

7 SUPER Secrets For My Vibrant Health



**Boost Energy, Cut Stress, Slow Aging
Improve your Hair and Skin**

P.C. Luis Quiroz Ravines

THANK YOU

Thanks for reading my book

Webpage : <http://www.hairlossnaturalsolution.com/>
Blog : <http://hairlosstreatmentv.com/>
Webpage : [Weight Loss Peruvian Recipe Revealed](#)
Lose weight fast, safe and healthy

Kindle books : [Fibromialgia Cómo Me Curé Yo Mismo](#)
[Fibromyalgia How I Cured Myself](#)
Email : themiracleofsharing@yahoo.com

[Peruvian Hair Loss Treatment That Really Works](#)

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Adopting a natural health lifestyle can give your body that chance it needs to function at its best.

You should always consult your physician before beginning any diet or treatment, especially if you already have a known medical condition, are pregnant or nursing, or are under 18 years of age.

Content

- 1- **Chocolate The New Super food**
Raw cocoa has the highest antioxidant value of all the natural foods in the world!
- 2- **SACHA INCHI OIL**
The Best Oil of the World.
- 3- **Bee Pollen**
The World's Most Complete Food.
4. **Maca Super Food**
Natural Vitality and Energy with Peruvian Maca Super Food
- 5- **Take care of your Heart With GARLIC**
Tibet monks, Secret Recipe.
- 6- **ALOE VERA**
Aloe vera is the Most Impressive Medicinal Herb

Invented by Nature.

7- **Apple Cider Vinegar**

One of Mother Nature's Most Perfect Foods.

Off List...

No water No Vibrant Health

Water is a key part of Health, Energy and Vitality

An additional Bonus

Natural Prostate Cure and Weight Loss

Natural Peruvian Recipe

PLUS: My Personal Experience



Marly Quiroz – Ivan Camus - [Machu Picchu](#) – Peru
(my daughter and her husband, they live in New York)

Why I am giving you this FREE report?

I have the hope that this report will help me somehow to raise the funds I need for my charitable activities in Trujillo and San Juan of Yanac, in Cajamarca, Peru.

For this purpose I have created several natural products, which I hope to sell through the Internet. The first product is my “*Quiroz lotion*” that stops hair loss in just 17 days and that I use daily.

The [lotion](#)” is also ideal for keeping all hair types, men and women of all ages, strong, healthy, with intense shine and youth.

Is my Dream an Impossible Miracle?

I was born in “San Juan of Yanac”, a rural community, located between high mountains, clean air and blue sky, in Cajamarca, Peru.

My people are generous, but poor and forgotten. But this may change. My people can become a people prosperous and happy.

Is that possible? YES if we work hard and we received the support of the entire world.

My community owns hundreds of hectares of land, idle and unproductive today that can become in a true paradise of fruit plants for export.

To do this **MIRACLE** we need:

- 1- Planting **70,000 plants of avocado 'Hass'** for export (cost +- \$ 10.00 plant).
- 2- Install a Thermal Center with curative and healthy properties just driving Yumagual sulfurous waters through a pipe, of something of 4 kilometers.
- 3- Show tourists stalactite caves, located just 1 kilometer from my town and which were formed over millions of years.

I have looked for help public and private, without any result. My unique option is to sell my own products online and I hope you will help me.



[San Juan of Yanac](#)



[Children SYMBOL of San Juan](#)

To raise money to start this project I have created several natural products that I attempt to sell online. Your support will be valuable for me, please review the entire report and if it is useful to you, come back here and **DONATE \$ 1** or the value of a plant (\$10) or the amount that your heart commands to you.

Donate



Help Sustain Us So We May Help Others in Need

Your comments at : themiracleofsharing@yahoo.com



Foto [Kevin Mcneal](#)

Courtesy of Hair Loss Natural Solution.com

Who Am I..?



Excuse my not grammatical English.

My name is Luis Quiroz Ravines.

I am Professor and Peruvian Journalist, specialized in Natural Health. As a Journalist I interviewed in Television to more than 10,000 personalities throughout more than 22 years.

To my almost 71 years of age, I feel healthy and vigorous. I work 17 hours daily, trot 3 - 4 times per week, drink 2 liters of water daily and my principal values of health are normal; weight, cholesterol, triglycerides, glucose, hemoglobin, uric acid, etc, even my prostate antigen (PSA) is optimal, only 0.28 (normal range 0 - 4) and my blood pressure 120/70. Thank God for keeping me healthy.

But not always it was thus, some time ago I was semi invalid for several years, supporting artificially with corticoids every day. My faith in GOD and the nature have returned my health to me and I would want that other people benefitted from my findings.

