

# **CyberPhysiology**

## **The Art Of Enhanced Mind\Body Communications**

By: Christopher V. Guerriero  
Author of the best selling book [Maximize Your Metabolism](#)

## **About the Author:**



**Christopher Guerriero was formally schooled in Nutrition from the University of Dayton (Ohio). He has spent more than 15 years studying people who have successfully mastered their metabolism.**

*“I wanted to know what set them apart from the rest—and exactly what it was that they did that made them so successful—while their neighbors failed to obtain comparable results, regardless of how hard they seemed to diet and exercise.”*

*“I was driven by the notion that millions of people would benefit from this information if it could be distilled into a practical, **easy-to-follow** guide that systematized the secrets for success.”*

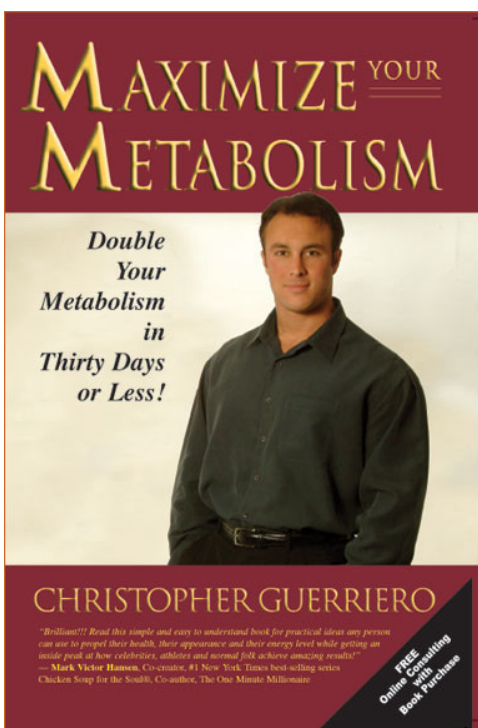
*“When I use the term secrets here, I simply mean the tactics that only the few successful people were regularly using...  
...the same tactics that the unsuccessful people seem to consistently skip over. My books and my reports share the truth about how to instantly and permanently develop a strong metabolism, vital health, and tremendous energy.”*

**If you enjoy this article, please visit Christopher online at: [www.MaximizeYourMetabolism.com](http://www.MaximizeYourMetabolism.com)...and turn to the next page to see full details on his two extremely popular “ebooks” **Maximize Your Metabolism** and **The 2 Day Workout**.**

Don't forget to check out Christopher's two ebooks

# Maximize Your Metabolism

“Double your metabolism in 30 days or less!”



There is only one way to **Maximize Your Metabolism** and this is the only book on the market that contain the exact formula. Only those techniques that have been proven time and again to work have been included. The techniques in this book form the most detailed and best way to improve your looks, your health, and your energy level.

You can have a powerful metabolism, you can have loads of energy all day – every day, and you can have the body of your dreams. In **Maximize Your Metabolism**, Christopher Guerriero shows you how to take immediate control of your metabolism, your health, and your life. Integrate his techniques into your everyday life and notice immediate, amazing changes.

This book is a National **Best-Seller**  
Over **128,000** copies have been sold so far!

Get your copy now at [www.MaximizeYourMetabolism.com](http://www.MaximizeYourMetabolism.com)

**Don't forget to check out Christopher's two ebooks**

# **“The 2 Day Workout”**

***How to cut your workout time in half...  
...While doubling the results you get!***

This manual was designed to give you the exact blueprints necessary to get great results in only 2 workouts per week! THIS IS NOT A MISPRINT! You will get great results if you follow this exercise routine only 2 days per week, and each workout will only last about 1 hour.

The 2 day workout was created for people who either do not have the time to devote 4 to 6 days per week to a hard-core work out or for those who have tried working out in the past but keep getting discouraged because they feel like they're putting in a lot of time and effort with few rewards or results.

This success manual was written in an easy to understand fashion so that just about anyone can understand what we mean when we call out an exercise name or when we refer to something like reps and sets.

