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# TAKE CONTROL OF **YOUR HEALTH**

A GUIDE FOR OPTIMAL NUTRITION

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BY

 bringing balance to your body  
**BODYWORK** CONCEPTS



# PUT YOUR HEALTH IN YOUR OWN HANDS

Over the years, America has become the most overfed and undernourished nation in the World.

When we feel sick, we go straight to the doctor's office, looking for a quick fix to relieve whatever ails us. We get a shot, take some pills, have surgery and we think we are well again.

But actually, we are less healthy than ever before.

We take pills for pain, pills for high blood pressure, pills for high cholesterol, indigestion, feeling sad - you name it!

Yet despite the ever-increasing variety of medicine available, current middle aged Americans feel less healthy than the generation that preceded them!\* Because prescription medicines only address the symptoms of our illnesses, not the underlying causes.

Our life expectancies are reducing, as are those of our children, who are expected to live 10 years less than we are. And most of us are dying from a small handful of avoidable diseases.

\* Source: <http://www.nih.gov/news/pr/mar2007/nia-05.htm>

# AVOIDABLE DISEASE

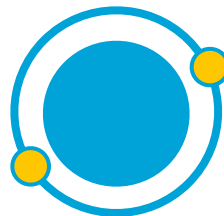
This may seem hard to believe...but, we as humans don't get sick, get disease or age - our cells do.

Our body's health is dependent on our cell's health. So to slow down aging, limit sickness and prevent disease - we must protect and properly feed our cells.

Just as a car would stop working if we put oil in the gas tank, our cells get "disease" if we feed them improperly.

## HOW DO CELLS GET SICK?

Cells are made up of many atoms. When these atoms are healthy the cells replicate and keep the body young, well and disease free. What makes an atom healthy is that it has paired electrons.



**HEALTHY  
ATOM**



**FREE  
RADICAL**

Atoms missing an electron are not just "bad" - they actually destroy surrounding atoms by stealing their electrons. These bad atoms are called free radicals.

Free radicals alter or destroy cells. Cells that die and cells that replicate in a damaged state are the cause or contribute to premature aging, sicknesses and diseases.

# HEALTH ENEMIES THAT LEAD TO AN EARLY GRAVE

The World Health Organization warns that cancer, heart disease, and other chronic conditions, which already kill more than 24 million people a year, will impose increasing burdens of suffering and disability on hundreds of millions of others.



\* Source: World Health Organization

With all of the incredible medical advancements in recent years, why are we less healthy as a population? Because we are not getting the nutrients we need to thrive.

# THE CAUSE OF DISEASE

Symptoms alert you that something isn't right in your body - but they are not the cause of illness or disease.

From a stuffy nose, to a heart attack, to cancer - they are all symptoms of disease. They are not the cause.

So what is the cause? Could the same "cause" possibly be responsible for every disease? Yes it could and that cause is FREE RADICALS!

*“Don't underestimate the threat free radicals pose to our health. Scientists now believe that free radicals are casual factors in nearly every known disease, from heart disease to arthritis to cancer to cataracts.”*

DISEASE	WHAT IS IT?	FREE RADICALS	ANTIOXIDANTS
<b>CANCER</b>	ABNORMAL GROWTH OF CELLS. DAMAGED DNA REPLICATES DAMAGED CELLS.	FREE RADICALS DAMAGE DNA BEGINNING MANY FORMS OF CANCER.	ANTIOXIDANTS PROTECT & REPAIR DNA.
<b>HEART DISEASE</b>	BUILDUP OF FATTY DEPOSITS ON THE INNER SURFACE OF ARTERIES. DEPOSITS BLOCK BLOOD FLOW, LEADING TO HEART ATTACK OR STROKE.	OXIDIZED FAT, FAT THAT IS DAMAGED BY FREE RADICALS, IS MORE STICKY & ADHERES TO THE ARTERIES EASIER.	ANTIOXIDANTS LIMIT FREE RADICALS REDUCING THE RISK OF OXIDIZING THE FAT.

