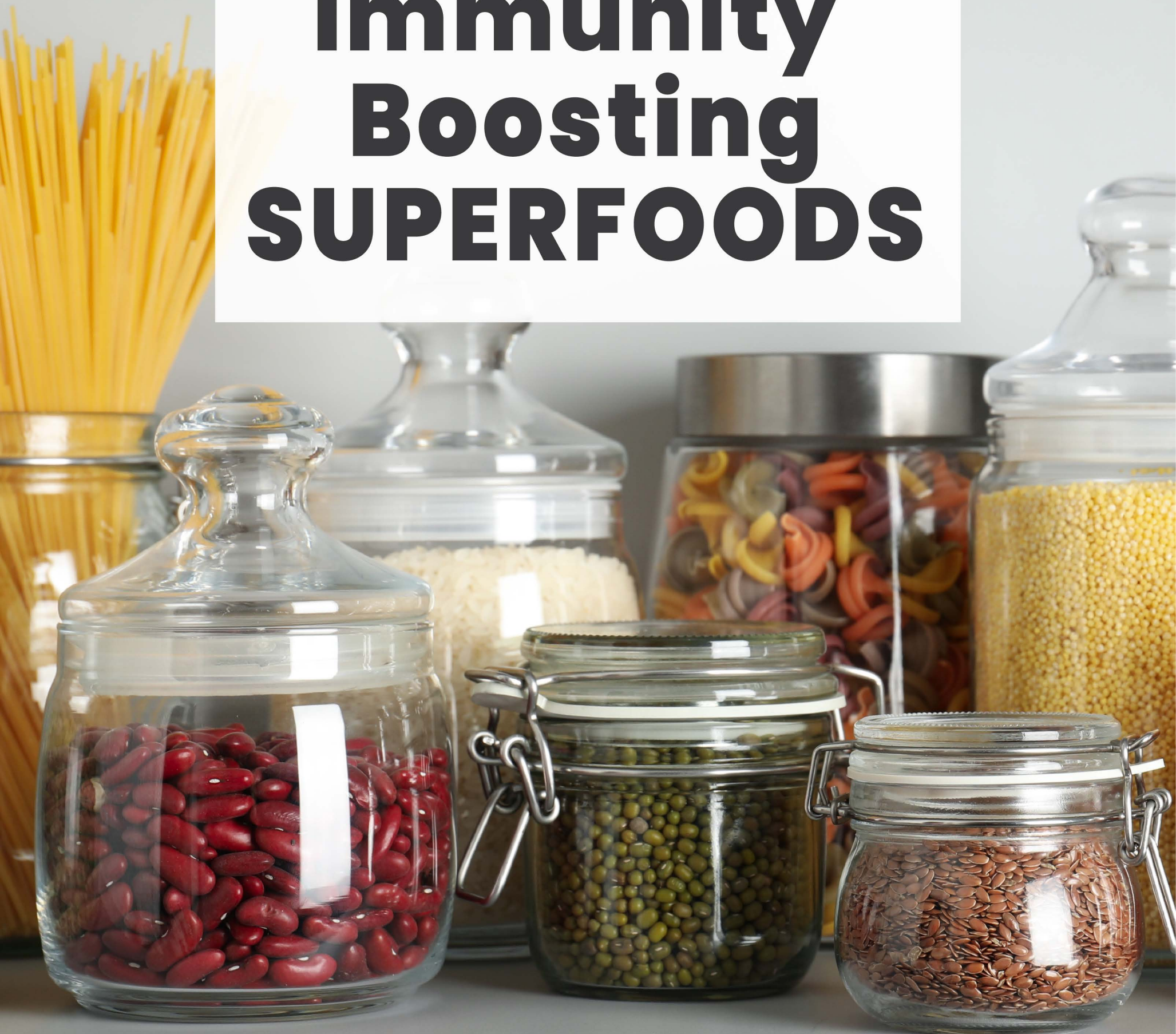


19 Immunity Boosting SUPERFOODS



This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

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About Meredith Shirk, CPT



Meredith Shirk has been in the health and fitness industry for over a decade with a Magna Cum Laude Biology degree, certification as a personal trainer with the National Academy of Sports medicine (NASM), and a mind, body nutrition specialist.

Over the years she's helped athletes, celebrities, models... and people just like yourself... make their dreams become reality achieving their best body, inside and out.

'Mere', as her clients and subscribers know her, is the CEO of Svelte [Media & Training](#). She's also the creator of the cutting-edge 1-minute workout plan, **One & Done**, that she's been successfully teaching to clients for the past 12 years.

Mere has over 60K subscribers and followers combined on Facebook and her YouTube channel, spreading the message of 'total mind, body, health' globally.

Let's get social! Double click the icons below to follow and subscribe to stay up to date with free video workouts, weight loss tips, recipes and more!



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Thank you so much for choosing to get the **19 Immune Building Super Foods** ebook!

Before I share them with you, I'd like to share with you why eating these super foods are so important to your body.

You see, the 'cellular engine' -- the complex master controller and chemical structure within the core of women's bodies -- is linked to metabolism, hormones, immune system and more... and there are powerful, natural, nutrient-rich, immune boosting foods that can fuel your cellular engine for peak performance.

The foods that have the ability to do all this are the 'king' of the super foods... I call them '*Supreme Super Foods*' and there's actually 5 that do wonders for an aging body including help: boost your metabolism, balance hormones, reduce inflammation, strengthen immunity, and promote younger looking skin.^{1 2 3 4}

The powerful nutrients in these super foods are important at any age... but I believe they're something EVERY woman needs in their 40s and beyond.

According to research, as we age we are fighting metabolic meltdown, hormonal haywire and compromised immune system.^{5 6 7}

And the latest 'super viruses' -- that is, new strains of flus and other seemingly bionic bacteria -- threaten our health on a daily basis!

Now, germs and diseases have always been a problem (remember the bird and swine flu in the last decade or two?). The latest current events just reminds us how important it is to eat the right foods, because after all, we are what we eat.