Get your copy now at [www.MaximizeYourMetabolism.com](http://www.MaximizeYourMetabolism.com)

## Here's what just a few people have to say about Christopher's books...

<p>Brilliant!!! Read this simple and easy to understand book for practical ideas any person can use to propel their health, their appearance and their energy level while getting an inside peak at how celebrities, athletes and normal folk achieve amazing results!</p> <p><b>:: Mark Victor Hansen</b>  <i>Co-creator, #1 New York Times best-selling series Chicken Soup for the Soul®</i>  <i>Co-author, The One Minute Millionaire</i></p>	<p>Christopher Guerriero knows more about maximizing a persons health and fitness than anyone I know. He has summarize the best of it in this masterpiece on achieving health and fitness success. It's loaded with proven strategies and practical ideas any person can use to propel their health, their appearance and their energy level to new standards of extraordinary significance. I highly recommend it!</p> <p><b>:: Margaret Phillips</b>  <i>Fitness Writer, Personal Trainer, Certified Nutritionist</i></p>	<p>Chris Guerriero's holistic mind, body, spirit approach to fitness is clearly state of the art. No one has combined the art and science of personal health in one, easy to follow "how to" book. Guerriero is the guru for fitness in the new millennium!"</p> <p><b>:: Tim Ciasulli</b>  <i>2 Time National and World Offshore Powerboat Racing Champion</i>  <i>4 Time World Speed Record Holder</i></p>
<p>192 lbs fat to 135lbs thin in 97 days! Thanks Christopher</p> <p><b>:: Jennifer Millner</b>  <i>Homemaker and mother of 2</i>  <i>Age 54</i></p>	<p>Christopher's techniques are great! They are the most up to date I have ever found. I use them to help me reach my personal goals. I also use that same knowledge to help my own clients reach their goals. I suggest that anyone who wants to cut thru all the gimmick diets and years off their efforts to make use of this information.</p> <p><b>:: Kevin Beegle, C.P.T., P.R.C.S., Y.F.I., H.F.I., A.F.I.</b>  <i>Personal Fitness Trainer</i></p>	<p>I lost 54 pounds in 6 weeks! People give me compliments everywhere I go. The techniques in this book just work, plain and simple.</p> <p><b>:: Marilyn Gersham</b>  <i>Chiropractor</i>  <i>Mother of 3</i></p>

**See some of the thousands of other testimonials on his sites and at Amazon.com**

## More testimonials...

<p>Christopher Guerriero is the patron saint of internal fitness.</p> <p>When I began searching for the best to learn from, I was told that Christopher was the ONLY one to talk with - he's inspiring, insightful and incredibly knowledgeable.</p> <p><b>:: Theresa Lynch</b>  <i>Business Owner</i>  <i>Age 29</i></p>	<p><b>I can't wait to start reading this again</b></p> <p>April 29, 2003          Reviewer: <b>Jenn Battan</b>          from Santa Fe, NM</p> <p>I can't stop reading this book. Maximize Your Metabolism joy to read. It not only gives insight to why things happen, but it gives simple easy to do tasks to make dramatic changes in your body. Best of all the changes happen now and there is no waiting. When you read it, it feels like the author is speaking to you, I think that is very motivating. Anybody who wants to feel more fit and healthier now, must have this book.</p>	<p>March 1, 2003          Reviewer: <b>David Kay</b> from Ontario, Canada</p> <p>I've been a personal trainer for 4 years now and I've not come across another book that I actually think is good enough to suggest to my personal clients.</p> <p>I've actually made it mandatory reading for all my new clients, and since doing so, I've found that getting them results is a much easier and faster process.</p> <p>Christopher Guerriero has my vote. I look forward to reading his other books.</p>
<p><b>No other book has helped,</b> April 29, 2003          Reviewer: <b>Patricia</b> from Sacramento, CA</p> <p>I've already written Christopher about this but I wanted to share it with everyone else as well...</p> <p>I have been trying to lose the last 23 pounds ever since I had my last child, with no success. I should mention that I'm an avid reader of both health, and self-help books - but non of them put it in such a clear and easy to follow format as this author did.</p> <p>I've lost all but 2 pounds of my intended weight loss, I have more energy, and far more mental clarity.</p> <p>This book is not just a health book - it's a guide for eating, working out, and living all in one.</p>	<p><b>FINALLY! A book that gives you knowledge &amp; the will to succeed</b></p> <p>April 30, 2003          Reviewer: <b>Andrea</b> from New York, NY United States</p> <p>I have read several books on health and fitness and have attended several seminars over the years. I've worked out it health clubs, tried tons of different things to try to reach my health and fitness goals. I found this book AMAZING!!!! Not only did it give me the advice and knowledge I was lacking but it created a whole new enthusiasm that has given me the WILL and the ATTITUDE TO SUCCEED!!!! I have waited years for something to re-motivate me and help me get the body and energy level I had once had. I look and feel better than ever before!</p>	<p><b>Maximize Your Metabolism</b></p> <p>March 1, 2003          Reviewer: <b>Russel Crowel</b> from Key West, Florida</p> <p>This book is great!</p> <p>I'm 54 years old, and before this I thought my metabolism was destined to decline more and more each year, as it had for the past 20 years. But all that has stopped, and I can actually feel my metabolism increasing.</p> <p>My body is burning body fat, my energy level is awesome, and my confidence with women is much better now that my body is strong again.</p> <p>This book delivered more than it promised!</p>

