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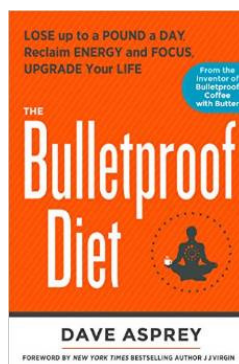
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## The Bulletproof Diet Book



## Dear Melody,

Hey. I hope you are having a good start to April. I can feel spring in the air and it makes me so happy. Did you survive April 1st? I got pranked not once, not twice, but three times and fell for it every time. I guess I need to pay more attention to what day it is.

In March I promised an article on The Bulletproof Diet, and I will deliver but first I must tell you an amazing and exciting story that leads into this exact way of eating. I hesitate to call it a "diet" because it is a way of life for the rest of my life.

The wealth of information I get from all of you has changed my life over and over. I have said many times that I wish everyone could benefit from all this the same way I do. For me, doing these newsletters is one way to pass it on and share the love.

## Wellness Series

### Understanding Nutrition

This is the fourth newsletter in the series on nutrition. I have loved all the feedback and questions this has generated. It is exciting to me when I see you ditching the bad stuff and turning to the good stuff. With that said, there are a few things I have left out on the previous newsletters.

Anytime you make drastic changes to your diet, you can expect some gastrointestinal changes as well.

When I got rid of the carbs and started eating higher fat I did it like I do everything. I jumped in with both feet and all in on day one. I

April 2, 2015

## My

### Recommendation

[Chiropractor](#)

[Top Shelf Supplement](#)

[Dog Grooming](#)

[Organization to donate](#)

[Natural Hormones](#)

[Get Fit at Home](#)

(Choose me as a coach)

[Life Coach](#)

## Business Hours

For 2015, I am continuing my holiday hours. I have managed to fill those hours and at this time it would be hard to go backward.

[Schedule Appointment](#)

## Melody's Hours

Monday - 10:00 - 7:00

Tuesday - 1:00 - 7:00

[To purchase from Amazon](#)

In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge-and change-the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

You might also like the [cookbook](#).

knew I would probably start a detox reaction, which I did. I knew I would go through a healing crisis, which I did. For me the worst of it lasted about two weeks. After the "healing crisis" I felt amazing and have kept feeling better as time goes on.

It is impossible to change eating habits without having some type of reaction but if you don't want to have the drastic healing crisis that I did, you should probably take it a little slower.

In this case getting sick is not a bad thing. It is your body switching from glucose burning mode to fat burning mode. For most people it takes the body about two weeks to make the transition. During that time the cravings get worse before they get better but if you can hold out it is so worth it.

I just wanted to give you a heads up that if you decide to try any of this, the healing crisis is a good thing and hopefully won't scare you away.

#### **I've Become Bulletproof...And So Can You**

In January 2014 I had my annual blood work done and for the most part it was not happy news. My liver function was off the charts bad, my pancreas wasn't much better, my one remaining kidney was above normal levels, my blood sugar was high, my cholesterol was not great. And I was at a loss. I felt like I was doing about all I could do and still not getting good results. Most of this damage occurred following the kidney donation in 2004. For months there were a lot of toxic things pumped into my body and it didn't make the organs responsible for detoxing me very happy. The liver enzymes were so bad in fact that my hormone doctor referred me to a liver specialist. I told him I wanted to have a chance to fix it myself. He obviously was not happy with this and we argued about it a little each time I've gone in over the past year.

So, my research began. As I learned more and more about the liver I realized that I was sadly mistaken when I thought I was doing all I could. I certainly was not. So this entire year long journey started with a blood test.

Just this past Tuesday I had my teleconference with the same doctor about my blood work. When I got on the phone he said the results were miraculous! As he started telling me the results I could not believe I had been able to do all this with good nutrition alone. But that's the truth. And in my quest to heal my liver, and prove to him I could (I'm a little stubborn) I healed a lot of other things at the same time.

- My liver enzymes went from dangerously high to the low end of normal. My liver function is near perfection.
- Pancreatic function did the same. Abnormally high levels to near perfection, which in turn affected blood sugar which went from 104 down to 78.
- My creatinine levels are one of the ways they check kidney function. Normal levels are .8 - 1.2. Before the donation I was at 1.0. After the donation it got as high as 2.4 and they were considering putting me on dialysis. After a year it leveled out at 1.8 and they told me that was my new normal. As the years have passed it has gradually gone down. Last year it was 1.4. Still above normal but very doable. This year it was 1.1. My kidney is normal again and almost exactly what it was when I had two kidneys.
- The cholesterol numbers are good but also much more complicated and I would like to spend an entire article on just cholesterol.
- My CRP levels which were starting to get high had gone down to nearly zero. This is how they measure for inflammation which is the cause of most disease. So I have NO systemic inflammation.

Wednesday - (Every other week) 2:00 - 8:00. The opposite week I work from home for the clients in the Danville area.

Thursday - 10:00 - 7:00

Friday - 10:00 - 5:00

#### [Schedule Appointment](#)

**Donna Franklin's Hours**

Monday - 10:00 - 4:30

#### [Schedule Appointment](#)

**Laura Rutter's Hours**

Saturday - (Every other week) 10:00 - 2:00

#### [Schedule Appointment](#)

**Suzanne Warner's Hours**

Aesthetician

Friday - 10:00 - 5:00

#### **Who Works Here**

##### **Melody Herrin**

*Owner  
Certified Massage Therapist  
Certified Cupping Therapist  
Reiki Master*



Specializes in chronic pain using deep tissue, trigger point, cupping, guasha (scraping), stretching and anything else that works.

