

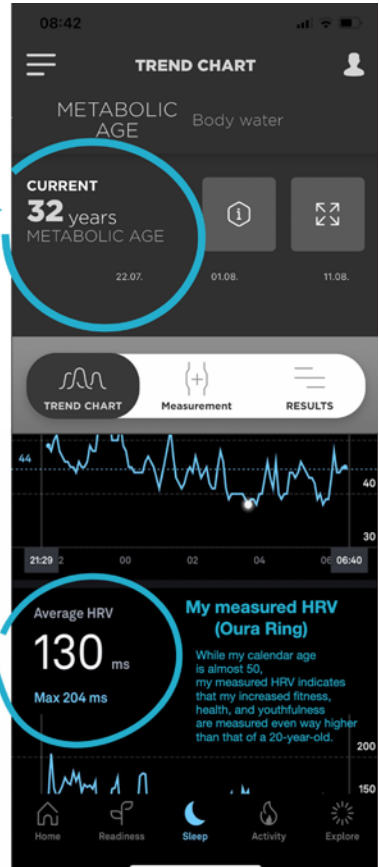


# How I reset my nature My 5-minute morning secret

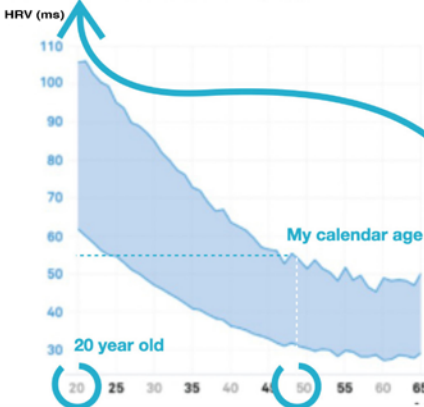


Tom Nuyens

± 50 ↔



Middle 50% of HRV Values by Age



E-Book

- How I boost my energy to start the day without exercising.
- How I naturally unblock and balance all my hormones (to feel good, build muscles, lose fat).
- What helps me measure my body as more than 16 years younger (almost 50 years old).
- Scientific studies included.



## Disclaimer

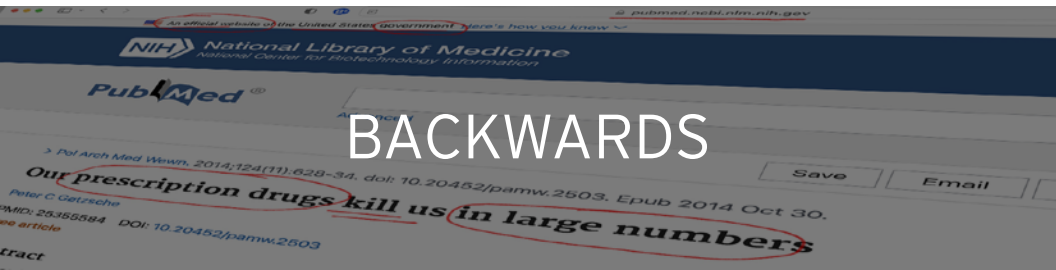
By law, I cannot claim that what I share with you will work for you. What I will do, however, is:

- Share how it not only works a bit but fully and measurably for me.
- Validate my interpretations based on how the intelligence of nature itself works.
- Substantiate my interpretations with official scientific studies.

I must also mention the following:

The information mentioned in this article is not intended for diagnosis, treatment, cure, or prevention of any disease. The provided information is solely my interpretation and intended for educational purposes only, and is not intended to replace the relationship with your physician(s). Before initiating any conventional or integrated treatment, please consult with a licensed medical provider.





# BACKWARDS

I am Tom Nuyens, a survivor of a life-threatening illness at the age of 8.

This awakened my zeal for scientific studies, for investigating how the intelligence of nature itself works, and for my own test results in relation to disease and optimal health.

What I found shocked my conventional learned beliefs: many 'conditioned health claims' turn out to be wrong and even work in reverse for our health, and according to [this official study](#), our prescribed medications turn out to be the third leading cause of death.

Also see: [10 Largest Pharmaceutical Settlements \(+15 Billion \\$\)](#)

Out of necessity, eventually almost following the reversed guidelines, I discovered how to completely reverse my physical blockages, inflammations, lack of energy, diagnosed knee surgery, back pain, allergies, autoimmune skin disease,... in a purely natural way, without any medication or surgery.



BEFORE AFTER

BEFORE AFTER

BEFORE AFTER



My own biological age measures more than 16 years younger than my calendar age of almost 50 years. As a result, I still work as an underwear model for the same client as 28 years ago, and my body (via HRV) measures double the values of youthfulness, fitness, and health than a 20-year-old.

My mission is to help you discover your own vitality and innate primal power that naturally restores your body to its most powerful state, with minimal input.

With over 20 years of coaching experience, I help others liberate themselves from within (rather than superficially from the outside).