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## The Art Of Enhanced Mind\Body Communications

By: Christopher V. Guerriero  
Author of the best selling book [\*Maximize Your Metabolism\*](#)

The art of conditioning the mind for peak performance is a delicate *balance* of BOTH mental and physical conditioning.

Unfortunately, we meet people every day who live in lack because this balance is not obtained.

No one can have ultimate love in their life, or financial freedom, or true spiritual comfort without the proper physical conditioning

*"To really enjoy everything that life has to offer we have to optimize both our physical and our mental being"*

Just imagine what your life could be like once this balance is obtained...

Properly condition the body but not the mind? How can the body function at it's true potential without a strong governing force telling it what to do and what not to do. As a child, we learned the hard way not to touch a hot stove, or walk on hot pavement with bare feet, but as adults we now have the power to condition ourselves in a much more civilized way. So then, why is it that we still opt to learn everything the hard way? Well, with the help of research professionals, we have come up with the answer. As simple as it may sound, the answer is that we just are not aware of the great conditioning power of the human mind. Tapping that power has proved to make a genius out of an otherwise thought of imbecile, power lifters out of weaklings, healthy vibrant people out of clinically bedridden patients, productive citizens out of mentally handicapped, and the list goes on.



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...Every aspect of life is better, from your physical and mental energy – to your financial freedom – each part of your life will be fulfilled once you have experienced true balance.

Learn how to maximize your potential, learn how to experience true vibrance and energy, both physically and mentally, learn how to attract all of your goals by putting yourself into the *correct physical vibration...*

Your thoughts, attitudes and emotions can make you sick, or they can make you well! The human mind is so incredible that it has recently proved the most effective cure and/or treatment for such cases as: depression, chronic fatigue, headaches, obesity, smoking, stress reduction, cholesterol reduction, and the healing of pain and injuries. As a matter of fact, with a few simple techniques and some self training, these results can be instantly produced.

As you study this brief synopsis, bear in mind that relaxation is the first step in all of these exercises. Therefore, you may find it beneficial to first read through this article thoroughly, then proceed with the exercises at a more convenient time when you are alone and will be undisturbed for a good three to five minutes (at least until you have mastered the exercises). Cyberphysiology is the communication that you could and should have with your body. This communication is only possible when your mind is in the alpha (relaxed) state.





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Learn all of this - and far more in a book called *Maximize Your Metabolism*.

This book is not a spiritual enlightenment book, nor is it a book on building balance in your life...

This book is a one of a kind masterpiece that can help you train yourself through simple mental, physical, and dietary changes that can greatly improve your health, your energy level, and your metabolic rate.