Works Monday thru Friday

**Donna Franklin**  
Certified Massage Therapist

There are several so I have included the link with all of them.

[Cookbooks on Amazon](#)

## Text Alerts

Top three reasons to sign up for text alerts:

1. Be the first to know about last minute openings.
2. Receive discounts that no one else will get.
3. Receive a \$10.00 credit to your account as soon as you sign up.

To sign up text BODYRELAX to 24587. Be careful, your auto correct will try to change it to two words. Tell your phone you know better.

Upon sending the text, you should immediately receive a text back telling you of your \$10.00 credit. If you do not receive this text then something is not right.

If you have any problems feel free to text me at 317-716-4646.

- And I must say that with all this I have also lost 30 pounds in the past year with little effort.

Eating for my liver and ultimately healing it also created all the positive changes I had been striving for most of my life.

So how did I do this? It has been quite a journey and has taken a ton of research and learning. It has led me to people who have helped me so much and then they have led me other people and it is still continuing this way now. Just when you think you have it all figured out you learn something new and another light bulb goes on.

What I would like to do is pass all this along so everyone else doesn't have to spend all the time and effort I've had to in order to learn all this.

I am introducing The Bulletproof Diet book because it is the easiest and quickest way to get on this route but there is so much more to it than that. It is a good place to start though if you are interested. And they also sell a lot of good supplements on their website. I will never be able to live without glutathione again!

Eating this way has actually been as much about what not to put in my body as what I do put in it.

I have cut out all sugars and almost all carbs. I no longer eat any type of processed food. If it comes in a box, jar, can, or bag I don't eat it. The question I almost always get is then what on earth do you eat? Or...don't you miss bread?

The answer is I eat really really well, trust me. And no...I definitely do not miss bread.

I put this in a previous newsletter but I'll repeat myself here. I try to stick to these numbers as closely as I can.

Carbs - Under 20 grams per day  
Protein - Around 80 grams per day but no more than that  
Fat - (Healthy fats) 120 - 140 grams per day

This is the formula that has worked for me. Everyone is different. I had to do a lot of experimenting to figure this out but once I hit on it I knew I had it. I think the one sentence that sticks with me the most I read on-line. It said that its basic chemistry. It takes fat to pull fat out of the cells and organs. If we're not eating healthy fats then it is nearly impossible to really get the cells and organs cleaned out, which is why once you've been heavy its even harder to keep the weight off, if not nearly impossible. But once you start putting the healthy fats in your body, the fat just dissolves and all that's left are some really beautiful muscles that you can actually see.

One of the foods I can't live without are eggs. So let's talk about eggs for a minute. For each food there are usually several different levels of healthy. There are:

- Non-organic, cage raised.. Sorry to tell you but they have very little nutrition, are full of antibiotics, hormones, gmo feed, and unhealthy fats. And I believe they have bad energy because the chickens are raised under such inhumane conditions.
- Natural, cage free. First of all, natural means absolutely nothing. There are no regulations on what natural means so any company can stick that on any package. These are just a tad better because they are raised cage free but they are still fed gmo feed and given hormones and antibiotics.
- Organic, cage free. Now we are getting healthier. These are not given hormones or antibiotics and they are raised in humane conditions. However, unless it specifies otherwise



Specializes in chronic pain using deep tissue, cupping stretching, and essential oils.

The originator of The Total Wellness Detox. She uses a combination of reflexology, essential oils and detox to open up the lymphatic system and pull toxins out of the body. A clogged lymphatic system can make you very sick

Works Monday and Thursday

**Laura Rutter**  
Certified Massage Therapist



Specializes in chronic pain using deep tissue and trigger point.

Works Saturday

**Suzanne Warner**  
Licensed Aesthetician

Does a variety of facial and waxing services.

Works Friday

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they are still fed gmo feed. They don't have to disclose the gmo feed so the only way you know for sure is if it says that they were not.

- And the healthiest of all are the organic, cage free (or free range), fed non-gmo feed. They do exist. I have found a source.

There was a couple of weeks I couldn't get my usual eggs and bought a couple of dozen from someone else that I thought were good. The first time I ate them I got sick. Come to find out she was feeding them regular gmo feed.

I just wanted to give an example of how careful you need to be.

In the book they talk a lot about grass fed butter. Yes, I have found a source for that also. Grass fed butter has all the nutrients that any other type of butter does not. It's full of vitamin A, K, & D and a lot of other important nutrients. Going to the grocery store and buying butter, even if it is organic is not the same thing because they have been fed again, gmo feed.

It can get really complicated if you really and truly want to get healthy from the inside out. It has taken me a long time to make the connections to find the healthy stuff.

If you decide you would like to start switching to the healthy, nutrient dense foods get in touch with me and I can help you.

I absolutely love getting feedback from all of you. A lot of times, the responses I receive help me formulate the next newsletter or helps me improve the newsletters of the future. So, please do not hesitate to give me your response.

Sincerely,

Melody Herrin  
Owner  
317-716-4646 - cell  
317-539-4652 - office  
[www.bodymechanixmassage.com](http://www.bodymechanixmassage.com)  
[bodymechanixmassage@yahoo.com](mailto:bodymechanixmassage@yahoo.com)

Body Mechanix Therapeutic Massage | 317-539-4652 | [bodymechanixmassage@yahoo.com](mailto:bodymechanixmassage@yahoo.com) | <http://www.bodymechanixmassage.com>  
114 E. Kentucky St.  
Clayton, IN 46118

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