

# THE ENERGY FACTORY





# Energy Factory



Presented by: Healthonomics

<http://www.scratchhealth.com>

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**In English: You are a smart person, I am a smart person – you need to be responsible for your own actions when it comes to your health and fitness, and consult your doctor or other medical professional first before implementing anything new to your current program.**

Here is my Energy Factory report . . . I was originally going to sell this PDF for \$17! I decided to give it away ☺ Before we get into our PDF – I wanted to share something **time sensitive** with you...

## **New Bonus!** You Can Now Get Early Bird Notice!!

Get Your Invite As Soon As We Release Any Products Or Programs For Scratch Health And/Or Scratch Fitness . . .

*“Long term results from a real strategy that promotes health and fitness...”*

The big problem with most health and fitness programs has nothing to do with the tactics they use to help you lose weight and get in shape, and EVERYTHING to do with how you think about your health and fitness.

Before you dive headfirst into a river, wouldn't you want to know how deep it was **BEFORE** you dove in?

Of course you would, in the same vein, why dive into a new workout, or health, program without having an overall plan for success? This is one of the major reasons why people never maintain any real amount of time on any one program - they never develop a real strategy for how to approach the process of losing weight or getting their body into tip-top shape.

The excitement of embarking on a brand new journey is the “high” we look for when we buy a new program, get started at a new gym, or even begin a new diet. But before too long, the “brand new” wears off and we're left wondering how we got involved with this program in the first place!

This is why I always say, ***“Have a real overall strategy in place, because once the excitement wanes, the work remains.”***

When you have a real plan of attack, all you need to do at that point is focus on rating your overall follow through with the program. Remember, things never go as you plan, but if you can increase your results or productivity by at least 1% daily – you develop your health and fitness every single day!

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*After you get your early bird placement, go ahead and read on . . .*

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# Energy Factory

## What is the Energy Factory?

In a nutshell, the Energy Factory is . . . YOU. Many people believe they have to eat or drink something to get energy, so they go out of their way to buy the newest "energy drink" or "protein bar" so they can have instant energy.

The truth is the energy you desire is already within you lying dormant. It's like the water that comes out of your faucet in your sink at home. All you have to do to get water - is to turn it on. Depending on the setting you have the lever, will determine just how much water comes out.

The same is true for your own personal energy. Depending on what vitamins and nutrients you place in your body, and in what amounts, will determine whether you are energetic and vibrant - or moody and lethargic.

You are an energy factory, and you can produce as much energy as you want – **if** you know the **Energy Keys** that will unlock your body's hidden potential. The problem is that most people fall prey to slick advertising campaigns, by brilliant marketers, that have one goal – get you to become so excited about their product that you forgo any kind of [research](#) on the way to buy it.

They never mention that some [side effects](#) from energy drinks are:

- Acidity
- Restlessness
- Insomnia or sleeplessness
- Nervousness or dizziness
- Experience immense amount of body heat
- Headaches or irritability



Is it the Vitamins and Minerals That Cause you To Be Energized, or the Six Pounds of Sugar in Every Bottle?

They never mention that protein bars rarely ever fill you up, so they don't make a great option as a meal replacement. They are also packed with a bunch of questionable ingredients that have had very little or no testing as of yet.



Is This Really Supposed to Replace a Meal?

These products contain some Energy Keys, but they're surrounded by so much other "stuff" that it makes them almost worthless. Remember, if your body cannot use what you put into it, then you will lose energy getting rid of it.

The body's greatest drain of energy outside of sex is digestion, and if your body cannot assimilate the food you are putting into it – you lose energy by making your body work harder to get rid of that food. Most of what we put in our body, ideally, would be broken down to a cellular level, and assimilated into the body. Whatever is left over is known as waste, and the body works on getting rid of it.

This is not a problem, because your body is creating more energy based off the Energy Keys it took in through the food you provided. The problem occurs when you provide the body with something that is made up of more waste than anything else – how does this compromise your system?

The body now expends energy on a process that is essentially meaningless. Think about it, would you like to go to work and find out at the end of the week you are only getting paid according to the amount of real work you put in during the week? Most employers would love to implement this option, right?

