

# Keep Healthy

**Strong IMMUNE SYSTEM => BEST INSURANCE!**

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Our IMMUNE SYSTEM (a large network of cells, tissues, and organs) is the body's "first defense" against a wide range of dangerous, outside HEALTH INVADERS (that weaken and "compromise" it). These harmful villains are many, and they include: CHEMICALS / ALCOHOL / INFECTIONS / SUGARS / VIRUSES / BACTERIA / RED MEAT / FUNGI / PARASITES / PROCESSED FOODS / TOXINS / ILLNESSES / DIET SODAS / FRIED FOODS / COOKING OILS / HEAVY METALS / on and on ...



**At WAR!** - There's a BATTLE going on - with 'any' PANDEMIC!

If we are in battle - we had better make darn sure that the guys who make up our "first line of defense" really have it all together!

They are the ones out in front. If there are any weak spots, then that ENEMY *has* a real chance of breaking through. NOT good.

BATTLE - When someone gets CANCER, or a HEART disease, or is hit by a lethal VIRUS, or BACTERIA ... it means the enemy has broken through the battle lines - that the enemy has taken hold of them in some way. It means the **Immune System** was NOT being as vigilant as it should be (because it was **weakened!**) ... and it managed to "miss" that invasion. WE can do things to offset this.



**Q:** Did you know that DOCTORS cannot heal you? NO! ... But, what they're supposed to do is to help bring your IMMUNE SYSTEM to a place where **IT** can heal you. Yes, it's the **Immune System** that actually does the healing ... the body's own, amazing, natural Immune System that heals us from life-threatening cancers, and viruses ... *nothing else* can do it. DRUGS might help, 'temporarily' (but usually, with harmful 'side effects'!). The fact is - our powerful IMMUNE SYSTEM is the only 'permanent' cure ... so we must not only try to **PROTECT** it ... we also need to take whatever steps we can to **SUPPORT** it!

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**H-O-W?** - Ideally, it should be a “multi-pronged” approach, to include those major areas shown in the image to the left - as ‘well’ as AVOIDANCE of [Toxic Chemicals](#) / Flu Bugs, etc!

However, the KEY answer lies in the “top” one >>> being our **FOOD and DIET** >>> as well as our **SUPPLEMENTATION**.

**Our GUT:** **75% - 80%** of our **IMMUNE SYSTEM** “lies within” our Gastrointestinal Tract (**our GUT**) - it is the cornerstone of our whole Immune System

A recent study has found that our modern lifestyle, diet, and *overuse* of antibiotics are causing an increasing **disruption** of the precious GUT MICROBES that are the basis of our Immune System. And the ‘Heavy Metals’ there mean that we should be [DETOXING!](#)

**DIGESTIVE DISORDERS** - The number of people with digestive disorders (Crohn’s disease / ulcerative colitis / diverticulitis / celiac disease / IBS /constipation / GERD / diarrhea / candida / food allergies / etc) - is on a RAPID INCREASE these days! And these severe GUT Disorders are all in addition to the many *other illnesses* we keep getting - whenever our body’s IMMUNE SYSTEM is in jeopardy.



**Our HEALTH** - The ‘foundation’ of health is what you are **E-A-T-I-N-G**. You could throw every Vitamin, and Mineral, and Pill, and CBD, and Essential Oil you want to, at yourself ... but - if you are not eating the healthy **F-O-O-D-S** your body needs, you’ll never find balance.

Our food supply is not what it once was. Fields have been over-farmed, leading to “less nutrients” in our foods. Instead of “using rotation” - that *replenishes* the soil - ‘pesticides and herbicides’ are used, to chelate (bind) minerals in the soil - and when you eat foods “sprayed with those chemicals” - the chemicals bind the minerals in your body ... so you don’t absorb them. And this says ‘nothing’ about the enormous damage to our Immune Systems, caused by all the Junk FAST FOOD outlets out there ... plus the onslaught of chemically PROCESSED FOODS we consume! We’re NO longer getting safe / clean / healthy / nutritious [[alkaline](#)] WHOLE FOODS [-vs- [acidic](#)] ... and that is a crisis! MORE:

Those same chemicals in our soil also **destroy your GUT** - in the same way Antibiotics do ... so **Chronic Inflammation** ensues ... and Chronic Inflammation underlies pretty much every single health problem out there - while again, ‘overtaxing’ the critically vital **IMMUNE SYSTEM!** What IS the best answer – to **STAY SAFE + KEEP HEALTHY?**



## the importance of nutritional supplementation

Most bodies are malnourished  
in spite of a "good" diet.

For one thing >>> **SUPPLEMENTATION** >>> But ONLY With

**Clean / Green / Organic, Healthy / Fully TESTED NUTRITION!**

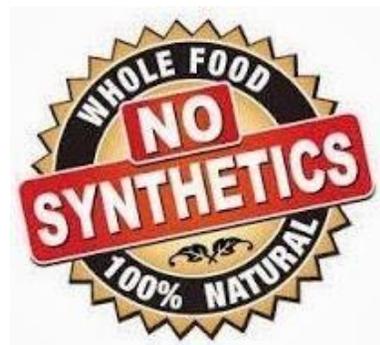
YES, this means **SUPPLEMENTING** with "real F-O-O-D" Nutrition - WHOLE FOOD - that is ORGANIC - and relentlessly TESTED - and is PLANT BASED. Period. Period.

**NOT 'SYNTHETIC' MAN-MADE Vitamin & Mineral  
CHEMICALS >>>> Produced in a LABORATORY!**

Vitamins - Vitamins - Vitamins. Whether we get them from our daily diet - from the sunshine - or from store bought capsules / liquids / pills - VITAMINS are extremely vital to our health - and to the proper functioning of our bodies ... they assist in "supporting" our IMMUNE SYSTEMS.

VITAMIN & MINERAL DEFICIENCIES lead to a wide range of concerns, spanning from anorexia, to obesity / organ malfunction / confusion / depression / fatigue / etc.

However, whether or not your vitamins are HURTING you is another story. What people are not aware of is >>> all vitamins are NOT created equal >>> the vast majority (**90%!**) are actually **SYNTHETIC** ... and they provide little value (i.e. **Ascorbic Acid** – as VIT-C).



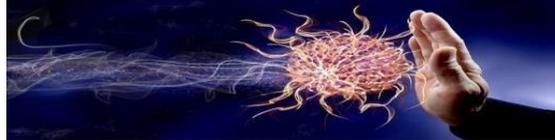
Vitamin and Mineral Supplements that are manufactured "synthetically" - with CHEMICALS (again, "90%") - do not come straight from their NATURAL sources ... as they are made to MIMIC the way natural vitamins act in our bodies.

Natural vitamins are derived directly from WHOLE FOOD, PLANT material only, which DO contain ALL the nutrients - they are "not" produced in some 'laboratory' TEST TUBE.

In fact, the [Organic Consumers Association](#) emphasizes these ISOLATED (Synthetic) vitamins cannot be used, or even "recognized" by, the body - in the same way as the Natural (Whole Food, Plant-Based, **ORGANIC**) version does (and - after taking them, they simply get excreted - as "expensive urine")! **So YES ... there IS a better way!**

*Keep Healthy*

**KEEP  
YOUR  
IMMUNE  
SYSTEM  
HEALTHY**



**Y-E-S ...**

**STAY SAFE / DETOX / EAT WELL**

for

**VIBRANT HEALTH - in Fact,**



**PROTECT your**

**N-U-T-R-I-T-I-O-N!**



**nutrition**  
the right balance of real foods

