

Dr. Paul: [00:01](#) Hello, I'm Dr. Paul and this is my beautiful wife Lynn and today we are going to address the issue of extra weight. A lot of us are carrying around pounds that we don't need.

Lynn: [00:18](#) Okay. And we've kind of wanted to follow this up with the diabetic support videos that we did and so if you are diabetic is it time for you to shed some pounds? That has a huge impact on your overall long term health if you can get off a little of the extra weight that you might be carrying around that's causing an issue, particularly with type two diabetes. Now I want to share something with you because we have a friend who's in the Southern part of the U S. He has our plasma energy station and we've talked about it before. This is the way we send the 16 vials for the plasma energy station. And he decided on his 47th birthday that it was time for him to lose some weight. Now he has a very busy but very sedentary lifestyle because he spends a lot of time in front of the computer and he decided he needed to shed some weight.

Lynn: [01:33](#) So what he did is he took the plasma energy station, he took detox relief, he took clean mouth and he took clear mind and he made a water of those combined with the plasma energy station water. And then what he did is he drank that water all day every day. He does live in a quite a warm climate so it wasn't a problem to drink plenty of water. And then he walked two miles a day. He happens to live in fairly nice weather so walking in the winter time wasn't a big issue for him. He sent me an email, he started this in August, his birthday month, and he sent me an email to let me know about it in March and in March he had lost over 70 pounds. Now what he did is he ate two meals a day of what he wanted those meals to be.

Lynn: [02:47](#) There wasn't any in between meals, snacking. Every time he would have reached for a snack in the past, he reached for his water and at the, at this point in time, by the end of, I believe April, he had lost a total of 80 pounds. And so what we're suggesting to you here is there's something if you'll look it up on the internet called intermittent fasting. And what that does is it gives your body a chance to kind of clear out what's gone into it. Eat your meals in say an eight hour time span. So let's say you get up and have breakfast. If you want to eat breakfast at eight then your next meal is maybe going to be around four o'clock or if you eat breakfast later at 10 your next meal, maybe around six o'clock and then you're done until the next time you have a scheduled meal and that is next day's breakfast.

Lynn: [04:04](#) But in the meantime, you're just going to drink plenty of water. You're going to get outside and do your walking. Walking is a

great exercise. You don't have to have special equipment, you don't have to have a membership, all you have to do is get yourself out the door to do it. Now we live in a cold climate up here and so walking does become an issue for us in the winter time. And we have to put cleats on. We have to put our gloves and our hats and our scarves, our mittens and our coats. So it's a little bit of a chore in the winter. And if the streets are really icy and dangerous, you're going to have to come up with an alternative. So that alternative might end up being a mini trampoline in your house. You might be able to go walk at a nearby school that they open up for walkers before school. And, there may be a shopping center that nearby that opens up and allows walkers to come in early so they're walking in a weather controlled environment. Now there's a couple of other things that you can also do. And Paul, do you want to talk about the Wim Hof breathing?

New Speaker: [04:04](#)

Dr. Paul: [05:22](#)

The breathing exercises, developed by this guy named Wim Hoff, he's a European of some type., It's an exercise where you do heavy inhaling and exhaling and you do a series of three rotations of 30 breaths each each time. Between the thirty repetitions you hold your breath and as you go through the series of three repetitions, by the third repetition, you're able to hold your breath much longer than you were after the first one. And this has many benefits. Wim Hoff claims that it gives him a lots of extra energy, uh, enhances his brain power and makes him think better and more clearly and increases his muscle strength. All kinds of benefits from this and weight loss is another benefit that he claims. So that's, that's about it for the Wim Hoff. You can look it up online. He's got lots of videos on there. But one other thing is with this drinking this plasma water, you don't have a hunger problem. And if you're trying to lose some weight, hunger is always an issue. But when you're drinking this plasma energy, water, it doesn't seem to be an issue. I don't have any problems at all getting hungry and I don't do any snacking between meals and we eat twice a day. And so there's not really an issue. The hunger pang thing is not an issue at all.

