

Health & Wellness



Intellectual Wellness
The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.



Emotional Wellness
The ability to understand ourselves and cope with the challenges life can bring.



Occupational Wellness
The ability to get personal fulfillment from our jobs or chosen career fields while still maintaining balance in our lives.



Environmental Wellness
The ability to recognize our own responsibility for the quality of the environment that surrounds us.



Financial Wellness
The ability to identify your relationship with money and skills in managing resources. An intricate balance of the mental, spiritual, and physical aspects of money.



Spiritual Wellness
The ability to establish peace and harmony in our lives.



Physical Wellness
The ability to maintain a healthy quality of life without undue fatigue or physical stress.



Social Wellness
The ability to relate to and connect with other people in our world.

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

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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 => TOO MUCH: ALCOHOL / CHEMICALS / INFECTIONS / SUGARS / VIRUSES / BACTERIA / **R-E-D MEATS** / FUNGI / PARASITES / PROCESSED **FAST** 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!



Q: Did you know that **DOCTORS “cannot” heal us?**

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, n that heals us from life-threatening cancers, and viruses ... nothing



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! ...

A SILENT AND DANGEROUS EPIDEMIC

See this “shocking” - [VIDEO](#) + [REPORT](#) + [ARTICLE](#)!

The SCIENCE - Can we TRUST it? Our **MDs** are NOT properly “trained”? => [Click HERE!](#)

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](#).



STARCH Now - look at Whole Food, Plant-Based, **STARCH-Centered** Nutrition: [Click HERE!](#)

You Are What You Eat
Make Healthy Choices

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YES, our HEALTH is our most important single asset on planet earth ... nothing is more important ... absolutely NOTHING! NO! NADA!

[illegible]

HOWEVER ...

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!

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](#)