

SEVEN

body basics



Beginners Guide

7 Hacks
to looking
and feeling
your best

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SEVEN Body Basics

Online Multimedia Program

First Edition

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Beginners Guide

I'm on a mission...

To make healthy sexy!

That's right! I'm tired of seeing people glorify self destructive behaviors as fun & sexy.

Through the years I've been closely analyzing movies, tv shows, magazine ads, commercials and lately social media.

It's worse than I thought!!!

Sex symbols, successful businesswomen and other female figures that -one way or another- represent empowerment, are being used to glorify practices that work against the woman's body.

You may be thinking ...

"Yeah yeah, we've all seen the the malnourished catwalk model that looks like she just came out of a heroin bender,

Tell us something we don't know"

Ladies, this extends well beyond glorifying a particular body image, it is about attaching a "coolness factor" to practices that work against the woman's body and establishing these behaviors as "social norms".

Let's explore some examples of harmful practices that are attached to images of beautiful -powerful women.

1. The sex symbol with a killer body, -in a stunning gown- smoking a cigarette while sipping on a glass of hard liquor, late into the night

2. The workaholic successful executive, who doesn't even have time to eat and compensates for her chronic exhaustion by making coffee her BFF.

3. The very rich beautiful housewife that has it all, including an addiction to plastic surgery, shopping and prescription drugs.

4. The Instagram selfie-queen, that lives on a diet and runs more than Forest Gump

5. The young carefree gal that drinks, smokes or snorts everything that comes her way and manages to make all the hot guys fall for her.

6. The hot celeb playing the "real life mom" who celebrates success or medicates her pain with alcohol, sugar and junk food.

On the other hand, have you noticed the way in which "health" is ridiculed and portrayed through "boring" stereotypes?

1. The "granola" hippie feminist with a mustache and hairy armpits

2. The "psycho-extremist mother" that doesn't let her kids eat junk food and "enjoy life"

3. The “nagging wife” that polices the husband so he sticks to his diet.

4. The “overweight chick” that has to workout 6 hours a day, take diet pills and eat bland food in order to lose weight.

5. The boring “goodie two shoes” who doesn't drink or do drugs and misses out on all the “fun”

Let's take a moment to assess this...

Does the media portray these stereotypes, as role models of beauty and success?

Or does the media present these women as: lame, naggy, psycho, losers of “party poopers”?

Some may say...

“Come on, everybody knows media is only entertainment and fantasy”..

But is it?

As a health consultant with 18 years of experience, I can say with confidence that many women are subconsciously programmed with the belief that engaging in harmful practices is fun, cheeky & sexy and that being “healthy” is boring and that it will make women unattractive & unpopular.

What makes matters worse, is these beliefs are reinforced by the people around us, as they too have been exposed to this type of programing, making it the “social norm”.

Let's get real!

What do you think happens to a woman's body when she builds her lifestyle habits around these glorified “fun-sexy” practices that work against her body?

- ▶ **Cigarettes**
- ▶ **Late nights-poor sleep**
- ▶ **Overworking**
- ▶ **Relying on coffee to compensate for exhaustion**
- ▶ **Drinking regularly**
- ▶ **Snorting cocaine**
- ▶ **Taking diet pills**
- ▶ **Dieting and over exercising**
- ▶ **Eating junk food**

After working with countless women who built their lifestyle around the “fun-sexy” practices that work against the woman's body, I learned that the way they feel gets compromised in several ways:

Working Against Your Body

How it Feels

- ▶ Fatigue-low energy, tired and yawning through the day
- ▶ Dependency on stimulants such as coffee, energy drinks, sugar, etc. to produce energy
- ▶ Interrupted sleep or insomnia
- ▶ Digestive problems, gas, reflux, belly aches, bloating, etc.
- ▶ Constipation-diarrhea, smelly bowels
- ▶ Pain and aches
- ▶ Sex hormone imbalance, PMS Infertility, reproductive organ issues, low sex drive
- ▶ Headaches and migraines
- ▶ No appetite or excessive appetite
- ▶ Cravings for sweets, alcohol, etc.
- ▶ Depression, Mood swings, irritability
- ▶ Inability to concentrate
- ▶ Dysbiosis & recurring fungal (yeast), parasitic, viral or bacterial infections
- ▶ Autoimmune disorders
- ▶ Strong body odor and bad breath

When women feel this way, instead of getting to the root of the problem, they typically get sucked into playing the "patch the symptoms" game which involves taking a pill for this and a pill for that.

