

Ancient Inca Secret Revealed During Machu Picchu Visit

## Woman Freed from Lifelong Obesity with Fruit She Discovered in Peru

*Special Report by William & Norlela Grover*

*“My fat almost killed me while climbing to see the ancient ruins of Machu Picchu. Actually, it was the effect on my heart, the years of bad habits, uncontrolled binge eating that nearly killed me on that mountain.”*

Elizabeth “Liz” Swann Miller, was a former obese binge-eater, well on her way to a stroke or heart attack due to a life-long obsession with eating.

Today she is happily married, a slim, mother of two. Liz has over ten years of experience as a practicing Naturopath (ND) specializing in healing through nutrition and is also a best-selling author on Amazon. But it wasn’t always this way.

Her obesity almost claimed her life on a mountain in Peru, but it also turned her life around.

Liz said, “When I was a Freshman in college, I was already 80 lbs. overweight, and gaining! While everyone was partying on the weekends, I was studying and binge eating, either from the stress of an upcoming exam or eating in celebration of a good grade. Whatever the reason, food came first. And I use the term “food” loosely. Knowing what I know now about diet, low-fat and other processed foods makes me sick to think of the poisons I shoved down my throat every day.

I even removed the mirror in my room. I couldn’t bear to look at myself. Have you ever felt that way?”

But her bad eating habits would come to a screeching halt one terrible day in the middle of the Andes.

Machu Picchu is a mysterious abandoned city fortress high in the Andes Mountains of Peru. At 7,072 feet it leaves even a stout warrior gasping for breath in the thin air. When her college sponsored a trip to see it, she immediately signed up. Liz has an indomitable spirit and always yearning for adventure. “Besides,” she said, “It wasn’t as if any boys were going to ask me out anyway.”

When she made the fateful decision to see the view from the top of Machu Picchu she had no idea, it would change her life forever.

Liz said, “Once we landed in Peru, I had to make due eating local foods. My “comfort foods” were no longer accessible. I started enjoying delicious drinks made from local red ripe fruits



scented with local flavorings.” It turns out that some of these little-known flavorings which the Incas, and later the Spanish, cherished *like gold!*

My “*comfort foods*” were no longer accessible. I started enjoying delicious drinks made from local red ripe fruits scented with local flavorings.”

Sometimes the drinks were light and refreshing, a freshly squeezed juice. Others were thick and rich, a meal in itself. She began to notice that after drinking one it completely curbed her appetite, and she was never hungry. The drinks squashed the urge to eat chips, cookies or the other junk that she was continuously craving.

After only three days away from her junk food stash, Liz began to feel and notice something different. Her clothes were loose. “For the first time, I needed SMALLER jeans! I wasn’t sweating as much. It was easier to walk, and I could breathe easier.” Liz remarked.

Unaware that a detoxification process had begun in her body, she reported sleeping better, longer and deeper than she could remember.

Liz said, “I don’t know how to explain it, but when I was awake I was more focused, and I wasn’t as anxious.”

### “I Won’t Stop ‘til I Reach the Top!”

Then, on what would be the worst (and ultimately the most important) day of her life, Liz decided she would walk up to the peak of Huayna Picchu, the mountain overlooking the Machu Picchu site.

To climb the extra 1,000 feet in elevation takes the average tourist about 90 minutes. But for Liz, lugging an extra 80 pounds of wobbling fat, it took nearly two hours of agonizing step by step. She endured public humiliation as she stopped at almost every other step, sitting, gasping for air and sweating profusely.

Liz explains, “I thought my heart would burst from the exertion. I felt awful. Most of my travel group passed me quickly on their way down, pretending not to look or offering a patronizing word of advice to quit before “they had to roll me off the mountain.” I was furious, but too out of breath to reply.”

She was angry but also motivated. Liz was not a quitter. She made it this far, all the way to Peru, to the mountains, to Machu Picchu and she was not going to quit now! Finally, she arrived at the pinnacle. The view was literally breathtaking as she could barely breathe and she was having slight chest pains. The conversation she had with her doctor was ringing in her ears. “You have to stop, or you will die before you are 30.” He had warned. Now she thought it might come true on the spot. Slowly she caught her breath, and looking down at the majestic beauty of the ruins and the mountains; she vowed never to get stuck like that again.

## My Body was Detoxing, and I Felt Great for the First Time in My Life!

Liz explains, “Without realizing it, during my short time away from home, I had detoxed my body from all of the toxic, sugar-loaded processed food I had been eating all of my life. I felt great, and my self-confidence was growing. My body was changing for the better, and so was my attitude. During the rest of my trip, I absorbed the knowledge of the locals, learning all of the fruits, the and flavorings that made my drinks so energizing and delicious.”

### Naturopathy, Red Super Fruit and Ancient Ingredients

Liz’s eyes opened to a new way of eating and what your body truly needs to thrive and stay healthy. She was becoming a Naturopath and didn’t even know it yet. Google defines Naturopathy as “*a system of alternative medicine based on the theory that diseases can be successfully treated or prevented without the use of drugs, by techniques such as control of diet, exercise, and massage.*”

One of the biggest discoveries for Liz was the use of “red super fruits” along with four unique ingredients handed down from the ancient Incas. But we will get to that in a moment.