Before I go into the foods that strengthen your immune system, let's first look at the foods/drinks that compromise your immune system. Research shows that spikes in sugar may suppress your immune system letting down your resistance to bacteria, viruses, and parasites as well as create an environment that promotes infection.⁸

Immune Busters like:

- ✓ Soda
- ✓ Processed foods
- ✓ Foods and drinks high in sugar
- ✓ Refined carbohydrates
- ✓ Alcoholic beverages



¹ <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system>

² <https://www.healthline.com/nutrition/10-ways-to-boost-metabolism>

³ <https://www.mindbodygreen.com/0-11983/48-foods-to-balance-your-hormones-give-you-glowing-skin.html>

⁴ <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>

⁵ <https://bestlifeonline.com/over-40-body-changes/>

⁶ <http://www.mankatoclinic.com/youre-turning-40>

⁷ <https://medlineplus.gov/ency/article/004008.htm>

⁸ <https://www.piedmont.org/living-better/foods-and-drinks-that-compromise-your-immune-system>

And although it's not a 'food', tobacco products have been linked to weakening immune systems.⁹

⁹ <https://www.piedmont.org/living-better/foods-and-drinks-that-compromise-your-immune-system>

According to Dr. Samer Blackmon, MD, of Piedmont Healthcare, "Eating a well-rounded diet high in pretty, colorful veggies and fruits will give your body the vitamins and minerals it needs to fight off illness. These foods help your body regulate and stabilize to work at peak performance... Believe it or not, what you put in your mouth serves as one building block to a strong immune system."

Some super foods that have been long used in the homeopathic world to help boost the immune system includes:

1. **Elderberry.** Extracts of elderberry have antiviral, anticancer, and anti-inflammatory properties. Elderberry is also high in flavonoids. People take elderberry syrup as a remedy for colds, flus, and bacterial sinus infections. Elderberry benefits are numerous, however, the remedy may interact with certain prescription medications. Always check with your doctor or pharmacist prior to adding any new remedy to your regimen.¹⁰
2. **Mushrooms.** Mushrooms are high in selenium and B vitamins like riboflavin and niacin. These minerals and vitamins are necessary for the immune system to work in tip top form. ¹¹
3. **Acai Berry.** Acai is high in anthocyanins. These flavonoid molecules are very potent antioxidants. They combat oxidative stress in the body by mopping up free radicals. Antioxidants are credited with boosting immunity and lowering inflammation in the body.¹²
4. **Watermelon.** Watermelon is an immune-boosting fruit. One 2-cup serving of watermelon has 270 mg of potassium, 30% of the daily value of vitamin A, and 25% of the value of vitamin C.¹³
5. **Wheat germ.** A great substitute for flour, wheat germ is rich in B vitamins, zinc, and vitamin E. ¹⁴
6. **Yogurt.** Low-fat yogurt is rich in vitamin B12, vitamin D, and vitamin B2 (riboflavin). Adequate levels of vitamin D and other nutrients are necessary for robust immune function. Yogurt is rich in probiotics which aid in digestion, including *Lactobacillus acidophilus*, *Lactobacillus casei*, and *Bifidus*.¹⁵
7. **Spinach.** Popeye used to say, 'I'm strong to the finish 'cause I eats me spinach..' Spinach has long been used to help body (and immune!) strength. Spinach has a high content of folate, vitamin A, vitamin C, fiber, magnesium, and iron. The nutrients in spinach boost immune function and provide the body with necessary nutrients for cell division and DNA repair.¹⁶
8. **Sweet Potatoes.** Sweet potatoes are dense in vit A and C which are essential for strong immune function as well as skin tone and texture.¹⁷
9. **Broccoli.** High in beta-carotene, potassium, magnesium, zinc, and iron. Broccoli supplies an array of B vitamins (B1, B2, B3, and B6). This green beauty also provides, glutathione, the master antioxidant in the body.¹⁸

¹⁰ https://www.onhealth.com/content/1/immune_system_boosting_foods

¹¹ https://www.onhealth.com/content/1/immune_system_boosting_foods

¹² https://www.onhealth.com/content/1/immune_system_boosting_foods

¹³ https://www.onhealth.com/content/1/immune_system_boosting_foods

¹⁴ https://www.onhealth.com/content/1/immune_system_boosting_foods

¹⁵ <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#almonds>

¹⁶ <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#almonds>

¹⁷ https://www.onhealth.com/content/1/immune_system_boosting_foods

¹⁸ <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#almonds>

10. **Garlic.** Garlic has been used for ages as has antibacterial, antiviral, and anti-fungal properties. The bulbs are rich in antioxidants which help combat free radicals.¹⁹
11. **Pomegranate.** There's evidence pomegranate compounds inhibit the growth of bacteria as well as have antiviral properties against the flu.²⁰
12. **Ginger.** Ginger is truly a superfood with metabolic, anti-inflammatory, and immune-boosting properties. It helps fight infections and free radicals.²¹
13. **Red Bell Peppers.** Red bell peppers contain twice as much vitamin C as citrus. They're also a rich source of beta carotene.²²
14. **Almonds.** Many people don't realize vitamin E is as important as vitamin C for immune health. Almonds are rich in vitamin E and also is a healthy fat.²³
15. **Tumeric.** A natural anti-inflammatory, Tumeric also helps boost immune strength as well as helps decrease muscle damage.²⁴
16. **Papaya.** This tropical fruit is not only loaded with vitamin C but is also contains a digestive enzyme as well as has anti-inflammatory properties.²⁵
17. **Kiwi.** This little guy is exploding with bacteria-fighting nutrients including folate, potassium, vitamin K, and vitamin C. Vitamin C boosts white blood cells to fight infection.²⁶
18. **Sunflower Seeds.** Who woulda thought that these seeds would harness so much immune-power including phosphorous, magnesium, and vitamin B-6. They're also incredibly high in vitamin E, a powerful antioxidant.²⁷
19. **Shellfish.** Zinc doesn't get as much attention as vitamin C, but it's essential for our immune system and is highly prevalent in crab, clams, lobster, and mussels.²⁸

As I alluded to earlier, eating these super foods can do more than help you bullet-proof your immune system, it can also help you lose weight, which is another challenge that rears its ugly head the older we get.