But do the "fun-sexy" practices only affect the way women feel? Or does it also impact their looks?

For some it affects their looks right away, for others, it takes a little longer.

Working Against Your Body

How it Looks

- ▶ Premature aging, etc.
- ▶ Out of shape (based on your unique frame) excess fat accumulation, etc.
- ▶ Protruding belly, excess fat, bloating, inflammation in the abdominal region.
- ▶ Skin conditions (acne, flaky skin, rosacea, discoloration, etc.)
- ▶ Dark or puffy circles under the eyes
- ▶ Brittle hair that falls out, excessive oil production, dandruff, etc.
- ▶ Tooth decay, white tongue, gum disease
- ▶ Chapped lips
- ▶ Yellow, discolored, brittle or thick nails

When these aesthetic symptoms manifest, most women get seduced into playing yet another round of the "patch the symptoms" game.

Only this time it's played through procedures that are marketed as glamorous: botox, liposuction, excessive makeup, hair extensions, acrylic nails, etc.

Could it be that these "*glamorous*" procedures, are really mechanisms to compensate for the damage done by the "fun-sexy" lifestyle habits most women engage in?

Is this fun, sexy or glamorous? I don't think so!

But let me tell you what is..

Looking good because you feel good!

True beauty and fitness are a side effect of good health and proper nourishment and they should be pursued jointly, not separately.

I'm here to teach you how to look good because you feel good.

It is done through building your lifestyle around practices that **work with your body not against it.**

But before we get into it I'd like to give you a sneak peak into what proper health looks and feels like.

Let's begin with what a healthy woman should feel like:

Working With Your Body

How it Feels

- ▶ No digestive distress, gas or bloating
- ▶ Being able to produce energy through the day without dependency on stimulants (coffee, energy drinks, etc.)
- ▶ Deep restorative sleep
- ▶ FREE of sweet-sugar cravings
- ▶ Healthy appetite and feeling satisfied after meals
- ▶ Feeling calm, balanced and emotionally stable
- ▶ Regular, healthy looking and healthy smelling bowel movements
- ▶ Feeling vibrant
- ▶ Free of aches and pains
- ▶ Healthy periods free of PMS or other markers of hormonal imbalance
- ▶ Proper immune response and good ability to fight infection
- ▶ Good ability to concentrate and think clearly, etc.
- ▶ No strong body odor, pleasant breath

In my experience optimal physical health is what we experience when we feel amazing and when our external appearance matches that feeling.

As we explore what a healthy woman looks like, you will notice that my definition of beauty-fitness is not that based on modern cosmetic standards, instead it's based on markers of general health and proper nourishment:

Working With Your Body

How it Looks

- ▶ Glowing healthy skin
- ▶ Abundant hair that grows
- ▶ Healthy teeth, tongue & gums
- ▶ Healthy clear nails
- ▶ In shape (based on your unique frame)
- ▶ Flat belly (not talking 6 pack, just flat belly)
- ▶ Aging gracefully

And the best part..

Looking good because you feel good doesn't involve having hairy armpits or living on bird food!

Did I just hear you sigh in relief?

What looking good because you feel good does involve, is understanding how everything you do every second of the day directly and indirectly shapes the way you look and feel.

Say hello to the holistic approach to health, beauty and fitness.

Before you think that by uttering the word holistic I'm about to feed you granola...

I want to let you know that all holism means is "big picture".

And believe me, many people are missing it because instead of addressing lifestyle as a whole, they focus on addressing just on one or two aspects of their daily choices, while neglecting the rest.

For example, many tackle the typical components of lifestyle: exercise and/or diet.

Many women who pursue this "isolationist" approach typically fail at looking and feeling their best because:

- 1. Their exercise program may be too demanding and not allowing for adequate recovery**

- 2. Their "diet plan" may not meet their individual needs**

- 3. Both**

- 4. Or because they are failing to address the other lifestyle factors, missing the bigger picture.**

But what is lifestyle and why does it matter when it comes to looking & feeling your best?

Well, your lifestyle is made up of those choices you make every second of the day and it matters because nothing influences your body more frequently than your lifestyle.