At this stage of my life (70 years) my only objective is to help poor children and elders of the village where I was born. "San Juan of Yanac" is a small town located between high mountains, pure air and blue sky, there my mother Rosario throughout her life helping the poorest until the day in which she died (90 years)

I invite you to know my rural community San Juan of Yanac, in Cajamarca, Peru by clicking [HERE](#).

I just try to follow her example and to reach it, try to get money through internet. I'm starting from scratch, trying to learn to sell any product that I created and can be useful to others.

The first product I am selling is a [RECIPE](#) for a lotion that stops hair loss in just two weeks. I inevitably went to a severe baldness. I use the lotion every day and my hair fall has stopped dramatically.

The [RECIPE](#) is also ideal for keeping all hair types, men and women of all ages, strong, healthy, with intense shine and youth.

For many years, I was semi-invalid but with God at my side I cured myself of a disease that doctors say incurable. My treatment has been simple, natural and almost free.

Since then, I investigate the nature and plants and I have created several natural remedies, whose recipes, I hope give to my subscribers in the near future.

I have written the book: "[How to Cure Cancer with Natural Treatments](#)" (for now only in Spanish) and I have created "[The World Movement of Direct Help to the Poor.](#)" Please visit: [The Miracle of Sharing.org](#) or "[El Milagro de Compartir.org](#)" and JOIN US.

I only speak from my own experiences and natural products that are useful for me and my family. (I never mention the testimony of others).

This is a brief relation of some remedies that I have created

- A "Super Antioxidant Wine" which gives energy, eliminates small tumors and powerfully reinforces the immune system.
- A lotion that eliminates "feet fungus" forever.
- A remedy that reduces the prostate and cures "prostatic Benign hyperplasia".
- A syrup that relieves arthritis pain, especially" arthritis that it deforms".
- Several recipes for weight loss and other purposes.
- Currently I experiment with a medicine to cure "diabetes".
- I have created a [LOTION](#) that stops hair loss in just 2 weeks.
The lotion is also ideal for keeping all hair types, men and women of all ages, strong, healthy, with intense shine and youth
You can see my photography: 4 years before and 4 years later.
Please click [HERE](#).

I prepare every day my "Super Breakfast", a full concentrate of vitamins, minerals, amino acids, proteins, polyphenols, Omega 3, and super antioxidants such as resveratrol and proantocyanidins.

My "Super Breakfast" is antioxidant, energizing, anti cancer, anti infarct, anti overweight, slows aging and beautify the skin. This breakfast and my natural products maintain me with energy and good health ...And I'm still researching and creating new natural products.

God bless you.

PC Luis Quiroz Ravines

Chocolate

The New

Super food

Raw Cocoa Has The Highest Antioxidant Value Of All The Natural Foods In The World!

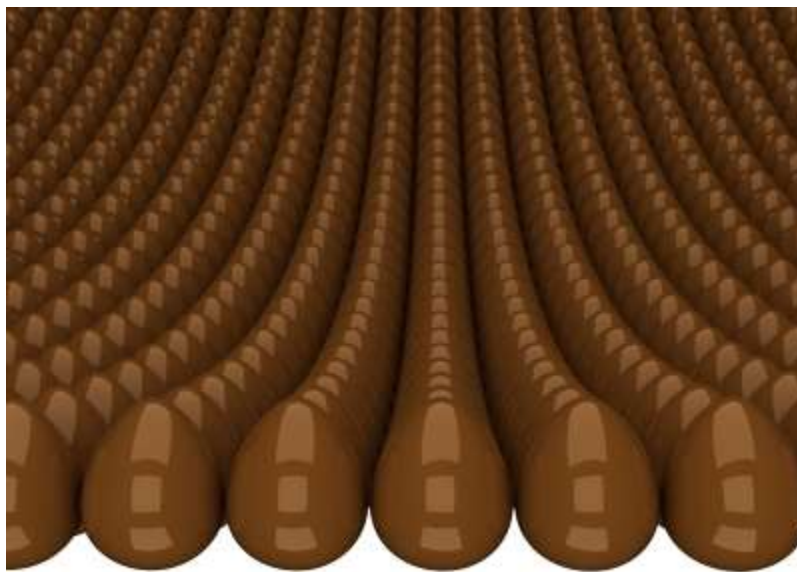


Foto: [Danilo Rizzuti's](#)

These proposals however don't substitute the advice of your doctor and the reader assumes all risks from the use, non use or minuse of this information.

The ORAC score per 100 grams of unprocessed raw cacao is 28,000, compared to 18,500 for Acai Berries, 1,540 for Strawberries, and only 1,260 for raw Spinach. The ORAC score for

Courtesy of Hair Loss Natural Solution.com

a typical manufactured Dark Chocolate is an impressive 13,120 - although one unique, organic and non-roasted brand of Dark Chocolate has a much higher ORAC score. But for Milk Chocolate the ORAC score is much lower at 6,740.