Written by best-selling author [Christopher Guerriero](#), this book has helped thousands to reach their goals through state-of-the-art mental and physical conditioning techniques.

While in this state, you will make conversation with any ailing parts of your body and gently thank them for such good service in the past and ask them to relax and align themselves, making any corrections necessary to return to their normal operating level. After this is accomplished, you imagine all parts of your body performing in accordance with their specific function and bid them good-bye. This process, although sounding simplistic and "earthy" has earned a great deal of respect recently in the medical field.

Let's begin our journey with the immune system. Your immune system is the controller of disease, it is constantly at war with any and all impurities that you come in contact with during the day. It has a very strong link with your mind. Your mind, although already very powerful, only has a basic set of commands that are initially imbedded and ready to be accessed, think of it as a new computer that you buy with a only few basic programs already installed, do you settle for those few



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**Mark Victor Hansen**  
Co-creator, *New York Times* best-selling series *Chicken Soup for the Soul®*

Co-author, *The One Minute Millionaire*

programs or do you constantly upgrade your computer with new games etc. So then, why should you settle for leaving your mind on auto pilot with only a few basic commands already installed. Take control of your immune system by telling it exactly what you want it to do. You will be amazed at the response you will get.

- First, sit or lie in a relaxed position, make sure all clothes are loose fitting or at least not cutting off any circulation.
- Second, slowly count backwards from 20 to 1 going deeper and feeling heavier and more relaxed on each count. When you have reached 1 your body will be totally relaxed.

Now you must relax your mind. This can be done by picturing a great tree in the center of a large open field. Vividly picture this tree and it's green leaves, then change those leaves to red, then orange, then yellow, then brown, then reverse the process, brown, yellow, orange and finally green. All the time taking the time to see and smell the changes in the leaves.



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"After 40 years of in-depth research studying with some of the greatest teachers in the world, I have to say that Christopher's material is the most complete work I have come across. Anyone following his direction would not only understand the meaning of Holistic [health & fitness] Success, they would experience dramatic improvements in all areas of their life. I want to personally congratulate him and I will definitely recommend it to all of my students worldwide."

**Bob Proctor**

Chairman, Life  
Success Institute

Author of the best  
selling book *You  
Were Born Rich*

- Third, mentally say to yourself "my head and feet are stretching out in opposite direction gently stretching my spine and relaxing all of my vertebrae". Repeating the sentence until you feel your vertebrae separating and releasing any stored up tension in your spine. Now pretend that you can actually enter your own body through your head, passing through your skin and along the way encountering many friends such as: your bones, brain, eyes, nose, mouth, and your blood stream which you will ask to transport you throughout your system to meet each and every major contributor to your health. It will be easiest if instead of trying to picture each of these as they actually are, you simply assign each major component a representative with it's own color. For example, each of your "friends" could be a small one inch round object, your heart could be red, your liver and kidneys could be brown, and so on. It is perfectly OK if you use the same color for some or all of your "friends" as long as you know who they are when you meet them.



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"I received a copy of this book in the mail early this morning, I began reading it and was unable to put it down until I had finished many hours later. The detail and the uniqueness of Christopher's approach to helping people amazed me. This book is ahead of its time. Although it was late when I finished reading it, I went to my computer and composed a heartfelt thank you to Christopher and an email to all of my personal clients telling them that this book is mandatory reading."

**Chuck Sanders,**  
Personal Trainer – 5 years

Enter your blood stream and glide through getting off every once and a while to greet and thank each major organ such as your heart, and lungs. Your final stop will be your immune system, some people find it easiest to picture a small test tube that is now half full. First greet your immune system and introduce yourself (since you have never actually been introduced before today), then picture yourself getting a large pitcher of magic healing water and pouring it into the test tube until it is over flowing. Again, thank your immune system and let it know that you will be back periodically to make sure that it stays full from now on. Get back into the blood stream ask it to take you back to your head, and as you are gently transported up your system wave good-bye to each of your organs, glands, etc. And when you reach your head thank your blood stream for a swift and safe trip, say good-bye to your bones and your brain. Then begin to mentally count up from 10 to 1 and resume your day feeling relaxed, refreshed and knowing that your immune system is now full and all other systems are working at their potential with each other to



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**Tim Ciasulli**  
2 Time National and World Offshore Powerboat Racing Champion  
4 Time World Speed Record Holder

energize you throughout your day. This technique should only take 3 minutes or so, and should be followed at least once per day. As you can see it would be easy to make any part of your body the main focus by making a few simple changes at your last stop. Have fun, make this as religious as your workout and you will see great results.