Think about it...every second of the day you're either breathing, thinking, feeling eating, moving, putting things on your skin, etc.

In other words... Through your diet & lifestyle (what you put in), you are constantly giving your body information that offers a specific outcome that directly and indirectly shapes the way you look & feel.

Simply put "what you put in you get out"

Ladies, what type of information and raw materials do you think you are giving your body when you "put into it" cigarette smoke, alcohol, junk food, or when you beat it up through excessive exercise, famine, diet pills and sleep deprivation?

And most importantly what outcome do you expect?

Do you really believe that self abuse is really the path to looking and feeling your best?

I think we both know the answer to that question!

The Cherry on the cake

What you're being told

We're being led to believe that our health issues and compromised physical appearance are the result of poor genes or bad luck!

Welcome to the twilight zone!

But no worries, An emerging field of study called epigenetics is here to empower us by telling us that less than 5% of our problems are genetically predetermined.

What this suggests ladies is that the other 95% is up to us.

Yes we have the power to choose how we look and feel, based on our lifestyle and dietary habits.

Blaming poor genes and bad luck is so last season!

But let me tell you what is hot and here to stay...

An informed empowered you!

Actionable 1 Self Assessment

Your starting point

Now that you have this powerful understanding it's time to connect some dots by self assessing.

Through the first form we are going to evaluate your lifestyle so we can find out what information you are giving your body through your daily choices **(what you put in).**

In other words are you engaging in the "fun sexy practices" that work against your body? Or is your lifestyle built around habits that nourish your body?

In the second form we will assess how the information you put in, is shaping the way you look and feel **(what you get out).**

Let's get started...

Assesing your lifestyle

Your starting point

Tick the circle that most closely resembles your lifestyle.

<i>Working With Your Body</i>	<i>Working Against Your Body</i>
POWER	
I understand that my lifestyle directly and indirectly shapes the way I look and feel. Therefore, my lifestyle is built around nourishing practices that work with my body. I feel empowered about the way I look and feel.	I've given my power away to the belief that my health and my physical appearance are compromised because I'm at the mercy of poor genes, bad luck and age. I've lived my life believing that there's little to nothing that I can do to change the way I look and feel.
EAT	
I eat whole foods found in nature (land and water animals, eggs, vegetables, fruits, roots, herbs, spices, etc.)	I predominantly eat Industrial food-like products (foods in boxes, cans, bags or other packages, fat free foods, diet foods, fast food, junk food, etc.).
DETOX	
I use natural products (beauty care, cleaning, etc.) free of industrial chemicals	I smoke or use conventional beauty care products, conventional cleaning products, conventionally grown food, etc.
SLEEP	
I sleep before 10 pm and wake up with the sun.	I go to bed past 11pm
DRINK	
I drink properly filtered water or glass bottled spring water	I drink tap water, sports drinks, energy drinks, soda, alcohol, packaged juices, commercial iced tea, etc.
TAN	
I sunbathe regularly while respecting my skin tolerance and on the environment I'm in. I use natural sunscreen	I never or rarely get sun exposure and I use conventional sunscreen or I abuse the sun and burn.
MOVE	
I exercise regularly and know how to manipulate my lifestyle to recover and get the most from exercise	I live a sedentary life or I over exercise

Assesing the way you look & feel

Your starting point

Tick the circle that most closely resembles the way you look & feel

<i>Look and Feel "GOOD" (Regeneration)</i>	<i>Look and Feel "BAD" (Degeneration)</i>
AGING	
I'm aging gracefully	I'm experiencing premature aging
SHAPE	
I'm in shape for my unique frame and build	I'm experiencing excess fat accumulation, for my unique frame and build
BELLY	
My belly is flat I can push my fingers into my belly and experience no tenderness pain or discomfort	My belly is bloated and distended, I feel pain tenderness and discomfort if I push my fingers into my belly
DIGESTION	
My belly feels flat after eating, I have no digestive discomfort what so ever	After meals I experience either indigestion, acid reflux, gas, pain, bloating, or heart burn, etc.
SKIN	
I have glowing healthy skin	I have acne, red patches, flakiness, eczema, psoriasis, discoloring, dry or oily skin.
HAIR	
I have abundant hair that grows easily	I'm experiencing hair loss, brittle hair, etc.

