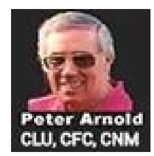
Health & Wellness

Yes, there are indeed, many PARTS to our overall HEALTH & WELLNESS, but here, we're touching <u>only</u> on our **PHYSICAL** Health. My BIO.



<u>Our PHYSICAL Health</u> … begins with - <u>proper</u> NUTRITION / EXERCISE / PERSONAL HYGIENE / H_2O / REST & RELAXATION / DE-STRESSING / POSITIVE MINDSET … and below, the "primary emphasis" will be on getting proper **NUTRITION**, for a strong & healthy" >> IMMUNE System.

<u>Our IMMUNE SYSTEM</u> (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 villians are many, and they include => TOO MUCH**:** ALCOHOL / CHEMICALS / INFECTIONS / SUGARS / VIRUSES / BACTERIA / R-E-D MEATS / FUNGI / PARASITES / PROCESSED <u>FAST</u> FOODS / TOXINS / ILLNESSES / DIET SODAS / FRIED FOODS / COOKING OILS / HEAVY METALS / on, and on …

At WAR! - There's a BATTLE going on (& - think of that 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 be a lethal VIRUS, or a BACTERIA - it means the enemy has "broken through the battle lines" - that the enemy has "taken hold" of them us some way.

It means our 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 help offset this!

Q: Did you know that DOCTORS "cannot" heal us?

NO! … In fact, the truth is - many (most!) doctors today are far too eager to be 'prescribing' >>>>>>>>>>>>>>>> PILLS and **D-R-U-G-S**!!

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" for us - the body's own, amazing, natural, DEFENCE System that heals us from life-threatening cancers, and viruses … nothing else can do it. DRUGS might help - in some cases - 'temporarily' (BUT usually, with harmful 'side effects'!). The fact is … our powerful IMMUNE System is our only 'permanent' cure … so, we must do everything we can to >>> PROTECT and SUPPORT it!

Imagine - if the world was the kind of place where doctors were instead, eager to 'prescribe' => **FRUITS & VEGGIES**! You 'Are' What You **EAT**! But, here is yet another SCARY "truth" to consider! **…**

More than ever … North America is a SICK population!

The SCIENCE: Can we TRUST it? Our **MDs** are NOT properly "trained" - in NUTRITION!

Answer? - Ideally, a "multi-pronged" approach, to INCLUDE those areas shown in the image to the left … and to AVOID (where possible) Doctors / Toxic Chemicals / Drugs / etc / etc!

However, the KEY answer lies in the "top" one >>> being our **FOOD and DIET** ("not" **FAST** FOOD — leading to OBESITY)!

Our GUT: 75% - 80% of our IMMUNE SYSTEM "lies within" our Gastrointestinal Tract (our **GUT**) - IT is the cornerstone of our whole Immune System - and IT will rescue us from sudden HEALTH INVADERS!

Recent studies show that our modern lifestyle / diet / lack of exercise / 'overuse' of "antibiotics" - and more - are causing an increasing disruption of our precious **G-U-T MICROBES** (which are the "basis" of our whole IMMUNE System).

'PROPER' FOOD is MEDICINE! - Critical health info >>> HERE.

WFPB

STARCH Now - look at Whole Food, Plant-Based, STARCH-Centered Nutrition**:** **Click HERE**!

DIGESTIVE DISORDERS - The number of people with digestive disorders (i.e. Crohn's disease / ulcerative colitis / diverticulitis / celiac disease / IBS / constipation! / G.E.R.D / diarrhea / candida / food allergies / etc / etc) - it is all 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 attacked, and in jeopardy!

HEALTH IS EVERYTHING **YES, our HEALTH is our most important single asset on planet earth … nothing is more important … absolutely NOTHING! NO! NADA!**

And the foundation of health is => what we're **E-A-T-I-N-G**. We could throw every single Pill, and CBD, and Essential Oil we want to, at ourselves, but if we are NOT eating the healthy **FOODS** - with the proper **NUTRIENTS** our body needs - we'll never find balance.

And - WATER + FIBER + EXERCISE! >>>>>>>>>>>>>>>>>>>>>>> Click HERE!

HOWEVER …

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 as well.

And this says 'nothing' about the enormous damage to our Immune Systems, caused by all the junk [**FAST** FOOD] outlets out there … plus - the heavy onslaught of chemically PROCESSED Foods - and ANIMALS - that we are consuming - which are KILLING us!

Those same chemicals in our soil also damage 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!

Bottom Line**:** We're NO longer getting enough safe / clean / healthy / nutritious [alkaline] **PLANT-BASED** WHOLE FOODS - or, drinking enough **WATER** - and this is a CRISIS!

For a DEEPER LOOK at this, with the best FIX => Click HERE