So why not give the body the ammunition it needs to combat several aging-related issues at once...with the top two most common being weakened immune system and weight gain.

If you're 40+ and struggling to drop pounds and inches -- like my client Jill W. was -- you've probably reached you're wit's end... to lose weight AND keep the weight off.

In other words, get the body you desire... and maintain it.

¹⁹ https://www.onhealth.com/content/1/immune_system_boosting_foods

²⁰ https://www.onhealth.com/content/1/immune_system_boosting_foods

²¹ <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#almonds>

²² <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#bell-peppers>

²³ <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#almonds>

²⁴ <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#almonds>

²⁵ <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#green-tea>

²⁶ <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#kiwi>

²⁷ <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#sunflower-seeds>

²⁸ <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#shellfish>

You see Jill is 61. And the fact is, once we're over 39, things change in our bodies that will affect weight loss and body goals. We're battling more than just going down a pant size or two... there's sluggish metabolism, imbalanced hormones, reduced energy levels, and overall aches and pains making high impact exercises nearly impossible.^{29 30}

I call these obstacles, '**MetaBlockers**'. And when we hit one, it's like hitting a brick wall and can crush one's confidence... and hope.

So when **MetaBlockers** happen, many women over 40 get frustrated and just give up... they are tired of yo-yo dieting, they are exhausted of working hard for little results, they are aching from trying to do exercises their bodies can't handle anymore, or worse, they are disgusted of losing the weight just to gain back more than they lost.

Ultimately, they abandon their body goals and 'think' they have to settle on the body they have for the rest of their lives.

Well, I'm here to blow the lid off this myth and tell you that if you're 40, 50, 60 or more, you CAN still get the body you desire (and deserve!) as well as look and feel better than you have in YEARS!

Consider me your 'metabolic insider' to help you make the connection between carefully selected superfoods and your body's cellular chemistry for incredible, sustainable results.

I promise you, you can do this... and do it without a personal chef, without a private trainer, without going under the knife, without starving yourself, without spending hours in the gym, and without a fat wallet.

The plain truth: All you need is to arm yourself with the RIGHT information, and then decide if you're ready to transform yourself into the BEST you possible.

I'm going to be brutally honest here. This is not for everyone. If you're not ready (or willing) to commit to a small change for a big transformation in your total body, health and mind... this may not be for you.

But if you're over 40 and tired of the frauds, fads and phonies out there, I'm here to bust myths and simplify the hype to help you become a leaner, healthier, confident and radiant women from the inside, out.

Jill W. was not born with fast metabolism or good genes. She's simply a normal gal who decided she was going to make a change in her 'cellular engine' to get the results she wanted... and keep the weight off.³¹

I'll share the details about her amazing transformation in just a bit.

But first, you're going to discover the secrets to igniting YOUR cellular engine to melt fat for lasting results.³²

Who says you have to live with feeling sluggish and puffy... or have a soft midsection and dull complexion... or get colds at the drop of a hat?

There is light at the end of the tunnel, and I can't wait to meet you on the other side.

²⁹ <https://bestlifeonline.com/over-40-body-changes/>

³⁰ <http://www.mankatoclinic.com/youre-turning-40>

³¹ <https://fitmo.com/personal-trainer-blog/5-fat-loss-triggers-ignite-metabolism/>

³² <https://www.medicalnewstoday.com/articles/325237.php#flaxseeds>



Hi. My name is Meredith Shirk. I've been in the health and fitness industry for over a decade with a Magna Cum Laude Biology degree, certification as a personal trainer with the National Academy of Sports medicine (NASM), and a mind, body nutrition specialist.

Over the years it's been my privilege to help athletes, celebrities, models... and people just like yourself... make their dreams become reality.

You see, it's not just a profession for me... it's my passion.

After dozens of hours of research and countless real-life clients, I decided to tackle the struggles for women over 40 and search for an easy, yet powerful solution.

I started to break down the challenges, analyze the trends, isolate the culprits, and make the connection between female aging, nutrition, and natural metabolic influencers.

I've heard countless stories from women who've tried everything with lackluster results. Quite frankly, they were at their wit's end with...



The struggle with losing weight and keeping it off.



The confusion about 'intake' and 'output', why being active and eating 'healthy' just doesn't cut it past 39.



The helplessness staring in the mirror and not seeing the same face you remember looking back at you.



The frustration of no matter how many sit ups you do, there's still that ever-present lower 'pouch' and 'love handles.'



So I started connecting the dots.

I noticed that the right combination of nutrients can *naturally* trigger dormant cells to 'reignite' causing a dynamic chain reaction that affects the metabolism *and* changes the body from the core.

I shared this mind-blowing information with my clients, and their reaction brought tears to my eyes.

They finally had answers – and more importantly – an action plan, to help them regain control over their body... and life. They were ecstatic.

Not only did they feel better than they had in a loooong time, but they actually looked younger, leaner and healthier.

And confidence? Boy, did they ever have it.

These ladies are now +forty, feisty and fearless. When they walk in a room, heads turn. They have an undeniable presence about them.

Their friends, families, and co-workers couldn't ignore their stunning metamorphosis, either.

Each one of them told me virtually the same thing: That they couldn't believe how their body (and life!) was transformed by simply knowing not only the RIGHT foods to eat, but the RIGHT combination of foods to eat to spark a cellular chain reaction which creates energy and burns fat.

This, coupled with targeted exercises and muscle-awakening isometric movements (specifically developed for +40 women to obliterate common problem areas), packs a powerful one-two punch that finally knocks out fat, forever. It is literally a 'metablueprint' to being fit and fabulous!

I call this the **MetaBoost Connection**.