Assesing the way you look & feel

Your starting point

Tick the circle that most closely resembles the way you look and feel

<i>Look and Feel "GOOD" (Regeneration)</i>	<i>Look and Feel "BAD" (Degeneration)</i>
MOUTH	
I have healthy teeth and gums free of decay and my tongue is bright pink	I have tooth decay, gum disease, my tongue is covered in a white coat.
ENERGY	
I sleep through the night and feel energetic through the day without any stimulant	I have sleep issues and I feel tired through the day. I compensate for lack of energy by relying on stimulants like coffee, soda, energy drinks, etc. to get through the day
MOOD	
My mood is calm, stable and balanced	I suffer from anxiety, depression, mood swings, bouts of anger, etc.
BOWELS	
I have bowel movements every day that are brown, well shaped, easy to pass and that smell earthy	I don't go to the bathroom regularly, I strain or I go more than 3x per day, I experience diarrhea, foul smelling stools, hemorrhoids, pain, etc.
HEALTH	
I enjoy an amazing sense of vitality	I've been diagnosed with a health issue and I'm being medicated for it

Connecting the dots

What you put in, you get out!

The purpose of going through this exercise was to help you connect the dots between:

- ▶ **What you put in (your lifestyle)**
- ▶ **What you get out (the way you look and feel).**

If you noticed that you checked 2 or more boxes in the "working against your body" column and you're experiencing 2 or more symptoms of "degeneration", you may want to fully align your lifestyle habits with the **SEVEN body basics** hacks so you can take your first steps to looking and feeling your best.

Actionable 2 Seven hacks

To look and feel your best

In the next page you will find the blueprint for the **Seven Body Basics** hacks, so that right away you can start actioning powerful steps that will get you on your way to looking and feeling your best.

Believe me each one of these general changes is powerful on it's own, however magic truly happens when they are all applied together and your lifestyle is built around them.

POWER



Hack 1

REMOVE

The disempowering belief that you are at the mercy of your genes. Drop the habits that work against your body

REPLACE

Take your power back by building your lifestyle around habits that work with your body
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EAT



Hack 2

REMOVE

Food-like products in boxes, cans, bags and other packages. Avoid the center of the grocery store.

REPLACE

With foods found in nature (fresh organic grass-fed, pasture raised or wild animals, eggs, etc. fresh organic vegetables and fruits, fresh organic herbs, spices, etc.) Shop in the border of the grocery store.

A close-up photograph of a woman's midsection, showing her waist and abdomen. She is wearing black, thin-strapped underwear. Her skin is smooth and appears to have a natural glow. Her hair is long and wavy, cascading down the right side of the frame. The background is a plain, light color.

DIET OX

Hack 3

REMOVE

Conventional beauty care
and cleaning products.

REPLACE

With natural beauty care
and cleaning products

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SLEEP



Hack 4

REMOVE

Late nights, stop going to bed after 11pm

REPLACE

Ideally go to bed before 10:00 pm.

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DRINK



Hack 5

REMOVE

Tap water, sports drinks, energy drinks, soda, alcohol, packaged juices, etc.

REPLACE

With spring water in glass bottle or use a good quality filter, to filter your water.

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TAN



Hack 6

REMOVE

Sun phobia and
conventional sun block

REPLACE

By exposing your skin to
the sun responsibly
based on your skin
tolerance. If you need to
use sunblock use a
natural brand.

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MOVE



Hack 7

SEDENTARY - REMOVE

Get off the couch

REPLACE

Start with 5-10 minutes of movement everyday until you build the habit of moving.

OVER-EXERCISING - REMOVE

Reduce exercise

REPLACE

Focus on recovery by mastering the other 6 hacks

My SEVEN Body Basics

Blueprint

Now that you have reviewed the **SEVEN body basics** hacks, I will show you how I incorporate each basic to my life so you can see their practical application to a regular day.

This will give you a generalized blue print of how you can structure your day around practices that work with your body.

POWER

- ▶ I feel empowered about the way I look and the way I feel.
- ▶ I Understand that to a large extent my health and physical appearance are shaped by how I choose to eat & live. Therefore I have built my lifestyle around choices that honor my body.

SLEEP

- ▶ I go to bed before 10pm. I need 8-9 hours of sleep to feel my best. I sleep like a baby.
- ▶ I wake up between 6-7am refreshed and ready to take on my busy day without the need of stimulants.