The fact is, the average worker is productive for 29 hours out of a 45 hour work week according to a [study](#) held by Microsoft. In other words, that's about 3 days of productivity, and 2 days of – well, not much. The body doesn't work like that – the body always gives out maximum effort and it wants and needs to get paid handsomely. In this case, we're talking about paying it with these Energy Keys.

When you give the body what it craves, it works to give you what you crave – energy . . . and a ton of it.

These "Keys" aren't as mysterious as I'm making them out to be. You know them as vitamins and minerals, but the keys also include trace minerals and phytochemicals – two important pieces to the puzzle that don't get much attention.

Trace minerals are an essential ingredient to the body's processes. Both minerals and trace minerals help with everything from hair, nail and nerve growth, all the way up to acting as antioxidants in certain situations. In fact, some studies indicate that almost all Americans are [deficient](#) in this area.

Phytochemicals, or Phytonutrients, are being learned about more and more every day. They are a mix of chemicals that happen naturally in plants, but due to the heavy processing of our food, any real benefits they may provide gets stripped away.

We're also learning that cooking vegetables strips away these phytochemicals as well, and it is why many health experts and nutritionists stress eating a raw diet several times throughout the year.

Unfortunately, when we think of vitamins and minerals, the first thing that comes to mind is going to the neighborhood health food store, and buying a ton of pills that make up all these vitamins and minerals, isn't that right?

I guess logically it makes sense, but the body was designed to create miracles (*healing itself, running itself without having to consciously think about it, etc.*) and feeding it these Energy Keys one at a time, does very little, if anything at all. In fact, it has been suggested that your body may flush out as much as 70-90% of the tablet you ingested – gives new meaning to the crass, but constantly used expression, "*I pissed all my money away.*"



Is This What Our Creator Intended When Vitamins and Minerals were created?

## The Secret to Weight Loss

So what's the real secret to losing weight? It's having an abundance of energy to be able to do everything you need to, so you can lose the weight and enjoy the process. How are you going to be able to do that when you barely have enough energy to get through your day?

Too many people get started on a new diet or workout program, without a plan to combat any bumps in the road. One of these "bumps" is being too tired to continue on with any program you get started with. Not making your personal energy a priority is a common mistake, so why not prepare for it upfront?

As we explained earlier, making sure you are correctly bringing in enough Energy Keys into your body is a great way to boost your energy. However, that isn't the only key to raising your personal energy.

Drinking water is another way to help boost your energy. Water has all kinds of benefits, the most beneficial being the flushing out of waste in your body, which allows you to lose weight.

Once your body is flushing out waste, you are getting closer to being in balance and that means you free up energy that was once going somewhere else. This energy can now be used the way you want to use it, instead of the way the body was forced to use it.

I understand that this is an oversimplification of how the body works, but I believe it makes more sense to use five cent words to explain hundred dollar issues, than it does to use technical jargon to boost my own ego instead.



Nothing is Better to Quench Your Thirst than Water

I apologize to any scholars out there who are offended by this, but I think we all need to start communicating in a way more people can relate to, in order to start creating new solutions to the obesity epidemic we're experiencing now. Speaking in ways that many people can easily understand, is the first step to getting more folks buying into the process, and getting the right information out into the world faster – just my personal opinion.

## **The Missing KEY**

The last Energy Key happens to be a word that most Americans dread. Yup, you guessed it – exercise. It doesn't seem to make sense, right? At the end of exercising, you're tired – how can it help you get more energy if you're tired after doing it?

Exercising is a process, not a one-time event. When you exercise, you build your body's systems up – everything from your immune system to your muscles. This creates even more energy, and when you continue exercising, you create a perpetual wave of energy throughout your body that continues to grow stronger over time.

One reason that people don't exercise is because we've created a negative connotation to the word itself. Think about it, when you even think the word, "*Exercise*" – how do you feel? I'm betting you're not jumping up and down with joy just bursting at the seams, thinking about when you can do it again . . . am I right?

Too many of these reality shows and over-the-top exercise programs have done a great job of creating a love/hate relationship with the word exercise. You love the results that come from it, but you hate having to actually do it.

I can understand, I didn't exercise at all for almost 10 years – think about that. Now imagine the man or woman who hasn't done an exercise movement, other than having sex, for 20 or more years . . . are they going to be able to kick and jump their way back to health watching that DVD set they bought at two in the morning?