"...I've lost several inches and I'm very happy with my results... and it doesn't take a lot of time out of your day, I'm a busy mom... I don't have hours to spend in the gym... I just LOVE the program. Thank you Meredith!"
~Denise T., Florida



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Let me explain...

The Two Biggest Enemies of +40 Women!

As women age, our hormones start changing which affects the overall cellular chemistry of our bodies.

Our metabolism seems to be in hibernation. Energy levels start to plummet. Our belly appears to be constantly bloated. Our waistline isn't as cinched as it used to be. And our skin has lost its youthful glow.

It's like a cellular light switch that has been flipped into the 'off' position for burning fat, vigor, and weight loss...

...yet that same switch has been turned 'on' for inflammation, weight gain, and lethargy.

This is the **MetaSwitch**.

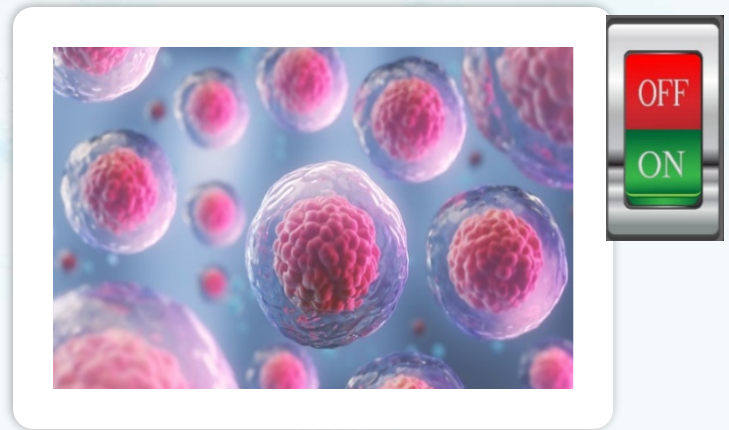
The **MetaSwitch** is the master control of our body's ability to operate at optimum levels on a daily basis.

Once this switch has been flipped, everything we thought we knew about our body has also been flipped. It's a cellular chaos.

What once was, isn't anymore... the amount of exercise we need to do to lose weight, the amount of calories we can burn daily, the types of foods we can tolerate, the amount of elasticity in our skin... just to name a few.

Our body ceases to perform as it once did when it was younger.

But like any switch, it can be reversed if you address the core of the connection.



Enemy #1: Metabolism

As females, nature makes sure our bodies are always 'prepared' for the arrival of offspring. Research has shown that in our child-bearing years fat cells are typically stored around our mid-section as those are the prime areas energy can be accessed rapidly for lactating purposes.

However, after 39, female estrogen levels nosedive and the body starts to stop its preparation for childbirth. Metabolism slows down, and fat tends to deposit in the hips, thighs, belly and buttocks.

Your cellular engine which used to transform food and nutrients into energy is now moving at a much slower pace, and energy is being stored to fat.

The basal metabolism is the body's bare minimum level of energy needed to live at a rested state. The metabolic rate is the rate the body uses 'calories' for energy.

In our 20s and 30s, approximately 75% of consumed calories are used for the body's function (i.e. respiration, digestion, etc.), not including exercise.

However, research indicates after age 20, that rate slows to a glacial pace of 10% each decade. So by the time we're 50, that's a staggering 30% drop! Coupled with the fact that we lose an average of 3-8% of muscle every year after age 30, and increasing muscle helps increase your metabolism. This double-whammy makes losing weight after age 39 a real challenge.^{33 34}

Let's break this down...

So in your 40s if your resting body burns 1400 calories/day, when you're 50, you'll burn 1,150/day...

...In your 60s 1,083 calories/day.

...In your 70s 1,028 calories/day.

That is why counting calories produced results when you were younger but doesn't do squat now!

Make sure your daily diet is rich with phytoestrogen-dense foods! Quit simply, eat foods that naturally increase the body's estrogen levels. The following foods contain some of the highest levels of phytoestrogen: flaxseed, soybeans, tofu, soymilk, dried apricots, hummus, pistachios, chestnuts, almonds, alfalfa sprouts, dried dates, green beans & multigrain bread.

³³ <https://www.wellandgood.com/good-advice/how-to-increase-metabolism-after-40/>

³⁴ <https://www.piedmont.org/living-better/why-metabolism-slows-as-you-age>

In your 40s and beyond, you're literally going through your resting calories *faster* each day, which makes gaining weight easier.³⁵



SOLUTION

Naturally increase your metabolic rate at a cellular level. This can help flush fat, melt inches off your waist, and produce more energy for increased vitality. This will also help promote circulation for the appearance of healthier, younger-looking skin!

Celeb's Secret

MetaBooster! Wanna know how A-listers get red carpet ready and drop 5-10 lbs in a matter of days? It's drinking a healthy power shot. This is not for a surge of energy and will not make you nervous or jittery. It's just the right blend of nutrients to boost your metabolism, reduce bloating, and trigger fat loss. I call this one the 'Citrus Rejuvenator'. Here's what you'll need: 1 lemon, sliced thin. 1 lime, sliced. 1 whole grapefruit, 1/3 inch slices. Optional: 1/2 cucumber sliced. Cheers!

³⁵ <https://www.weightofthenation.org/how-to-lose-weight-after-40/>

Enemy #2: Inflammation

Fluctuations in estrogen levels can cause bloating (water retention) and inflammation.

Inflammation can also be caused by poor lifestyle and nutrition choices.

Inflammation can be anywhere in the body, and more times than not, you may not even see it OR feel it.

It's like a thief that slowly steals the body's form, function and vitality. It can go under the radar for years, until it's too late.

Over time, if left untreated, inflammation can have a devastating impact on your body and organs.³⁶

Even more frightening is that chronic inflammation can be the catalyst of several life-threatening diseases including hypertension, diabetes, atherosclerosis, and cancer.³⁷

That's why I don't say this lightly, and I'm not trying to scare you. But this is serious... for life and longevity... women over forty need to be vigilant and stop inflammation in its tracks.