In a time of (inverted) misinformation, I feel the moral obligation to stand up and share my knowledge with those who are open to it.

My intention is that it may serve you thus.

*Tom Nguyen*





# My 5-minute morning secret

## Step 1: Based on the Genius of Nature itself:

When we observe the genius of how nature operates, we see that everything that lives vitally flows, such as our blood circulation or our respiratory flow. And anything that obstructs this flow results in blockage, reduced function, inflammation, or disease symptoms.

If we don't resolve the cause of blockage in our body at the root, the flow can completely stop and thus turn into a halted flow or flatline.

## Step 2: The Essential Key to our Vital Health

According to the intelligence of nature, the essential key is thus recognizing the blockages in our body from the root and learning to remove them, so that the intelligence of nature itself can restore or heal the optimally intended flow or functions, from the root to every symptom, on its own.

## Step 3: Drinking water for optimal vital flow is not enough!

Our body is composed of an average of 70% water. But water alone does not ensure flow in our cells. Without optimal inflow and out-flow in our cells, they cannot absorb water, oxygen, hormones, and nutrients. They also cannot expel metabolic waste acids and toxins from our cells, leading to blockages, inflammation, and ultimately disease symptoms such as loss of energy, hormonal imbalance, dehydration, metabolic diseases, cancer, cardiovascular diseases, and so forth.



# Cell Conductivity

## Step 4: Electrical Cell Conductivity

Water alone is not sufficient for essential inflow and outflow in our cells. We are also electrical beings. For example, every muscle in our body is controlled by an electrical impulse from our brains.

We need electrolytes (= minerals) to enable electrical conduction or flow in cells. Without electrolytes such as Sodium, Potassium, Magnesium, in water, there is no electrical cell conductivity or cell flow. Blocked cells first lead to loss of energy, lack of growth and repair, poor immune system, poor cell communication, hormonal imbalance, and accumulation of toxins. Over time, blockage can lead to metabolic diseases, and when not addressed at the root, even eventually to a flatline.

Na  $K$   $HCO_3$   
**Through Electrolytes**  
(Minerals)  
 $Ca$   $Mg$   $SO_4$

**Cell Inflow:**

Oxygen  
Water  
Nutrients  
Hormones

**Cell Outflow:**

Waste & Toxins

Scientific Studies (SS)

SS 1

SS 2

SS 3

SS 4



## Grape - Raisin

### Step 5: The 'why': the driving force behind change

So, we want Water + Electrolytes (= minerals) to flow optimally at the water level by 70%. When we don't drink enough water + electrolytes, our cells and thus we ourselves will quickly turn from grape to raisin, or in other words, we age much faster.

### Step 6: Drink natural spring mineral water without additives

In the morning, I drink 1/4 Gallon of natural spring mineral water without any additives, containing essential electrolytes in the ratio as intended by nature.

Additionally, with this very powerful natural 5-minute morning secret, I replenish my lost fluids (overnight) and boost my morning energy. This way, I also provide my cells with the means and optimal cell flow, hormones, nutrients, oxygen & water to function optimally throughout the day as a vital grape instead of an exhausted raisin. Furthermore, I drink another 1 liter of spring mineral water from glass bottles throughout the day. (Brands: Evian, Spa, Gerolsteiner, San Pellegrino).

But there's more:



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## The 4 remaining causes of blockage also naturally addressed!

1

2

3

4

### Next Step:

Imagine bringing your car to the garage for maintenance; naturally, you expect it to function at 100% of its capability after the service. So why settle for less when it comes to our body and mind?

There are still 4 remaining underlying causes of blockages, reduced function, inflammation, or disease symptoms. But here's the beauty: just as we take care of our car, we can also naturally remove these blockages so that the intelligence of nature itself can ensure that our body can flow or function optimally again.

Imagine how it would feel to finally bubble with energy effortlessly to become the very best version of yourself. Physically and mentally, in your relationships, and even financially. And this abundant flow might not start outside ourselves but with what we nourish our body and mind with.

Have you ever considered discovering that deeply hidden best version of yourself? It's much easier than we are taught.





# Physical Flow

Theories & statistics may sound incredibly intelligent, but they have 0 value if they are not practically reproducible.

That's why I don't just want to provide you with controversial insights, backed by scientific studies, but above all, combine them with measurable and visible results from my own experience. This is knowledge you won't find in school, Google, the media, or on television.

This knowledge has helped me overcome my physical and mental blockages (= reduced functioning), allowing the intelligence of nature itself to optimize my overall functioning, with just my own minimal input.

It even helps measurably rejuvenate my biological age by up to 16 years.

How I addressed these 4 remaining blockages purely naturally, towards optimal naturally intended flow or functioning, I have compiled into an online video step-by-step plan, called: My Physical Flow Action Plan.