One final exercise to instantly take away the pain of a headache is as follows. Relax as in the previous exercise, then picture your pain, know from where it is being generated, give it a shape, give it a size, give it a taste, and a smell, then lock it up in a jar and throw it away. Repeat this exercise until the pain ceases, which will probably only be one to three times.

You can reach all of your goals, you can have loads of energy all day – every day, and you can have the body of your dreams. In his new Best Seller *Maximize Your Metabolism* Christopher Guerriero gives you the exact formula. Only those techniques that have been proven time and again to work have been included. The techniques in this book form the most detailed and best way to improve your looks, your health, and your energy level. Get more information today at [www.MaximizeYourMetabolism.com](http://www.MaximizeYourMetabolism.com)

# ***Maximize Your Metabolism***

## ***Amazon.com Best Seller***

Isn't it time that you found true balance in your life?

"This incredible book changed (saved) my life. It will be my gift to everyone I know for years to come."

**Sandy Watkinson**  
Real Estate  
Professional

"Christopher Guerriero is the patron saint of internal fitness. When I began searching for the best to learn from, I was told that Christopher was the ONLY one to talk with—he's inspiring, insightful and incredibly knowledgeable."

**Theresa Lynch**  
Business Owner

Visit Christopher online now at

[www.MaximizeYourMetabolism.com](http://www.MaximizeYourMetabolism.com) and get the following free reports...**No Purchase Necessary!**

➤ **12 steps that absolutely guarantee better results from any workout routine –**  
Learn the 12 universal principles that will improve your results radically – regardless of which type of routine you're currently using.

➤ **Cardio Secrets.** No-fail strategies that maximize results from any cardio routine.  
Use these techniques and watch your fat loss skyrocket by up to 275%.

➤ **Immediately boost your vitality by increasing your digestive efficiency –** The missing piece of a successful weight reduction program that is critical, but often ignored.

➤ **Goals- where it all begins.** 7 steps that will transform your desire for the perfect body into your dream physique. Proven mental training and goal setting techniques for achieving any fitness goal.

➤ **Proper elimination – it all starts here.** An important report that reveals a seldom discussed but amazingly effective internal cleansing procedure. Follow this simple process for astonishing digestive efficiency and super health.

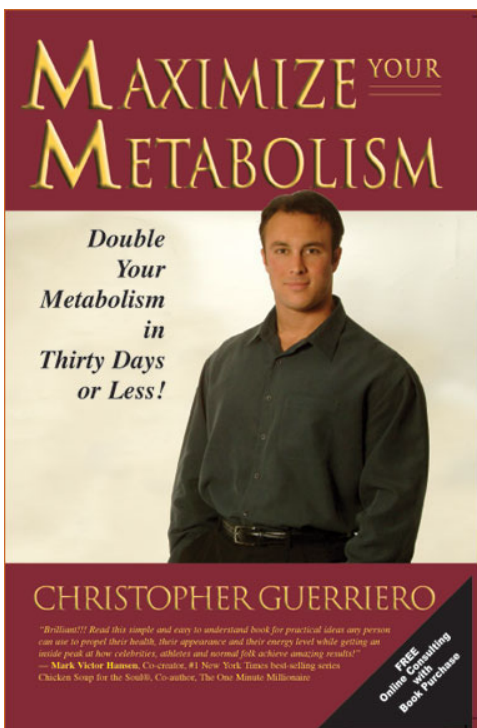
...and so much more!

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