

To Truly,
OWN Your Life
You Must Have

The HEALTH + The MONEY + The TIME

- Not Just One or Two ... but ALL THREE are Vital ... for a Successful, Secure, Happy, and Fulfilling Life! -

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(1) HEALTH Freedom

Our HEALTH & WELLNESS is our most precious ASSET on planet earth. NOTHING is more important >>>> NO – nada! Especially right now (COVID)! All the money, riches, toys and wealth in the world is pretty much worthless if we “lose” our HEALTH. Period.

GOAL - To OWN Vibrant Health and Longevity – this quest should be our major goal in life. And we can help ourselves, through education / exercise / stress reduction / proper nutrition / lifestyle choices / IMMUNE SYSTEM support. BUT, the odds are against us!

TRUTH - Our North American population is a "sick, sick puppy" - and it is getting worse, with alarming increases in Obesity / Heart Disease / Diabetes / Alzheimer's / Cancer / etc. But it's not much wonder, with the lifestyle decisions so many people make (drugs / alcohol / gambling addiction / cigarettes / heavy debt / junk fast-food / toxic chemical intake / far too many 'processed' foods ... on and on.



Poor “eating” habits are the single greatest threat to our health & wellness (too much processed food / red meat / sweets / white flour / fast-foods / oils & fats / etc).

We're not getting enough fruits / veggies / fiber / starch [yes, “starch”] / protein / vitamins / minerals / amino acids / antioxidants / hydration / alkalization / etc.

FOOD SUPPLY - But even then, the "quality" of our FOOD SUPPLY has suffered horribly (in our supermarkets & grocery stores), because of soil depletion / polluted air / dirty water. Sadly, we no longer have "access" to CLEAN, NUTRITIOUS food (even after trying to "wash off" all the chemicals / GMOs / bacteria on the (so called) fresh fruits & veggies we buy)! But it gets much worse - - -

LABELS - On our FOOD, supplies - our PERSONAL CARE products - our CLEANING products - there is little to NO “disclosure” of the harmful ingredients lurking in them!

Sadly, most consumers believe these products are safety tested, and that they contain ingredients that are eco-friendly and safe for use. As a caution, if the first (5) ingredients on a LABEL sound like a "science experiment", and/or if they are "hard to pronounce" - the product most likely will NOT live up to its claim!

Same thing for Nutritional Supplements (and especially, chemical-laden, laboratory made "synthetic" supplements - as these are NOT in any way "whole, and natural".

CHEMICALS - WHY do companies use so many of these **chemicals, and synthetic materials**, in their products? Because they are CHEAP. Yet, so many of them are well known "carcinogens" / hormone mimickers / and endocrine disrupters! >>> [Click HERE](#).

BIG PHARMA – Clean NUTRITION is the single most powerful way to not only help "prevent" illness - but also to "reverse" it - NOT with "drugs / surgery / radiation / chemo / procedures" (as [Big Pharma](#) [and most of the 'Allopathicly' trained doctors] would like).

FUNCTIONAL Medicine - In fact, many physicians have now "drastically changed" their medical practices over to one of "functional" medicine - where proper NUTRITION (with emphasis on fruits & veggies) is being taught, and prescribed. to patients –vs-- drugs / drugs / more toxic drugs (plus recommendations for exercise / stress & pain relief / etc).

So, when it comes to the best possible outcome for our well-being - we will be best served by forming a close "partnership" with a FUNCTIONAL MEDICINE practitioner - one who takes a "holistic" approach to his/her patients - including the important role of NUTRITION - and addressing the WHOLE PERSON - to learn of the "root cause" of any illness or disease (-vs- treating only the "symptom" - with drugs & procedures).

IMMUNE SYSTEM - Please take time to review these! >>>>>> [Click HERE](#). + [HERE](#)

Question ... is it better for us to take "expensive" chemical DRUGS (and then ... feel miserable, from the awful, toxic side-effects?) ... and/or, to undergo SURGERY (and risk the real possibility of bankruptcy)?



-OR-

To be well, or be healed, by simply changing the F-O-O-D we eat, and taking supplements? Instead of - living to EAT ... we should be - **eating to LIVE** ... there's a HUGE difference. But that doesn't mean we can't "cheat" – occasionally (pizza / potato chips / ice-cream cone / chocolate bar apple pie / cold beer / fires, etc. :>)

Addictions - Breaking 'any' addiction is not easy (including "junk food") – but if we put our laser focus on BEING HEALTHY – we can “take back control” of our well-being!

Books - Pick up copies (at Amazon) of -- "*The China Study*" -- "*How Not to Die*" -- "*4Leaf Guide to Vibrant Living*" -- "*Whole: The New Science Of Nutrition*" -- "*Prevent And Reverse Heart Disease*" -- "*Rethink Food:100+ Doctors Can't Be Wrong*" -- "*Eat To Live*" -- "*Healing Cancer From The Inside Out*" -- "*Forks Over Knives*" -- "*The Starch Solution*" -- "*Protein Alcoholic*" -- "*Healthiest Diet On The Planet*" -- "*Super Immunity*" -- "*Food Over Medicine*" -- and many more (as these enlightening books are just 'tip of the iceberg').

WELLNESS - One of the best ways to protect our health is to find NUTRITION and SUPPLEMENTS that come from All-Natural Health products that are completely TOXIC FREE, and with CERTIFIED STANDARDS of quality, efficacy, and potency.

NATURE has long been celebrated for its ability to heal the mind, body and spirit. And **ORGANIC wellness** + **ESSENTIAL & CBD OILS** are "natural" - with both, known to - REDUCE STRESS - IMPROVE MEMORY & ATTENTION - kill **INFLAMMATION** - HEAL THE BODY, and INCREASE HAPPINESS. ADD daily exercise, and adequate rest ... harnessing the power of SELF DISCIPLINE - and you WILL enhance your energy - encouraging lifelong health and wellness! :>)

BOTTOM LINE

Your body is a MIRACLE! You can put it through hell - feed it terribly - or suffer long-term disease -- and it will bounce back full of life and energy again - IF you respect it, and expose it to the right tools! >>> And here's a marvelous "way" to do this ...



WORK FROM HOME Opportunity - Finally, there IS an opportunity that is available ... it is an 'exceptional' **Online, Global Home eBiz** - a **Direct2Consumer** eBiz.

A **[D2C] WELLNESS Home eBiz** - It could be thought of as >>> the "perfect" SIDE BIZ - for busy, self-employed, Business Professionals [i.e. Physicians / Dentists / CPA's / Attorneys / Chiropractors / Real Estate Agents / Insurance Brokers / Naturopaths / etc] - as well as Teachers, Stay-At-Home Moms & Dads, Athletes, Retirees, Network Marketers, Baby Boomers, etc, etc.



This (Side Business) is a "disruptive" **Direct2Consumer** eBiz [not **MLM**] - with world class, highly TESTED products - it's ideal for those who truly, want to **OWN THEIR LIVES** - who are open to being coached - who are willing to put in the [part-time] effort.

F-R-E-E-D-O-M => Means to '**OWN**' Your Life => HOW? => You "must" have ... the **HEALTH** + the MONEY + the TIME (not just [1] or [2] - but ALL [3]! ... and this Home **WELLNESS** eBiz "can" deliver EACH of these vital ASSETS ... IF built with the "right" business / financial / marketing, and ethical principles. For full info on this, contact **ME**.

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