Better than that. We need to prime our bodies to be inflammation-free from the moment we celebrate our 40th birthday.



SOLUTION

Naturally purge your body of inflammatory causing agents and toxins. This will help your muscles and joints as well as reduce belly bloating. Start repairing the damage of your youth and get on the path to a healthier, leaner body!

Women over 40 should avoid these 10 shocking inflammagatory-causing foods at all costs:

Powdered coffee creamers, diet soda, bacon, hot dogs, french fries, white pasta, white bread, fruit juices, skinny lattes & california rolls!

³⁶ <https://www.today.com/health/nutritionist-shares-middle-age-diet-lifestyle-advice-t154054>

³⁷ <https://www.fightaging.org/archives/2018/03/what-causes-the-chronic-inflammation-of-aging/>

The Two Best Friends of +40 Women!

Before you read any further, I'd like for you to ask yourself some questions.

Be honest with yourself.

There's no right or wrong answer. Just some indicators if you are ready to make the **MetaBoost Connection** or not.

- 🙄 Do you feel sluggish on a daily basis?
- 🙄 Do you get a sound night's sleep for at least 7 hours?
- 🙄 Have you remained the same weight in recent hits (i.e. plateaued), even though your food intake hasn't changed?
- 🙄 Do you feel bloated and puffy, even when it's not that time of the month?
- 🙄 Have you noticed a difference in your hair, skin or nails?
- 🙄 Does it seem like exercising several times a week is producing no significant results?
- 🙄 Could you stand to lose at least 10 lbs?

Before you get down on yourself if you answered at least 'yes' to three of these questions, I want you to take a deep, cleansing breath.

Clear your mind of negativity, fear or frustration.

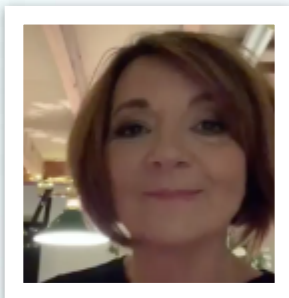
Get ready to receive some wonderful news and repeat these four sentences. It will be your personal mantra for success:

I AM NOT ALONE. THERE IS HOPE. THERE IS A SOLUTION. I HAVE THE POWER TO CREATE CHANGE.

It's that simple.

Now, you are ready to make the **MetaBoost Connection!**

Case Study: Jill's Story



Meet Jill W. She's from the United Kingdom and has two daughters. She reached out to me recently to share with me her struggle and success with being +40 and feeling tired, frustrated and ready to give up hope on ever achieving weight loss at her age... and keeping it off.

Like many women, Jill started gaining weight after she turned 50 and her metabolism came to a halt. She didn't like how she looked or felt.

Jill started fighting that upward battle of yo-yo dieting. She's lose weight. Then after a short time would put most the weight back on again.

Jill was doing a mix of things: She did some juicing programs... some detoxes... and some fitness bootcamps.

The bootcamps were pretty aggressive, too, allowing only 1200 calories/day and a total of 8 hours/day fitness for 7 days.

Jill lost some weight once again, but then hit the all too familiar plateau.

You see, what Jill was doing wasn't sustainable. She had the determination and motivation, but not the correct information to help her keep her metabolism reeved up for continued weight loss.

This is when I met Jill. She started my system based on the *right* combination of nutrition AND the *right* fitness routines targeted for +40 women, and leaped over that weight hurdle with ease.

RESULTS: Jill lost 14 lbs in the first 14 days, as well as 13 inches. In just a few short months, Jill lost a total of 40 lbs, 26 inches, and 12% body fat!

Even more eye-popping, is the inches Jill lost was off the notorious problem areas for over 40 women... 6 inches off hips, 8 inches off waist, 4 inches off each thigh, and 2 inch off each arm. Simply remarkable, and



Detox Done Right

Detoxes have a purpose and can truly cleanse your system of toxins and impurities. When done correctly, it can be the perfect catalyst to kick off a complete nutritional program. But it **SHOULDN'T** be used as a way to 'cheat' then 'flush' the body. To eat garbage foods and think it's 'ok' because you're going to purge your system when you cleanse. People that do this, never really learn the proper blend of nutrients that become fuel for your cellular engine. You'd be setting yourself up for failure like thousands of others. For sustainable... and continued weight lose -- **ESPECIALLY** if you're +40 - lifestyle... longevity are key!

Fat Melting Elixir

Here's one simple tonic that is tasty and boosts your metabolism. Take 3oz. of warm water, 1 tbsp. of honey, 1 tbsp. of lemon juice, 1 tsp. of ginger (ground or fresh), and 1 pinch cayenne pepper. Mix, drink daily, and watch the pounds shed off your body.

inspirational.

And guess what, not only did the fat melt off, but she developed muscle tone.

Jill's biggest tip: "Just keep at it!"

Does Jill's story sound familiar to you?

Have you struggled with your metabolism after age 40?

Did you gain weight easily in recent years, then IF you were able to lose a few pounds, only saw it come back and then some?

If so, then please keep reading on...

Supreme Super Foods: The Ultimate MetaInfluencer!