Lynn: [07:36](#)

Now one of the things I am going to suggest that it, if you are used to drinking a lot of caffeinated drinks, I'm gonna suggest that you taper off on those slowly. I would not continue to drink diet drinks as part of this. If you're drinking coffee or tea, then what I'd say is go ahead and, and drink some of that as part of the liquids, but make it with the plasma water. And the reason I say that is if your body's used to caffeine and you cut it off very

quickly, you're going to have headaches for a few days and you really don't need to do that. Just go ahead and make a black tea and figure out what you're going to have. Now, if you, if you like your tea with plenty of sweetener or your coffee, now you're going to have to figure out an alternative and you might want to look at erythritol or something of that nature. There's the lohan fruit that's very sweet there. There are sweeteners with aspartame that you should definitely avoid. Those are not good long term solutions for your long term health.

- New Speaker: [09:03](#) Avoid Colas and diet drinks. Avoid those things. They're really detrimental to a weight loss program. They, contain, drugs that are sweeteners that are not beneficial for you in any way. So it's, it's best just to stay away from that kind of stuff all together. And that's a good reason for using the detox as part of this whole combination because of some of the eating habits that you might have had in the past that you're trying to alter. There's a lot of good online suggestions for eating programs, for detoxing, for weight loss.
- Lynn: [09:58](#) Use your discernment and come up with what you know is best for your body. You're going to have to set aside the any of the junk food that you might be used to, any of the snacking, the chips, the candy, things like that. But like I said, be mindful of the fact that when you do cut abruptly on caffeine, it could be an issue with headaches. So just ease into the whole thing. Continuing to use coffee or tea, but you can taper off on it over say a period of a week.
- Lynn: [10:37](#) Now the other exercise that you can also do indoors, which is really easy to do, there's a isometric exercises and it's coach Todd. He's the creator of isometric strength. Isometric exercises really came in to favor in the early sixties, and they were pretty popular and then they just sort of disappeared. And Paul, would you show what we mean by isometric exercise?
- Dr. Paul: [11:05](#) Well,, you're using your own muscles as the counter weight and you're pushing and pulling against yourself instead of using free weights or something of that nature. And especially as you get older you can injure yourself by fatiguing your muscles and trying to lift too much. Whereas when you're doing isometrics, you can only push as hard as you can push and you're going to know if you feel something that is starting to hurt, then you Slack off. Whereas with lifting heavy weights you'd get one halfway up and you're stuck there with it. You got to do something with it and that's when you get injury. So the isometrics are very beneficial, especially for those of us who are

not used to weight lifting and a high energy expenditure exercises.

Lynn: [12:24](#) Okay. And the website, there is a website for that. You can surely check online and see what all you might find, but the website is feel good life and it's [www.feelgoodlife.com](http://www.feelgoodlife.com) and you'll be able to find out more about the isometric exercises that we've been talking about. Now we're filming this in August of 2019 and this month we do have a special, and when you receive, when you order

Lynn: [13:06](#) the plasma energy station and a certain number of vials, there are some discounted prices for you. So be sure and check our website and I'll put a link in at the bottom for that also. But do take time to take care of yourself. A lot of people have found that they could back out of required medications once they lost the weight. So good luck with your adventure in, in finding your new self. You have anything else you want to add?

Dr. Paul: [13:43](#) The only other thing I would say is that when it comes to losing weight, it's entirely up to you. You have to figure out what works for you and you have to be able to muster up your willpower and your own inner energy to determine that you are going to actually follow through and lose the weight. So it's all on your back. It's up to you. Nobody's gonna do it for you. We can help you along with different things and different ideas. But you have to do it.

Lynn: [14:31](#) And just remember, this is for your long term health and well being, so you shouldn't feel a loss of energy or anything else on what we've suggested. Anything else you want to add? Oh, we should give our website.

Dr. Paul: [14:45](#) Our website is [plasmaenergysolution.com](http://plasmaenergysolution.com) and there will be a link down below this video that you can click on and go right to our website. If you feel you've gotten any value from this video, give us a big thumbs up and share this video with your friends and relatives. Go ahead and subscribe and ring the bell next to the subscribe button so you'll get a notification when we put new videos up. Thank you.