS is responsible for pointing you in the direction you want to go. Just take a look at the people who spend their whole life focusing on 'low fat' foods. When they go into the supermarket, that's all they're aware of! Their RAS is sensitised to them, but who says that low-fat food is healthy? Did you know that certain types of fat are as critical to your health as enzymes, vitamins and minerals? In fact, by not including certain fats in your diet, you immediately open the door to

illness and disease. Many diets limit what you can eat, restricting your choice, but rather than taking anything away, **AGGRESSIVE HEALTH** gives you...

## **FREEDOM: EXPANDING YOUR CHOICE AND FLEXIBILITY**

With **AGGRESSIVE HEALTH** you get to eat foods you never knew existed. With **AGGRESSIVE HEALTH** you get to experiment with ideas and concepts you never new existed. What you are about to learn is how food affects your body with laser-like precision. Once you've mastered a few simple concepts, you'll begin to learn about the power of Circular Strength Training™, kettlebell swinging and other peak performance approaches to exercise that will make you want to train, not just sit on your backside thinking about it. Then I'll open the doorway to the power of mind technology for stress free living and invite you in. Let me tell you something. Where you are headed is light years beyond anything you've experienced before. You may think this is all hype, but I can assure you that by the time reach the last few pages of **AGGRESSIVE HEALTH**, you'll know you've struck gold in buying this book. You'll be feeling so good, you won't want to make room for anything else. You'll know first hand how *you* function at *your* best.

## **FOOD: THE MOST POWERFUL PRESCRIPTION KNOWN TO MANKIND**

Every time you eat or drink something you give your body a very powerful set of highly specific instructions. Your biochemistry changes to accommodate what you've put in your system and your hormonal responses adjust accordingly. The same happens when you take a prescription from a doctor. When you swallow a pill or a medicine, your body has a response to the medication, just as it does to food.

Remember there is one prescription you must follow for the rest of your life if you want to thrive. Get plenty of sunlight, move your body regularly, breathe as much fresh air as you can, drink plenty of fresh filtered water and understand and use food as if it was the most powerful prescription in existence. Use the prescription wisely and you'll succeed beyond your wildest dreams. Use it sloppily and you may wake up one day in hospital, knocking at death's door, hoping that the reaper gives you another chance to make things right. It's that simple!

## **NO DIET SYSTEM IS PERFECT, BUT YOU ARE!**

There's no such thing as a perfect diet, but there does exist a variety of foods that when eaten in the right proportions will make you feel better than you could possibly imagine. The good news is that it's easy.

Dr Roger Williams, author of Biochemical individuality found that the pepsin content of gastric juice among normal adults varied at least a thousand fold! **A THOUSAND FOLD!** This highlights the importance of finding the right diet for you, not just putting your faith in the next best-selling diet plan. Remember, until you've experienced exceptional health – you have no idea what it is. But once you find your own ideal personal fuel mix (which will be unique to you) you'll begin to thrive.

Remember, YOU are the only one who matters; YOU are the only one who knows when YOU feel excellent.

### ARE YOU READY FOR THE CHALLENGE?

So there you have it. You make a decision, you make a commitment, you take responsibility, you create a vision that propels you forward, and you find yourself drooling with desire to achieve everything you want. All you need to do now is go for it. Two weeks of following the principles of AGGRESSIVE HEALTH should excite you. Take a look why:

- 1. Razor sharp thinking and pure mental clarity.** As you begin to include a variety of superfoods in your diet and select the foods that maintain tight control of your blood sugar levels, you'll find yourself developing laser-like concentration as you wave good-bye to mental haziness and afternoon slumps.
- 2. Unlimited energy and vibrancy.** As you begin to appreciate the role of chlorophyll-rich foods and their powerful balancing effects, you'll begin to rebuild your blood and rebalance your body. How would you like to feel more refreshed and alert in the morning and more energised throughout the day, EVERY DAY?
- 3. Look in the mirror with admiration as your shape changes before your very eyes.** Don't expect to shed all of your excess weight in the first week! But do expect to lose about 1 to 2 pounds of fat and about 2 to 3 pounds of retained water. A week from now you could be 5 or more pounds lighter. You'll have control over your insulin levels (an excess of which can cause water retention) and be more balanced hormonally. Then it will only be a matter of time before you develop the body of your dreams!
- 4. Connect with your deepest feelings of wellbeing, joy and vibrancy.** Electrolyte deficiencies can cause people to experience a whole host of problems. A week from now however, you can feel more balanced, more in control and more motivated. Why? Because you'll reintroduce powerful alkalising minerals into your body allowing you to function at your very best.
- 5. Eliminate cravings.** AGGRESSIVE HEALTH will motivate you to eat nutrient dense super foods that are right for you. In the process you'll automatically experience less cravings as you meet all your nutritional requirements and optimise brain chemistry. Once you've taken care of that, you can concentrate on charging at life, spending time doing what you love!
- 6. Fine-tune your insulin levels.** You'll learn shortly how the over-stimulation of insulin can destroy your body, leading to obesity, diabetes and heart disease. Fortunately, recent studies from Harvard medical school have shown that by eating in accordance with the principles of hormonal control, insulin-controlling benefits kick in almost immediately.
- 7. Rebuild your body with the most advanced exercises known to man.** As you begin to learn about Circular Strength Training™, kettlebell training and the most effective body weight exercises known to man, you'll realise how quickly you can begin to sculpt your own body into something that not only looks better than ever, but

also allows you to adapt to any environment. You will open the gateway to total body freedom as you master this critical piece of the AGGRESSIVE HEALTH puzzle.

**8. Eliminate stress and develop a powerful mind.** In the final section, once you've mastered the basics and find yourself crackling with energy and more motivated than you've ever been, you'll learn how to direct this energy in ways that enhance your brain and revolutionise your life. This is where the rubber meets the road. This is when you begin to EVOLVE at an accelerated rate. Prepare to sharpen your instincts and become systematic in your approach to health.

That's all I have to say for now. Let's get down to business and begin our journey into the realm of AGGRESSIVE HEALTH. Have fun, experiment like never before and maybe one day we'll get the chance to meet each other.