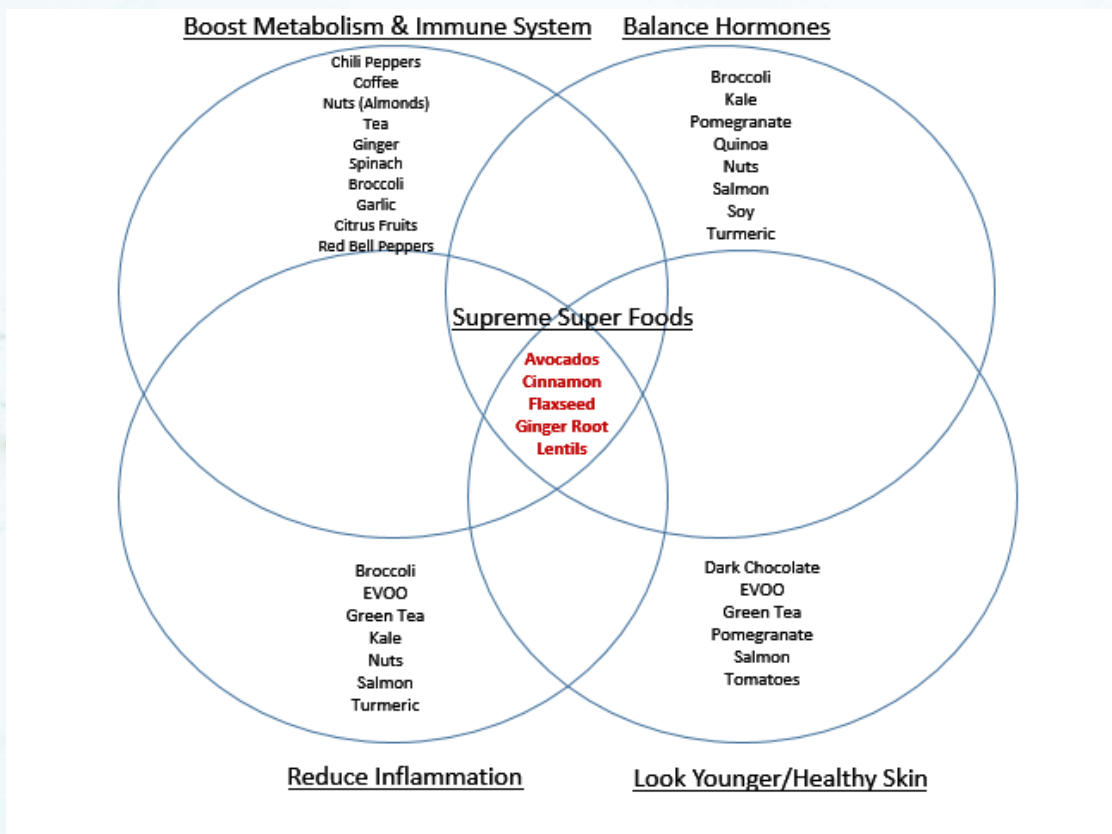
I'll fill you in on the **MetaBoost Connection** in a minute.

First, I'd like to tell you a little bit about the 'MetaInfluencers' – special foods and nutrients -- that can cause a cellular combustion to burn fat, reduce inflammation, and create natural, sustainable energy.

Certain foods can cause a reaction in the body. Some foods may help you raise your metabolism or boost your immune system. Others may help balance hormones naturally. Several may be natural anti-inflammatories. And a few may help promote healthier, younger looking skin.

But there's a select few 'Supreme Super Foods', which I alluded to earlier, that DO IT ALL!

Sound too good to be true? Check this out...



Supreme superfoods are what you want to consume... what you NEED to consume.

Are they 'ugly', 'strange', and 'weird'? Maybe.

But I think weird is good.

And I believe these foods should be a STAPLE to your daily nutrition plan... that's why they are the 5 pillars of my **MetaBoost Connection** system.

Let me explain...



Pillar #1 Flaxseed. Research shows that the fiber in flaxseed helps metabolism by increasing energy, reducing fat, and improving glucose.³⁸ In addition, lignans, which are the type of phytoestrogens in flaxseed, can change estrogen metabolism and naturally promote hormone balance.³⁹ One study even found that eating flax seeds decreased hot flashes in pre and menopausal women by 60%.⁴⁰ Flaxseed oil is also a source of polyunsaturated fatty acids such as alpha-linolenic acid (ALA). The alpha-linolenic acid and related chemicals in flaxseed oil seem to decrease inflammation, which is why some use it to treat rheumatoid arthritis.⁴¹ Finally, packed with Omega-3 fatty acids and antioxidants, flaxseed is a powerful leader in anti-aging.⁴²



Pillar #2 Ginger root. Studies show that ginger helps decrease inflammation, stimulates digestion, and suppresses your appetite.⁴³ Recent studies also show ginger to increase the metabolism in animals by 20%.⁴⁴ In addition, ginger contains around 40 antioxidant properties that prevent free radical damage and protect against aging as well as evens skin tone and improves elasticity for a more youthful appearance.⁴⁵



Pillar #3 Lentils. Lentils are rich in complex carbohydrates, a nutrient that boosts the metabolism and helps the body to burn fat.⁴⁶ Lentils are high in fiber and magnesium, and magnesium has been shown to help reduce inflammation.⁴⁷ Furthermore, lentils are rich in folic acid, which is another key micronutrient essential for balancing the hormones.⁴⁸ Last but not least, lentils provide antioxidants such as Vitamin A and Vitamin C, which bind with and destroy free radicals, reducing oxidative damage to cells.⁴⁹

³⁸ <https://www.sciencedaily.com/releases/2019/02/190205090541.htm>

³⁹ <https://www.oncologynutrition.org/erfc/healthy-nutrition-now/foods/flaxseeds-and-breast-cancer>

⁴⁰ <https://bubbleandbee.com/flax-seeds/>

⁴¹ <https://www.webmd.com/vitamins/ai/ingredientmono-990/flaxseed-oil>

⁴² <https://pickledplum.com/flaxseed-benefits-that-have-changed-my-life/>

⁴³ <https://www.healthline.com/health/ginger-for-weight-loss>

⁴⁴ <https://www.livestrong.com/article/440604-does-ginger-burn-fat/>

⁴⁵ <https://www.byrdie.com/benefits-of-ginger>

⁴⁶ <https://guidedoc.com/health-benefits-of-lentils-superfood-weight-loss>

⁴⁷ https://www.washingtonpost.com/lifestyle/wellness/concerned-about-inflammation-these-foods-may-help/2017/10/31/bf9215b6-b9b2-11e7-be94-fabb0f1e9ffb_story.html?noredirect=on