Chocolate Just Got Better...

[By Al Sears](#)

I just read something that made me reminisce about the cup of hot cocoa my mom made for me on cold winter days...

The list of the humble cocoa bean's remarkable health-promoting powers just keeps growing as we learn more about it. Research has shown how its active ingredients can reduce the risk for a host of serious illnesses, including:

- Heart disease
- Stroke
- High blood pressure
- Clogged arteries
- Prostate and lung cancer
- Dementia
- Infectious diseases
- Blood clotting
- Asthma
- Allergies
- Inflammation
- Cirrhosis of the liver

Chocolate and High Blood Pressure

Now you can add another benefit to the list: it reverses one of diabetes's most dangerous effects.

A new study published in the Journal of the American College of Cardiology showed that cocoa significantly improves blood flow in

people suffering from type 2 diabetes. Blood flow problems are some of the most serious health hazards that diabetics face. Left unchecked, their circulation can get so bad that their extremities have to be amputated—and even cause heart attack.

Researchers divided diabetics into two groups. The first consumed about 1000 mg of cocoa per day in three doses for a month, the second only 25 mg.

By the end of the month, the higher-cocoa group's circulation improved from "severely impaired" to normal, while the low-cocoa group's blood flow remained unchanged.

Cocoa's power to improve blood flow lies in its ability to kick production of nitric oxide (NO) into high gear. Viagra and other drugs for erectile dysfunction work the same way. NO causes the linings of your blood vessels to relax and open up, improving circulation, lowering blood pressure, and helping your body to deliver oxygen and other nutrients in the blood more efficiently.

Another reason cocoa's so good for you has to do with a class of chemicals called "flavonoids." They're abundant in fruits and vegetables as well as coffee, tea, beer, and red wine. But cocoa has them in the highest concentration.

Flavonoids are actually poisonous anti-microbials. Plants make them to guard against attack from microbes and insects. They also give fruits and vegetables their color, making lemons yellow and some apples red.

For years we thought they were potent antioxidants. But the latest research shows that's not true. They're actually poorly absorbed because your body treats them like toxins and tries to get rid of them. This response activates the genes that make something called "Phase II enzymes." Your body also ramps up production of uric acid.

Together these compounds modify your body's response to allergens, disable cancer cells and cancer-causing agents, and eliminate other dangerous substances in addition to flushing the flavonoids out of your system.

As far back as the 1600s, people began to notice cocoa's medicinal properties. They not only enjoyed its flavor—they used it to treat angina and heart pain. It turns out they were onto something.

More good news: you don't need a lot of flavonoids to get the benefit. Five to nine servings of fruits and vegetable a day will do the trick.

As for cocoa, don't reach for regular commercial brands. They're usually packed with bad fat and artificial sugar that cancel out the health benefit. Dark chocolate bars, with 70-80 percent cocoa, are the best sources of flavonoids (go for organic brands if you can; you can find them in most health food stores). They can be a little bitter but have a rich chocolate taste and contain healthy fat.

I recommend enjoying about 2 to 3 ounces about 3 times a week.

Al Sears, MD

Source : <http://www.alsearsmd.com/chocolate-just-got-better/>

Dr. Al Sears, M.D. currently owns and operates a successful integrative medicine and anti-aging clinic in Royal Palm Beach, Florida, with over 20,000 patients. His cutting-edge therapies and reputation for solving some of the most difficult-to-diagnose cases attract patients from around the world.

After entering private practice, Dr. Sears was one of the first to be board-certified in anti-aging medicine. He is the first doctor licensed in the U.S. to administer TA-65, the most important breakthrough in anti-aging medicine today.

My Personal Experience

I learned that the Kuna Indians, who lived in a Caribbean island enjoyed an enviable health, their blood pressure was perfect 11 / 7, suffered little from heart disease, cancer and diabetes.

Their secret? They drank up to 15 cups of cocoa a week.

I researched little more and was surprised of this super food and its medicinal benefits. Since then I consume 4 to 5 cups dark chocolate weekly from Celendín, a province of the department of Cajamarca, Peru.

Certain day I took 2 cups from concentrate coffee and my pressure rose to 16. (160) I began to take chocolate regularly and my pressure stays stable in 12/7. Also I have noticed that I gain energy with the chocolate.

The cacao is a very complex natural product, is made up more of 300 different elements, its main alkaloid is the teobromina.

PRECAUTION. If you are allergic to the chocolate or you have hepatic problems or of another nature, avoids its consumption.





Author: [Kevin Mcneal](#)

Courtesy of [Hair Loss Natural Solution.com](#)

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