It's possible, I've seen it happen . . . but what I've seen more often than not, is that same person putting those DVDs away after a few months when the "reality" of their world set in.

What usually happens? They have a bad day at work or they have issues at home and the last thing they want to do is deal with this smiling, ultra-buffed person encouraging them to keep going.



Most People Can't Keep Up With These Fitness Gurus

So they slowly stop working out and end up retiring the DVDs to a part of their closet that hardly ever sees any daylight, and instead do what they normally do when they're upset – smoke, watch TV, eat, etc.

## Where Did All The Factories Go?

As many of you are aware of, the industrial revolution brought about major change in the American economy and the direction of where the country was headed. There were many factories built, and the prospects for the future were bright . . . nowadays, things have changed – to put it lightly.

The factories that covered the United States are a fraction of what they once were, as we found it cheaper to import the goods we were creating here. The same is true for our level of health. People showing up to work for one year without a single absence due to sickness was normal during this time in the U.S.'s history.



Most people's Energy Factory Resembles This Factory Here

How about today? Absence is running rampant throughout all American based companies, and there's almost no way for employers to cover themselves; as laws have been passed that restrict any firing of an employee due to serious illness.

FMLA, the Family and Medical Leave Act was passed in 1993, and the costs for businesses have been going up ever since.

See, many people believe something that happens on this side of the world, doesn't affect what happens on the other side of the world; and that's simply not the case. When people stopped focusing on their health, and instead focused on speed, (*fast food, micro waved dinners, etc.*) they began the breakdown of their own personal energy factory. This led to people becoming overweight, and more and more sick. When you're sick, you don't feel like going to work so you call out. When you get really sick, you can't work – so you go on leave.

Meanwhile, your company's costs go up the longer you stay out. They have to find a replacement, or work everyone else harder. Productivity goes down, and it ultimately affects the bottom line - the place that you collect your checks from! If it keeps affecting your company's bottom line long enough, your checks may start getting lighter, or you may eventually find yourself out of a job, because the company just wasn't able to keep your position on the payroll.

To bypass all that unnecessary drama, it's my personal opinion that we start igniting the fires in our Energy Factories once again. The better we feel, the better work we do, the more productive we become, the more of an asset we become, and the better position we put ourselves in to make more money either through bonuses, promotions or through raises.

## **The Wellness Revolution 3.0**

In 2002, Paul Zane Pilzer published his smash hit, "[The Wellness Revolution.](#)" In 2007, he released, "[The New Wellness Revolution,](#)" basically it was The Wellness Revolution 2.0, and it too was a best-seller.



Become More Valuable By Increasing your Energy

Here's what was written about his original work, "*It defined wellness as an industry—linking tens of thousands of disparate service and product*

*suppliers with a single cause. It showed scientists, fitness providers, businesspeople, food manufacturers, doctors, and others focused on disease prevention and anti-aging that they were part of a worldwide revolution—rather than merely lone iconoclasts inside their chosen professions or industries.”*

In layman’s terms – the guy foresaw the future, and knows his stuff. He predicted businesses like Subways and franchise models like Planet Fitness over a decade ago, and today they aren’t just a reality – they’re thriving. So who better to piggyback off of than one of the most brilliant economists out there today, huh? No brainer!

In all seriousness, I want to play off his title in two ways. The first way is bringing back an old way of living from the past. We need to start up those dormant Energy Factories that we’ve all forgotten about, and transfer that philosophy from the Industrial Revolution era, where it played a huge role in propelling America to Global super power status, to the Wellness Revolution – where it will build upon that positioning for years to come.

People ate much better, much less, and exercised a whole lot more way back when – way more than they do today. The soil was richer and the fruits and vegetables were loaded with more Energy Keys than our produce today. Also, the idea of “Giant Size” hadn’t started yet and people actually drank an eight ounce bottle of Coke, and were satisfied - amazing!!

They may not have exercised by our standards today but think about this: folks back in the day were putting in 15 to 18 hours a day of manual labor, and they did it on less food than we eat today – if that’s not a workout program I don’t know what is. And they did this for years. Was it ideal? Of course not, but they had the capability to put out that type of energy, and do it for long periods of time.