⁴⁸ <https://hormonesbalance.com/recipes/brown-lentil-stew/>

⁴⁹ <https://www.openhand.org/blog/5-reasons-why-you-should-eat-lentils>



Pillar #4 Avocados. Avocados are rich in healthy fats which has been show to boost metabolism. Researchers also found that people who eat avocados tend to have less belly fat than those who don't.⁵⁰ Being such a great source of healthy monounsaturated fats and antioxidants, avocados can dampen your body's inflammatory response and help with diseases like multiple sclerosis.⁵¹ Want to hear another shocker? Avocados are loaded with beta-sitosterol, which can effect blood cholesterol levels and help balance the

stress hormone cortisol!⁵² Lastly, I bet you didn't know a whole avocado contains 14 grams of fiber, which expedites the removal of toxins that can lead to aging.⁵³



Pillar #5 Cinnamon. Not only does the sweet spice, cinnamon, have anti-inflammatory properties, studies show that the anti-oxidants in cinnamon help your body fight infection and repair tissue... a natural anti-aging super spice!⁵⁴ Some research shows a link between cinnamon and increased metabolism, since our bodies use more energy to process the spice than it does for other foods.⁵⁵ Even more

eye-opening is a recent report form the *American Society for Biochemistry and Molecular Biology*. The study identifies cinnamon as a "metabolic powerhouse" that could even encourage positive changes at the cellular level.⁵⁶ Want to stop wrinkles before they even start? Well cinnamon is your spice of choice. Insulin spikes can cause blemishes and premature skin aging. By helping collagen production, circulation, and blood sugar regulation, cinnamon can make you look years younger.⁵⁷

Fat Burning Desserts!

Yes, you read right. You can actually eat your way to thin IF you're consuming the right nutrient-dense foods, that is, *Supreme Super Foods*. And 2 of the top 5 *Supreme Super Foods* are actually common in dessert recipes but there are dozens of *MetalInfluencers* that can be used in dessert recepies. So you can literally have your cake and eat it too! These desserts will taste so sinfully delicious you'll NEVER guess can actually help you burn fat, drop pounds, and lose inches. But it will. More to come!

Keep reading...

⁵⁰ <https://www.wellandgood.com/good-food/avocados-help-you-lose-belly-fat/>

⁵¹ <https://www.everydayhealth.com/multiple-sclerosis/anti-inflammatory-foods-ms/>

⁵² <https://www.bustle.com/p/10-foods-that-can-help-balance-your-hormones-naturally-3601864>

⁵³ <https://www.elle.com/beauty/health-fitness/advice/g8266/best-anti-aging-foods/>

⁵⁴ <https://www.healthline.com/nutrition/10-proven-benefits-of-cinnamon>

⁵⁵ <https://www.verywellfit.com/does-cinnamon-help-you-lose-weight-1087899>

⁵⁶ <https://www.mydomaine.com/health-benefits-of-cinnamon>

⁵⁷ <https://www.msn.com/en-in/health/nutrition/top-7-essential-spices-to-reverse-the-aging-process/ar-BBPBzdo>

Honorable Mention

This *MetalInfluencer* is worth mentioning and should be part of most every meal due to its fat burning, appetite suppressing properties... hot peppers.⁵⁸



Capsaicinoids are the name given to the class of compounds found in members of the capsicum family (also known as peppers). Capsaicin is the chemical compound that gives hot peppers the heat you experience when eating them. It is present in almost all peppers and varies from not detectable to scorching hot.⁵⁹ These peppers (especially cayenne, chili, jalapeños) have a thermogenic effect on the body. Simply speaking, your body creates heat (which burns calories) as it digests spicy foods.⁶⁰

A new study reported in the medical journal, *Obesity Open Access*, monitored two research groups of men and women. One group ingested (1) placebo capsule per day and one group ingested (1) two-milligram capsule of capsaicinoids — the spice found in chili peppers per day.⁶¹

The data illustrated that those people who took the capsaicinoids capsule burned 116 calories more per day than the group who took the placebo.

Now to put this in perspective, the average person burns roughly 100 calories per mile running on a treadmill.⁶²

Based on the study above, the amount of calories burned with one 'cayenne' pepper capsule was 116 calories. That would mean if you had three meals a day with cayenne peppers (or another capsaicinoids), you'd burn about 348 calories... the same amount that would be burned if you ran 3 miles on a treadmill!^{63 64}

Can you imagine losing weight with no gym time required and just eating the right fat burning foods on your plate?!⁶⁵

⁵⁸ <https://www.healthline.com/health/food-nutrition/cayenne-pepper-for-weight-loss>

⁵⁹ <https://www.cayennediane.com/what-are-capsaicinoids/>

⁶⁰ <https://www.medicalnewstoday.com/articles/267248#benefits>

⁶¹ <http://sciforschenonline.org/journals/obesity/article-data/OOA-3-129/OOA-3-129.pdf>

⁶² <https://www.healthline.com/health/fitness-exercise/running-burn-calories-per-mile>

⁶³ <https://www.thehealthy.com/weight-loss/chili-peppers-burn-extra-calories/>

⁶⁴ <https://www.healthline.com/health/fitness-exercise/running-burn-calories-per-mile#per-mile>

⁶⁵ <https://www.thehealthy.com/weight-loss/chili-peppers-burn-extra-calories/>

THE METABOOST CONNECTION

I'm sure you're thinking you've probably heard this before.

But there's a lot of myths and misconceptions out there that can be confusing, misleading, and flat out lies.

I'm here to help navigate you through all the nonsense and steer you towards the REAL truth with facts, science, and personal evidence collected over the years.

According to a recent *Harvard Health* study, it IS possible to rev up a sluggish metabolism – especially when its age related -- with the right nutrition and fitness program.^{66 67}

Balancing healthy lifestyle choices, select 'MetaInfluencer' foods, and target exercises are the core drivers for flipping that MetaSwitch!

The **MetaBoost Connection** was developed from passion and designed for function. It's specifically engineered for +40 women to regain control of their life, and quite literally, reshape their body.

And if you have a few minutes a day, and commit to the process, I promise you will see change.