MOVE

- ▶ I exercise for about 30-60 minutes 5-7 days per week.
- ▶ I determine the intensity of my workout based on how I feel and how many things are competing for my time and energy.
- ▶ I walk my puppies Ragnar and Lagertha for about 30 minutes daily.

DRINK

- ▶ I live in the tropics and it's very hot here. I make sure to drink about 1.5 liters of filtered water per day and use real salt to salt my food to taste (for proper electrolyte balance).
- ▶ I also find that fresh coconut water can be great to quench my thirst after exercising.

EAT

- ▶ After working out I cook a very hearty breakfast.
- ▶ I eat 3 meals per day that leave me feeling: energized, with clarity of thought, no sugar cravings, emotionally stable and satisfied from the moment I eat until the next 4-5 hours.
- ▶ I thrive on a HIGH FAT diet. I consume a wide array of wild or organic grass-fed pastured raised animal foods with organic plant foods.
- ▶ I don't get up from the table until I'm fully satisfied.
- ▶ I eat a nutrient dense diet and buy the best quality food.
- ▶ I see good quality food as the best investment and I go out of my way to source it.

TAN

- ▶ When the weather-schedule permits, I sunbathe based on my skin tolerance. I need about 4-7 hours of sun per week to feel my best!

DETOX

- ▶ I only use organic hygiene and beauty-care products
- ▶ My furniture is white, and I have dogs, yet I manage to keep a spotless home with white vinegar, baking soda and hydrogen peroxide.
- ▶ I don't use harsh industrial chemicals

From general to personal

Customizing

Because as humans we are all the same and depend on the basics of nature for our survival, the general recommendations I've given you through the **SEVEN Body basics** beginners guide will do wonders to improve the way you look and feel.

Paradoxically we are also different as we evolved in different parts of the world, exposed to different environmental pressures.

The physical adaptation we had to those selective pressures of nature, shaped our physical characteristics, (skin color, biochemistry, organ shape, size & capacity) allowing us to survive our environment and establishing our unique requirements for food, sun exposure, etc.

Because our bodies are dynamic, not static, they continue to evolve as they continue to interact with our ever changing environment.

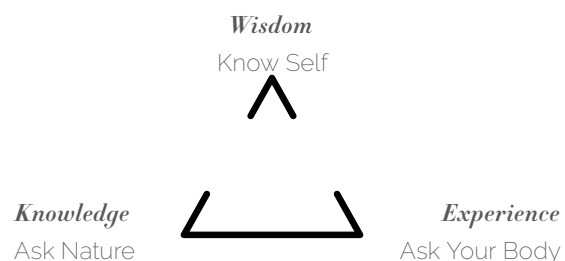
Therefore when it comes to looking and feeling our best it's imperative we:

- ▶ **Connect with the basics of nature**
- ▶ **Personalize each basic of nature based our unique body**
- ▶ **Learn how to adjust each basic of nature based on the multiple environmental variables we interact with on a daily basis.**

In order to help women personalize each basic to their unique needs I built the **SEVEN body Basics** Multimedia Program around the **Bombshell Formula**.

Bombshell formula

Knowledge + Experience = Wisdom



The **Bombshell Formula** is a process that allows me to share Knowledge about the body in relationship to each basic of nature.

As you personalize that information based on your unique biological differences, I take you through a process of fine tuning and tweaking, based on environmental variables (Experience).

The combination of Knowledge + Experience elevates you to the level of Wisdom, allowing you to navigate your body as an empowered Bombshell that knows self and can take charge of the way you look & feel.

If you are ready to deepen your understanding by using the **Bombshell Formula** to customize each body basic to your unique body and your ever changing environment watch video 5.

This link will allow you to advance to the **Seven Body Basics** multimedia program and select the type of support that is right for you.

Those who are not ready yet, have more than enough things to action...

So get started applying the **SEVEN Body Basics** hacks.

This is my gift to you. Feel free to share this gift with the people you love and care about.

I have used these basic principles of nature for the last 18+ years to help celebrities, athletes, V.I.P's and women from all walks of life look and feel their best and I can't wait to hear what they will do for you.

May the healing power of truth, love & nature be with you!

LOVE
Ximy



Your step by step guide to regain power over the way you look and feel