

My take on the FOUNDATION OF LIFE - FEEL GOOD RETREAT

At some point in your life, you realize going on vacation to sit by the pool doing shots of Patron, and paying \$12.00 for a Pina Colada, no longer has the allure it used to. I was looking for a total disconnect from the barrage of fake news, Trump, kneeling or not kneeling, shootings, North Korea, hurricanes, etc., ...you get the idea. So, the question at hand is where? And so, here becomes the theme of this vacation/getaway.

I have always put my health as one of the maximum values in my life - going on the famous quote:

“ If something is important to you, you will find a way. If not, you will find an excuse.”

So, instead of asking the \$ 12.00-hour employee at Whole Foods or subscribing to another YouTube channel from the latest and greatest self-proclaimed Guru, I decided to go on a health retreat to lose some weight plus get professional insights from those trained and experienced in that arena,

I had become a regular, consuming Raw Living Spirulina for about five months with good results. I noticed these guys were hosting a retreat in the mountains of North Carolina so I figured let's see, no TV, all the food provided, hot mineral baths, and no opportunity to connect to all the gloom and doom that we are bombarded with every day I said what the Hell count me in.

Upon arriving in Hot Springs, NC, two things put me right at ease; 2 full refrigerators of food and the “NO SERVICE” on my iPhone. As the guests and staff trickle in, you could tell everyone was of the same mindset, where no one cared whether Kim Kardashian was having twins, triplets, or being kicked off the island. After Sunday night's Satsang (conversations around the

fire, sipping fresh Siberian Chaga tea), everyone revealed why they came and what they had hoped to get out of this seven-day raw retreat.

This was 100% raw; it was 100% plant-based. There was a **TON** of fresh Florida coconuts on the deck, and I soon realized where else you could have someone prepare this *thing* for you, deep in the NC mountains, laying out in the sun on the deck without any noise or hint of civilization.

Disclaimer - I did have an iPhone full of classic rock. #justsaying

So, Monday, we all weighed in on this fancy Biometric scale that measures everything from fat, muscle, water, BMI, VF, physical activity level, including your biological age, along with a wide variety of other things that were way above my norm of just jumping on the scale at Publix.

After the first three gourmet meals, there was no doubt that I had made the right decision. Even getting a group of folks to agree on where to go to dinner can cause more drama than who will be the designated driver.

Then I heard a three-day Fast. I mean..WOW!

I had just gotten accustomed to eating meals like this. I will consume nothing but freshly harvested Raw Living Spirulina and Florida coconuts for breakfast, lunch, and dinner for the next three days. To add insult to injury, I am from Orlando, FL, where we are maybe 30 feet above sea level, and I am finding myself at, IDK, I'm guessing 4,000 something feet, and to top it off, we go hiking up in some mountain range that the Appalachian Trail pro's go. Hey, I looked at it this way, If I pass out, they will be the ones carrying my ass down the mountain, so away we went - oh, did I mention we did this barefoot. Yeah, running on nothing but Raw Living Spirulina, we decided to hike part of the Appalachian Trail, connected to Mother Earth getting high on life.

When we reached the top, the views were *fricking* amazing. The views were nothing like I have ever seen. If I stand on my roof back in Florida, I can see nothing taller than a palm tree. Only mountains we have are made of trash.

The only limitations you have are the limitations you impose upon yourself by the thoughts you choose to think.

While the three days were coming and going, there were great lectures, workshops, and a plethora of information one needs to stay healthy in this day and age where no one else or entity is concerned about your health. This was like a quick crash course without having to scourer numerous websites or youTube channels, evaluating if the info provided was going to be helpful or not.

In my journey to remain healthy and not fall victim to even belly button lint, if I suffer from anything, “ we have a pill for that.” I refuse to accept that big Pharma has my best interest at heart. I have tried more potions, pills, tonics, eastern doctors, paleo diet, keto diet, etc. It was just damn refreshing to get professionals explaining everything from Acidophilus to Zana, with no hidden agenda.

To be truthful, the three days went by without any big deal. The Raw Living Spirulina and fresh coconut water were enough, even with the increased activity level I was experiencing. Not to mention I lost 9 lbs or 6% of my weight, of which 2 of those was visceral fat - (the bad stuff). And then there were other tough times, are sitting in a Jacuzzi tub full of hot mineral spring water and the massages, plus the fact I could leave the iPhone in music mode and not once get an automatic sales call.

Then Friday came - the end of the fast and here came the Raw Food classes. You were allowed to see how preparing fresh, plant-based, super healthy living meals is not as mind-boggling as one would imagine.

Also, the need for that massive plate of food seemed to have diminished. I'm assuming because I had been getting 1000X the nutrition in smaller quantities. The need for those more significant portions and seconds now seemed utterly unnecessary. And yes, there were even desserts - healthy nuggets of bliss, we are talking maybe five ingredients and BAM, your sweet tooth is satisfied.

It was amazing watching how simple it was to make ALL these great-tasting meals while destroying all the misconceptions: I have to eat spinach the rest of my life if I adopt a Whole Food Raw Plant-Based Healthy Lifestyle.

The recipes were simple, and cleanup was a breeze since there were no pots/pans to scrub. Most everything created was prepared in either a glass bowl, a Vitamix, a food processor, or a dehydrator.

I felt no ill effects from the three-day fast living on nothing but the Raw Living Spirulina. However, I will surely make some of those coconut Spirulina balls soon.

The Staffs' Passion

Throughout the seven days, the most prevalent feeling was the staff's passion for just informing, educating, and helping their guests guide through the plethora of misinformation and too much information that is currently out there. They ALL seem to subscribe to the theory:

“The purpose of life is to grow and to share. When you look back on all you have done in life, you will get more satisfaction from the pleasure you had brought into other people's lives than when you outdid and defeated them.”

They were always available and were a never-ending source of helpful information that I would be able to incorporate into my everyday life. One of the things I walked away with is that this is NOT another diet or fad. It is a lifestyle you choose that puts you in control of your health, where you do not have to succumb to predetermined treatments that do nothing more than cover up the symptoms and never truly address the cause.

Movie night: If you want to experience a wake-up call, watch “What The Health,” If that does not scare you, experience a wake-up call, watch “What The Health,” If that does not scare you, Nothing will. It brings home the idea that:

Our beliefs have consequences, and the first place we notice the implications of our thoughts is in our bodies.

So, in conclusion, would I recommend this to anyone else - Hell ya... and will I be going again? Absolutely. I had what I thought was the best knowledge, effort, motivation, and dedication to live a confident, healthy lifestyle. These folks shaved years off of doing my bio-hacking, giving me the focus and passion I needed to bring my haphazard attempts of trying... this and that - into being focused, to truly knowing what my body needs. For, if I follow the mindset of the mainstream health providers, I will surely end up like most Americans - obese, pill dependent, out of breath, with post-it notes scattered around the house telling them what to do and when to do it. I have physically seen the end of that.

Thanks, guys and gals, you were the best!