Can many people do that today? We all have the potential to, but it’s my personal opinion that as a nation, America has become soft. We’re mostly made up of soft bodies with an entitlement mindset. I see it and hear it almost every single day as I talk with people. Many people believe their job is supposed to provide a comfortable atmosphere where they can go to relax, and receive a paycheck every week – isn’t that interesting?

Now they won't say it like that, but when someone says to you, *"My boss wrote me up for being late 3 times in the last 2 weeks because I was late for work. Doesn't he know that my car broke down, and I have to take the train? Like I'm used to walking to the train in the winter, give me a break."* This is actually what someone told me, and all I could do was listen and give them positive motivation to keep on keeping on – what else was I going to say?



America is Now Made Up of Soft Bodies

He was upset, because his boss was following the company rules. He felt that since he had problems, his boss should be sympathetic, and take it easy on him. If we all held ourselves to a higher standard, we can avoid embarrassing situations like having another adult *"scold"* us for something as childish as "lateness."

Unfortunately, I was habitually late for work for many years, and I was embarrassed several times by other men, and women, who held positions of authority. It isn't something you want to experience too much of, believe me.

Our pioneers did what they had to do to provide for our parents, and our parents' parents. They did it with a strong mindset, and a body that was equally as strong – if we can transfer those two assets over to the age we live in today, we can fire up those cold factories, and explode into this new century.



Don't Just Turn On your Energy, Explode It!!

The 2<sup>nd</sup> way is to get you to realize that you can get involved in this Wellness Revolution as well. There are many companies that will provide a nice extra income to those who can sell their health products, and believe me – nothing sells more than a real life example.

Getting yourself super charged with this simple 3 part Energy Generator Formula I just laid out for you will get you on the right track to starting, and maintaining whatever program you decide on. Once you get started, no matter where you are in your journey, you can go out there and start promoting a health plan you are excited about – it can be offline or online, doesn't matter.

There is money to be made, and there are people looking for hope, inspiration, and more importantly - results. Start by becoming the example first, and then showing others to do the same. I'm not saying you have to look like a stud or stud-ette like myself 😊 but as long as what you're doing is getting you results, and you're proud to be talking about it – go out there and make it happen.



The Money is Out There

The Wellness Revolution 3.0 is about getting ourselves healthy and fit, and using our wellness to position ourselves in a way that will help us profit. In doing so, you help cut down on medical expenses, and use that newfound money instead on other things, which could then help drive the economy. As Stephen Covey always points out, ***"When you lift one end of the stick, you automatically lift the other,"*** meaning whatever you do in one area of life is going to affect another.

When you take care of yourself, you help to take care of the country and the world as well . . . If you ever thought you were insignificant, think again.

## Wrapping it Up

In summary, regaining the energy our forefathers had is going to be crucial in creating lives full of excitement and adventure. Focus on The Energy Keys to start the process:

- 1. Vitamins, Minerals, Trace Minerals, and Phytochemicals** – learn more about these nutrients and add them to your overall strategy.
- 2. Water** – drink as much as half your body weight in ounces and you should be fine as far as your daily water intake is concerned.
- 3. Exercise** – get outside and do something every day, even if it's walking for 20 minutes.

Use the Wellness Revolution concept to not only make a new decision about health, and fitness, but to also help you earn extra income to give you added incentive to keep the weight off.

What you received here was a strategy, albeit a small one, that will help you increase energy in your body. Scratch Health, on the other hand, will give you a much more detailed, action-oriented game plan to help you lose weight, and regain your health.

If you enjoyed the information in this report, you're going to be thrilled with what we have in store for you when we begin launching our reports over the next few weeks. Remember to go to: [ScratchHealth.com](http://ScratchHealth.com)

And download your free report on the Whole Truth About Health and Fitness . . .

Here is [Tony D](#), explaining why he's ready to take his life to the next level with Scratch Health. Check it out here on [Youtube](#). Tony is pumped up, fired up, and super excited about this new product. If you're serious about taking back your life and regaining your health and fitness, you should be just as excited as Tony is. The site goes live at the end of the month, so don't procrastinate – get your early bird [registration](#) all taken care of and until we speak again, stay healthy my friends!!