## SO HOW DO WE RECLAIM OUR HEALTH?

If we want to regain true health, we must properly **nourish every one of our cells**. When your cells are healthy, you are healthy.

So true nutrition is cellular nutrition, which consists of:

- Whole foods
- Essential vitamins and minerals
- Anti-oxidants
- Optimizers for specific body functions

## WHOLE FOODS

The link between what we eat and our disease becomes more and more apparent every day. It is no coincidence that our rapid health decline just happened at the same time we introduced processed foods to the American diet. It started with margarine, moved into tv dinners and then fast food.

Today most Americans don't really understand what whole food is. Whole food is a term that had to be created to define food that hasn't been manufactured.

Most of the foods for sale in a typical market are robbing you and your loved ones of your health. We must steer clear of these unhealthy foods if we want to avoid becoming part of the gruesome American health statistics. We must change the way we eat and significantly reduce the amount of processed food included in our diet.

If we don't get back to basics and start eating plenty of fresh fruit, vegetables, whole grains and free-range meat, our prognosis is horrible. According to the American Cancer Society, half of all men and one third of all women in the United States will develop cancer at some point in their lives.

The American Heart Association states that over 82 million Americans suffer from some form of heart disease, and over 780,000 of these people die each year. These are tragic statistics considering that these diseases can be prevented and potentially reversed - not with a pill or a doctor's visit, but with a commitment to eating healthy.

## VITAMINS & MINERALS

A healthful diet of unprocessed organic foods is the best physical factor for you to achieve optimal nutrition. However, accessing and eating high quality foods regularly may be a personal challenge for you and your family. Your busy schedule may lead you to cook healthy whole food less than you know you should. Even if you do well with your diet choices, another factor involves the actual food supply itself.

### Up to 50% of the Nutrient Value of Your Food May Already Be Gone

A number of carefully controlled studies have provided startling evidence that by the time the food reaches your table, serious nutrient content could already be lost. Some estimates report the nutrient value lost at over 50%!

This is largely the result of conventional farming methods that rely heavily on chemical fertilizers and pesticides, which deplete the soil of nutrients... nutrients that must be absorbed by plants in order to be passed on to you. And it does not necessarily end there.

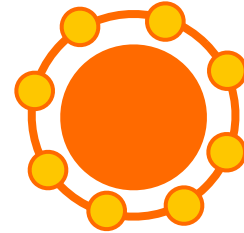
In many cases, it's likely you unknowingly further deplete the nutrients in your food -- just by the way you prepare it. For most food, cooking it will seriously impair its nutritional value.

So, realizing that you cannot always obtain the whole unprocessed foods you need -- and knowing how easy it is for valuable nutrients to be destroyed -- you now know why adding vitamins and minerals to complement your diet is a smart move.

# ANTIOXIDANTS

Antioxidants are your body's defense against destructive free radicals. Therefore they are your defense against aging, sickness and disease.

Antioxidants are atoms that have "extra" electrons. They can give these electrons to free radicals, essentially eliminating their harmful effects.



**ANTIOXIDANT**



**STEP 1: Antioxidant gives an extra electron to the free radical**

**STEP 2: This atom is now neutralized and healthy.**



## **OPTIMIZERS FOR SPECIFIC BODY FUNCTIONS**

Once you have the essential vitamins and minerals that your body needs, then you can begin to address specific problems .

All of the systems of our bodies need certain nutrients to perform properly. There are many supplements that can help support specific body functions and combat disease.

## **THE PATH TO BETTER HEALTH**

If you are ready to make the move to true cellular health, call to make an appointment for your **FREE True Health Assessment**.

BodyWork Concepts can give you the tools that make it easier than you ever thought possible to absorb life changing nutrients that nourish your body on a cellular level.

**CALL TODAY!**

**BodyWork Concepts**  
**303-472-9255**

References:

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