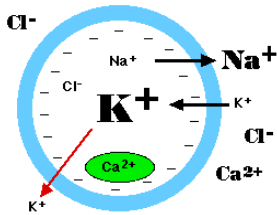


FIX IT WITH FOOD – EAT SOMETHING EXCEPTIONAL

CELLS

Every healthy cell in the body generates an electrical field. It is an actual electrical generator.



To keep this “electrical generator” going, the cells must have; 1: oxygen to convert glucose into energy, and 2: a high potassium (K) to low sodium (Na) ratio inside the cells.

To function properly, this ratio needs to be at least four (4) parts potassium to (1) part sodium. This ratio, in turn, should be reflected in the diet. The average diet in America has reversed that ratio.

All natural foods, fruits and vegetables have a very high potassium to sodium balance. **The body requires whole food.** A whole food consists of five elements:

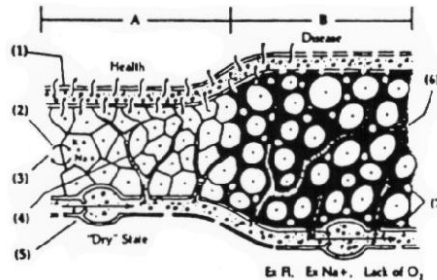
- ❖ Vitamins
- ❖ Minerals
- ❖ Protein
- ❖ Carbohydrates
- ❖ Fats

(1) Nourish - NuPlus® VitaShake® SunBars® NuPuffs®

NuPlus, VitaShake, SunBars, NuPuffs are concentrated whole foods that produce healthy cells.

What have you fed your 100 trillion cells today?

TISSUES



Because our cells are constantly producing waste products, **internal cleansing or detoxification is a critical body function.**

If this cleansing process becomes weakened, impurities accumulate in our bodies. As these impurities continue to build, chronic conditions develop. **In time, these can become degenerative problems.**

It is essential to maintain a healthy elimination system.

Three things that promote a healthy body are:

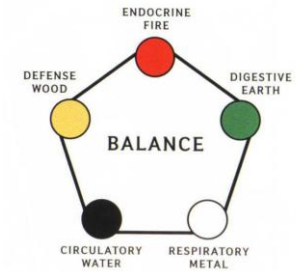
- ❖ Proper Nutrition – whole foods
- ❖ Exercise – movement
- ❖ Good Thoughts – loving, kind

(2) Cleanse - Calli® and Fortune Delight®

Calli and Fortune Delight Teas remove accumulated debris from the cells by nourishing the body’s cleansing systems that remove waste from the tissues.

Does your daily drink of choice clean your cells, tissues and organs?

FIVE SYSTEMS



*Alpha 20C



This food nourishes the immune system through the thymus, bone marrow, liver and adrenals.

*Immune/Defense

- Liver
- Gallbladder

*Lifestream



Poor circulation causes deoxygenation in the body, causing health problems.

*Circulatory

- Kidney
- Bladder

*Prime Again



This food nourishes the entire glandular system. Helping with longevity, youthfulness and reproductive ability.

*Endocrine

- Heart
- Small Intestines

*Assimilaid



The ability to absorb nutrients is vital to good health. Improved assimilation of food requires the body to need less food.

*Digestive

- Stomach
- Spleen
- Pancreas

*Conco



Benefits of a healthy respiratory system include protection against invading bacteria.

*Respiratory

- Lungs
- Large intestines
- Skin

***Food formula in Quinary** (Quinary means five)

***Systems & organs fed by Quinary**

(3) Balance - Quinary®

Quinary feeds the organs of the five major systems. For energy to flow through the body, the organs need to be nourished.

Have you fed your major organs sufficiently today?