Don't you owe it to yourself?

The **MetaBoost Connection** contains all the information you'll need to transform your body and change your life.

We, as women, tend to always put ourselves last. We take care of our children, husband, household, work and more... and at the end of the day, we're simply out of time ... and out of steam.

We tend to put our own body's health and wellness on the backburner.

I totally get it.

As a working mom, business owner and wife, I know all too well the daily struggle of caring for everyone and everything around me PLUS myself.

We HAVE to make the time.

Women are the nucleus of the family unit. If we're unhealthy, unfit, and unbalanced, everything around us is affected. It all falls down like dominos.

So for yourself, and your family, it's important to get your cellular engine running at optimum levels.

That's why I created this system to be fast and easy. And more importantly, something you can live with, do, succeed at, and access anywhere, at any time.

The system contains the trifecta of metabolic mastery all in easy-to-access 24/7 digital delivery... wherever you go, and whenever you want:

⁶⁶ <https://www.health.harvard.edu/staying-healthy/the-truth-about-metabolism>

⁶⁷ <https://www.health.harvard.edu/diet-and-weight-loss/does-metabolism-matter-in-weight-loss>

#1 **MetaBoost Fat Flush** ebook. Before you jumpstart your metabolism, you need to 'prep and prime'. This step is critical to igniting your body at a cellular level to perform better than ever. The process is a quick 24-hours, but the results could last forever. Using the right combination of 'weird' but highly effective nutrients from foods and spices -- like flax seed, ginger root, lentils, avocado, cinnamon and more -- your cellular engine is poised for success. **\$25 value!**

#2 **MetaBoost Belly Blaster** ebook. In less than two weeks, if you follow the system, you'll notice remarkable results such as a flatter tummy and tighter waistline. This is because you've flushed the fat, toxins, impurities, and inflammation-causing agents out of your body, gently and carefully, using select foods and nutrients. You're body's chemistry switch is being 'flipped' and your cellular engine is in overdrive... just like decades earlier. **\$25 value!**

#3. **MetaBoost Body** video. In just minutes a day, women +40 can focus on the notorious "4 Ls" (lower belly, love handles, lifted butt, and lose arms). Again, it's all about 'input' and 'output'. What are you putting into your body, and what energy is your body creating to drop fat and inches, consistently. I carefully created this low impact, high result program using laser-focused exercises and muscle-awakening isometric movements to compliment the complete **MetaBoost Connection** system. Celebrity trainers have been sharing these tone and tightening secrets with their clients for years, and now you'll have access to the same eye-popping information, 24/7, from your computer, smartphone or tablet! **\$25 value!**

PLUS 2 FREE BONUSES!!!

- ✓ **MetaMeals Shopping List & Recipes** ebook. This is like your superfood bible arming you with the tips and tricks to live a complete 'metallifestyle'. This easy action plan will walk you through what to buy, how to create the right food combinations that trigger cellular ignition, and how to make sinfully delicious meals you'll love. I promise you, you won't even believe you're doing something good for your body until you SEE and FEEL the difference! **\$15 value, you pay \$0!**
- ✓ **MetaBalance** ebook. Women in their 40s and early 50s will experience changes to their mind and body due to fluctuating hormone levels. This can go on for years until your internal 'switch' is regulated. In addition to the physical changes, there's mental and emotional changes including lethargy, migraines, restless sleep, hot flashes, and more. But you don't have to go on hormone medications packed with dangerous side effects to get relief. You can achieve balance simply and naturally by eating the right phytoestrogen-rich foods. **\$15 value, you pay \$0!**

"I'm still surprised at what just one week can do... my belly definitely became more defined, my face looks less 'puffy'... and my confidence level shot up. And my energy level is higher than it's ever been before in my life!"

*"Meredith's diet, nutrition, and healthy living program is fantastic... I have my flattest belly ever, thanks to Meredith!
It's changed my body incredibly in just a month's period.
Her program is amazing, you have to try it!"
~Sarah M., California*

Since you've demonstrated interest in fat burning, supreme super foods by requesting this special report -- for very limited time you can get the entire **MetaBoost Connection** system, valued at over \$100 -- for just **\$29**.

That's a HUGE discount, almost 50% off the regular price of \$37.

But this offer will only be good for the next 48 hours, and the clock is ticking!

Initial results have been so overwhelming to this system, that I anticipate the demand will be high and the limited number of copies we have available go fast, then you'll have to wait until we receive more.

So if you're thinking **MetaBoost Connection** is for you, than now more than ever, is the time to act.

Before the special price goes away. And before the current supply is depleted.

Because I believe in this system SO MUCH and have seen the results, I'm going to sweeten the pot for you...

I have no doubt in my mind that **MetaBoost Connection** will be a life altering decision for you. And I'm not being facetious. This is a system that you'll wish you knew about sooner and didn't have to spend so many years struggling and suffering in silence.

But you know what to do now. And with one simple click you can add years to your life and pounds off your body.

That's why I have no problem making my 'no risk, big reward guarantee' to you.

That way, ALL of the risk is on me. ZERO is on you.

The only thing you need to focus on is the journey and the results.

1. You CAN do this.

You'll start to see desired results within a few weeks.

And if in the rare chance you aren't completely satisfied, I'll refund your entire purchase price, no questions asked.

There's really no excuse not to give this groundbreaking, metabolic-awakening, fat-burning, system a try.

To learn more and take advantage of this deeply discounted offer, you MUST [click here now!](#)

Can you imagine eating delicious, fast and easy *Supreme Super Food* meals -- with all the foods, fruits and spices mentioned in this report and more -- for breakfast, lunch and dinner! Your taste buds will never get boarded AND you'll be fueling your body with the nutrients it needs for peak performance. That is why so many women across the globe have lost hundreds of pounds and dozens of inches by simply eating metabolism boosting, immune-system strengthening foods. If you're ready to flip YOUR MetaSwitch and ignite YOUR cellular engine, [click here now!](#)

YES, I'M READY!