### 21 Pounds Dropped in Just Under One Month

When Liz arrived back in the U.S., she was so encouraged by the changes she felt and saw in her body that she stayed with the diet she had been eating while in Peru. She changed her career and became a Naturopath learning how to keep the body healthy, which foods are good and which ones to avoid. She began developing her soon-to-be-famous smoothie recipes from ingredients that she found in her local markets.

Within a month of returning home, she had already dropped 21 pounds! The smoothie recipes were not only delicious, but they had turned her metabolism up to high-speed, burning fat like never before.

After only a few months, Liz dropped another incredible 60 pounds. “I felt light as a feather Hey, compared to what I was, size 8 feels light!” She commented. “The smoothie recipes which I developed gave my body what it really craved, natural nutrition. I was never hungry, and I no longer wandered into the kitchen every half hour looking for a little something to munch on.”

### I Used My Family as Lab Rats

Liz had lost 80 pounds, the same weight as “7 housecats and a bag of litter.” She wanted to know if the smoothie recipes would work for anyone, so she tested the smoothie recipes on her family. The entire family, Mom, Dad, my brother and sister

*About 15% of the calories in the American adult diet come from added sugars. That’s about 22 teaspoons of added sugar a day. Sugars are usually added to make foods and drinks taste better. But such foods can be high in calories and offer none of the healthful benefits of fruits and other naturally sweet foods. – National Institutes of Health*

were all overweight and were asking how she could lose so much weight without starvation diets or rigorous exercise.

“Excluding my brother’s sarcastic comments, and my dad’s reluctance, they wanted to give my recipes a try since they could see what a dramatic effect it had on my body.”

### Looser Pants and Tighter Belts

Within 14 days, each one of them reported feeling better and more energetic. “My dad and skeptical brother lost weight and had to tighten their belts a notch. I resisted the urge to say “I told you so!” Liz said. Her mother’s and sister’s clothes also fit looser.

“I shared these recipes with my parents, and they were amazed at how easy it is to find the right ingredients, what I call ‘Red Super Fruits.’ Today, my parents look years younger and have lost a lot of weight. They don’t have heart disease or diabetes like a lot of their friends do. Mom says she is not afraid of her mirror anymore and can shop for more flattering clothes instead of what they offer in the big women’s section of the stores.”

### The Color of Your Smoothie Matters

When Liz discovered the reason she was feeling better while in Peru, she found out why. First, she was detoxing her body. The junk food and sugar-packed processed food she normally



bought and ate from the supermarkets were not available. But like a heroin addict without a fix, her sugar cravings were terrible. When she tried a smoothie, made from local red fruits and berries, her cravings vanished. The natural sugars were enough for her body’s needs. Her body did not need abnormal amounts of insulin to process the enormous amount of sugar she ate on a daily basis.

She credits a combination of certain red “Super Fruits” and four natural, little-known ingredients to her weight loss success. The same ingredients that locals and Incas had used for hundreds of years.

### Liz’s Information Has Helped Almost 200,000 People

Liz remembers, “I spent many, many nights crying to sleep because I thought I was so unattractive and fat, no one would love me. I never would have thought that a girl from Alabama could use long lost secrets of food to help over 103,445 women and 95,985 men turn their weight & health around.”

Her book reveals five hidden, yet proven-by-science published weight loss secrets that will make you happier, feel years younger and help your body transform itself into a trimmer leaner shape.

She also shares with you the four ancient ingredients she re-discovered during her fateful trip to Peru and why they are so effective at turning your weight around.

She shows you how, by drinking a variety of “Red Smoothies”, you will not only detoxify your body in only 14 days, lose weight, but you set yourself up for a life of easy, healthy weight loss.

In her book, Red Smoothie Detox Factor™, she details every ingredient, where to find them and why they work. Liz adds, “I share my years of experience as a naturopath and explain what to do before, during and after the 14-day detoxification and cleansing period. You won’t need anything special.

- No Starvation Dieting
- No Insane Exercise Routines
- No Crazy Diet Pills
- No Fancy Juicers
- No Expensive Ingredients.

Just common sense, easy to find ingredients and the blender you have sitting in your kitchen right now.”

### Real Help for the Sugar Addicted and Obese

Liz says that she wants people to know that there are help and hope with this information. “The information you are about to learn saved my life. It will save yours. You can look in a mirror and LIKE what you see! It doesn’t matter how old you are or how heavy you are now. I can help you change all that.”

She explains why the big food companies have addicted you to sugar and diet foods. Until you understand what is going on, you will never break the chain of obesity. The effects of so-called diet drinks “literally ensure you can never lose weight.”

### Simple, Easy Smoothies Anyone Can Make Fast!

The recipes are simple to make in just a few minutes, but they pack in vital nutrients that keep the whole family going all day long. These smoothies work for busy people, parents, harried executives and any one with little time but need to feel better and loose weight.

To learn more about Liz’s incredible transformation and discover the secret of beating sugar, detoxing your body and overcoming obesity, [Click this link now.](#)