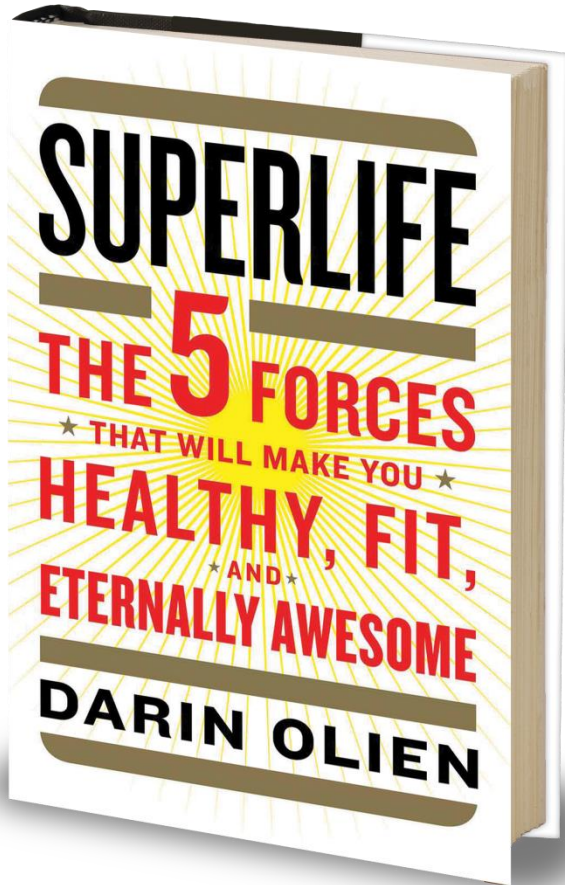


SUPERLIFE By Darin Olien

February 2015



SUPERLIFE:

The Five Forces That Will Make You Healthy, Fit, and Eternally Awesome
By Darin Olien

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320 Pages



In this groundbreaking health and lifestyle guide, **DARIN OLIEN** provides the key to understanding and utilizing the five life forces that determine whether or not we will be healthy, fit, and free of illness:

- 1. Quality Nutrition:** How eating a wide variety of whole, fresh, clean foods—mostly vegetables, fruit, beans, nuts, seeds, grains, sprouts, and healthy fats—will go a long way to keeping you healthy. The book includes a “how-to-eat” user’s guide, shopping lists, and a 10-day plan that will turn yours into a superlife!
- 2. Hydration:** Why quality and quantity of hydration provides instant benefits to improve our vitality and health. How much water should we drink? Divide your weight in half and drink that many ounces of water every day.
- 3. Oxygenation:** Why something as simple as breathing deeply and mindfully, increases the levels of oxygen necessary for good health. We should do something every day that makes us breathe hard.
- 4. Alkalinization:** How to control internal pH levels with foods and behaviors to balance acidity and alkalinity. The book includes a detailed chart listing the pH of over 300 foods, spices, and herbs.
- 5. Detoxification:** How to rid your body of all toxins, poisons, and other irritants and adopt behavior to boost your immune system. Follow the advice of the other forces to help detox your body.

DARIN OLIEN is an exotic superfood hunter, supplement formulator, environmental activist, and widely recognized authority on nutrition and natural health. He partnered with the fitness company Beachbody (~400k Facebook fans) to formulate the wildly popular whole-food supplement, Shakeology® (247k Facebook fans), and the comprehensive plant-based Ultimate Reset 21-day detoxification program. He also sits on the board of Raincatcher.org, a non-profit dedicated to providing clean drinking water. He holds a BA in exercise physiology/nutrition and an MA in psychology, and lives in Malibu, California.

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