



I am a Champion. I LOVE LIFE. Part 1, The Diet

George Parker

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Welcome to the 'I am a Champion. I LOVE LIFE' series. This is the first part. A healthy diet. In order to progress yourself to the best self it is important to have a clean body, filled with power food that'll give you the strength throughout the day. It may be hard at first to leave out those delicious chocolates, or amazing cookies. But after you get used to eating healthy, you are going to hate those snacks. They will become nasty. And it does not affect your mood. Matter a fact, because you started eating healthy your mood did significantly improve! Everybody will notice it. Eating healthy will start a whole process in your body. Your brain needs the food.

In every part we will discuss a series of topics that is asked the most by my students. We approach the topics in a variety of ways, all to make sure you understand why it is necessary and what the benefits are of the specific topic. The three parts of the series are

- 1) The healthy Diet
- 2) Working out
- 3) Sleeping

This is the triangle. Once every step is acknowledged AND achieved, life has no boundaries. There are far more topics to discuss which is discussed in the master book called 'The Triangle Complete'. Recommended for all those who seek the extra motivation and extra love.

Productivity is dependent on the integrity of your brain. The integrity of your brain is based on food, sleep, exercise, mentality and avoidance of toxins. A weak brain has no willpower no matter what you plan to do with it.

The following topics will be answered or discussed:

What is the meaning of healthy food. What is a healthy diet?

Why important?

How does eating healthy affect your mood?

Enjoying healthy foods.

The five food groups.

Healthy food recipes.

Losing weight.

A healthy diet plan.

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