



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

>>> **NOTE:** The Contents below (in #2) may **SHOCK** you - but it is solid **T-R-U-T-H!** <<<

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 us? **NO!** ... But, what they're supposed to do is to help bring our **IMMUNE SYSTEM** to a place where **IT** can heal us. Yes, it is the **Immune System** that actually does the healing ... it's 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!



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** - which “should” include [GREEN SUPERFOOD POWDERS](#).

Our GUT: 75% - 80% of our IMMUNE SYSTEM “lies within” our Gastrointestinal Tract (our **GUT**) - it is the cornerstone of our whole Immune System - our Health - our [Total Wellness!](#)

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 we are **E-A-T-I-N-G**. We could throw every Vitamin, and Mineral, and Pill, and CBD, and Essential Oil we want to, at ourselves - but, if we are not eating the healthy **F-O-O-D-S** our body needs, we’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 we eat foods “sprayed with those chemicals” - the chemicals bind the minerals in our body ... so we 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 our 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’ our critically vital **IMMUNE SYSTEM!** **What IS the answer to STAYING SAFE + KEEPING HEALTHY?**

1



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.

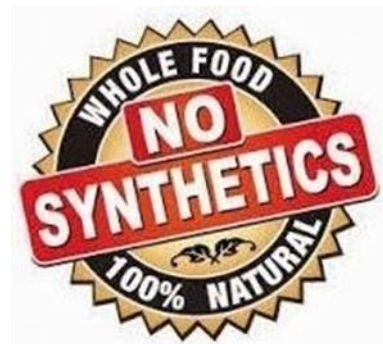
**NOT 'SYNTHETIC' MAN-MADE Vitamin & Mineral
CHEMICALS >>>> Produced in a LABORATORY!**

Vitamins - Vitamins - Vitamins. Whether we get them from our daily diet - from the sunshine - or from store bought capsules / liquids / pills / powders - VITAMINS are extremely vital to our health - and the proper functioning of our bodies ... to "support" 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 our vitamins are HURTING us is another story. What people are not aware of is >>> all vitamins are NOT created equal >>> the vast majority (90%!) are actually **SYNTHETIC** - they provide little value - except perhaps, SUPERFOODS.



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")! **NOT the way to healthy IMMUNITY!**

