

# Why Supplement?



independent distributor

## FIVE REASONS SUPPLEMENTS ARE IMPORTANT

**Our food today contains insufficient nutrients for our bodies.** The food we eat today is far different in quality from 100 or even 50 years ago. Even organic vegetables and fruit are grown in soil that has been stripped of nutrients by overuse and even the fertilizers only contain 3 of the 17 nutrients plants require to be healthy. Malnourished plants lead to malnourished animals, which in turn leads to a malnourished you.

**Toxins, Toxins and more Toxins.** Over 7 billion pounds of 650 chemicals have been released into our air and water (266 of which were associated with birth defects). To make matters worse a study on randomized subjects found over 100 chemicals in the bloodstream that did not exist 40 years ago...fortunately many of these toxins can be eliminated from the body through the use of natural supplements

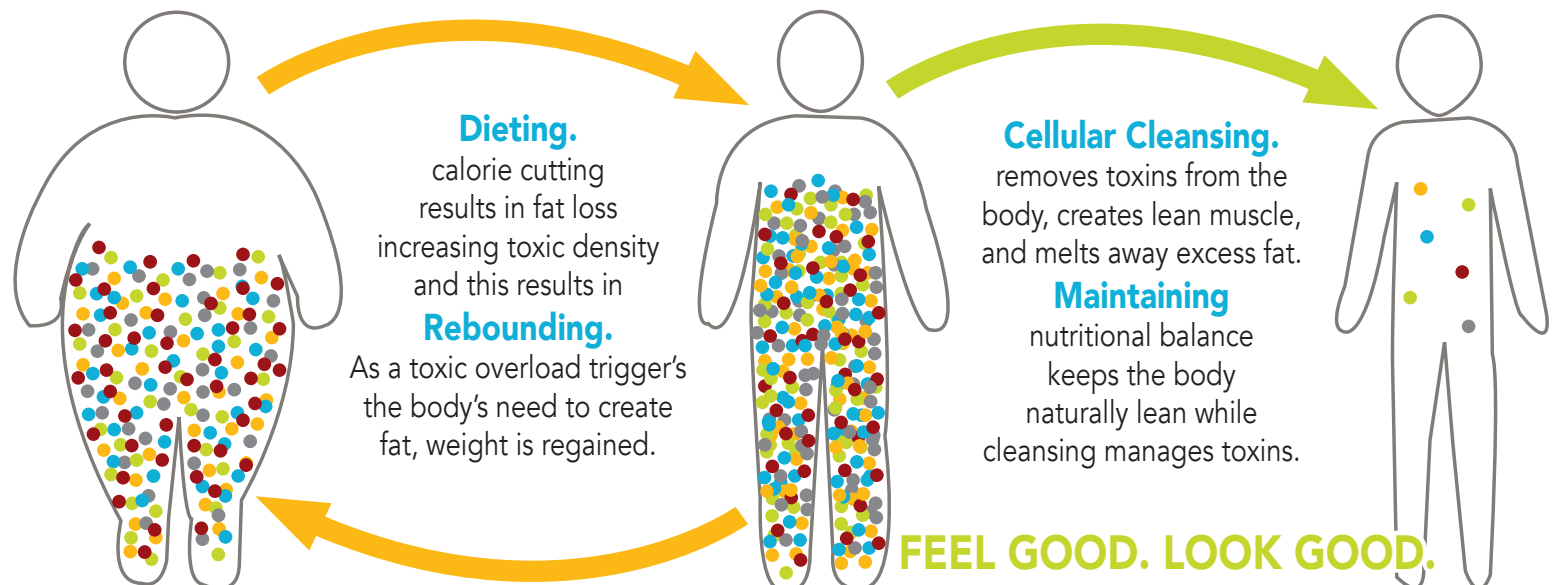
**Weight Loss.** Can you lose weight without supplements? Yes. Will you be malnourished? Yes. When you commit to a lower calorie diet to lose weight without the support of supplements, you are removing nutrients without replacing them, you deplete your body and derail your progress and health.

**Hormonal Imbalances.** When it comes to the intricate hormone cycles in our bodies, if we are not putting in the appropriate nutrients then the whole balance of our bodies quickly unravels. If the nutrients are not coming from food, then we need to get them from supplements to ensure our bodies stay in balance. Being out of balance only means an increased risk of various cancers, poor muscle tone, low energy, no libido, poor liver function, weight gain, etc.

**Overall Well-Being.** You will feel better, look better, perform better, etc. when your body is optimized and has the nutrients it needs. Plain and Simple, you need supplements in your daily life.

## NUTRITIONAL REBALANCING IS NOT A DIET

Fat is created to protect body from toxins & impurities creating unwanted weight. Proper nutrition heals the body and helps maintain a healthy weight!



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