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# Physical Flow

The 4 remaining causes of blockage  
addressed naturally



## RESET YOUR HEALTH FIRST!

FROM THE ROOT TO THE SYMPTOMS

The 4 Causes of Physical Blockages:

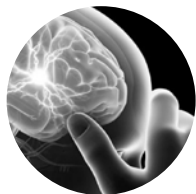
Physical Reduced Functioning, Inflammation, Loss of Energy, Hormonal Imbalance, Detox, Addressed Naturally!



**Blockage caused by toxins and heavy metals,** to which our body is constantly exposed, naturally addressed from the root.



**Blockage caused by Electromagnetic Frequencies,** which disrupt our electrical cell conductivity, constantly exposed to by our body, naturally addressed from the root.



**Blockage caused by Chronic Stress,** constantly exposed to by our body, naturally addressed from the root.



**Blockage caused by Nutrition,** constantly exposed to by our body, naturally addressed from the root.



THE ORGAN OF  
**LONGEVITY**  
FOR ALL AGES

(Muscles are determined depending on gender: see photo above)  
Muscles are often considered the “organ of longevity”  
for both women and men for various reasons:



**their role in maintaining a healthy metabolism:**

Muscles are metabolically active tissue, meaning they consume energy even at rest. This in turn boosts metabolism and aids in maintaining a healthy body weight.



**strengthening body function and mobility:**

maintaining posture, supporting joints, balance, and stability especially in later life.



**promoting bone health:**

Muscles exert forces on the bones during physical activity. This helps improve bone density and strength.



**regulating hormones:**

Muscles play a role in regulating various hormones, including insulin, which helps in maintaining healthy insulin sensitivity, reducing the risk of type 2 diabetes.



**reducing the risk of chronic diseases:**

building and maintaining muscles is associated with a lower risk of a wide range of chronic diseases and conditions, including cardiovascular disease, hypertension, stroke, depression, and anxiety disorders.

*Tom Nuyens*



# Physical Flow: Bonus

4x 15 minutes of workout per week is sufficient!



My Exact Fitness Schedule,  
with which, as an almost 50-year-old,  
I still work as an underwear photo model  
(4 x 15 minutes resistance training/week)

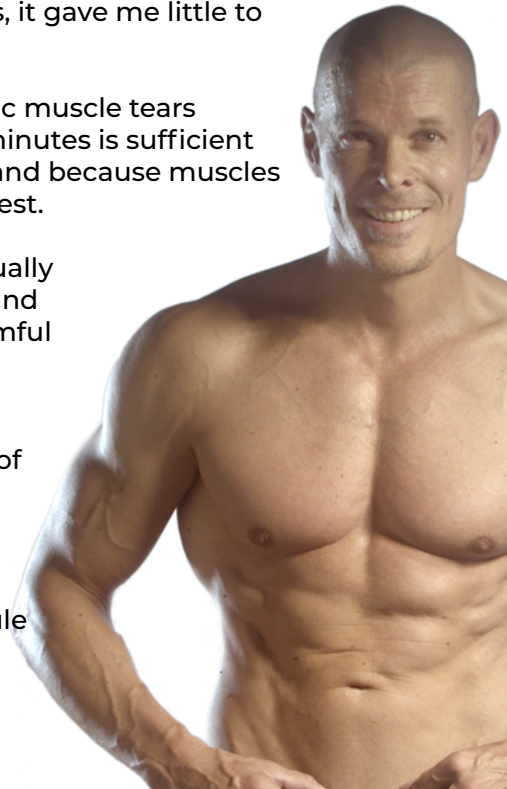
I used to think I had to do 6 x 2 hours of resistance training per week, but even after 2 years, it gave me little to no results.

That's because creating microscopic muscle tears through resistance training for 15 minutes is sufficient as an stimulus for muscle growth, and because muscles primarily grow/strengthen during rest.

Much more resistance training actually puts too much stress on the body and is counterproductive and even harmful to the body, similar to chronic emotional stress.

So besides addressing all 4 causes of physical blockages, inflammation, or disease symptoms naturally towards returning to flow or functioning, I also provide as a bonus my exact fitness schedule in My Physical Flow Action Plan.

*Tom Nuyens*





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Controversial insights + Scientific studies  
that we don't learn from school, Google, media or TV  
+ My personal support via chat  
+ my exact fitness schedule

My Get Nature Master Class Course Progress: 57%





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## My Physical Flow Plan

Fundamental basis of Maximum Body Potential with Minimal Input

[Start](#)

### Inhoud

-  **1. Start my 'Physical Flow' action plan.**  
Welcome & How to get the most out of this action plan.
-  **2. Back to Nature**  
From Blockage to Flow
-  **3. The 4 Causes of Physical Blockages: Energy Loss, Hormonal Imbalance (blocked muscle building & fat loss), Addressed Naturally!**  
From blockage to flow
-  **Bonuses:**  
building muscles and losing fats

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[Any questions? Ask in WhatsApp](#)

YES! I wish to access the Physical Flow Plan.