

HealthStyle Today

REAL HEALTH CARE IS NOT ABOUT INSURANCE



-Denham Harman (1916-2014) Free Radical Theory..

DEBUNKED!

Oxygen is a FREE RADICAL(all the time), without it, you would live only a few minutes. ANTioxidant 'supplements' do not know the difference of good free radicals and bad free radicals. (the body does a much better job of doing that) therefore taking antioxidants disallows combustion of calories. So if you are wanting to lose weight DO NOT TAKE over-the-counter antioxidants.

On the other hand if you are too thin and want to gain some weight, antioxidants would help you from burning calories. Below the definition for ANTIOXIDANTS...

ANTIOXIDANTS SUPPLEMENTS

A BILLION \$\$ industry is not going away so easily, regardless of public welfare.

Man cannot do better than what nature has provided. Are antioxidant supplements good?

[STUDY](#)

ANTACIDS DIGESTIVE ISSUES

Hypochlorhydria is a deficiency of hydrochloric acid in the stomach. Stomach secretions are made up of hydrochloric acid, several enzymes, and a mucus coating that protects the lining of your stomach.

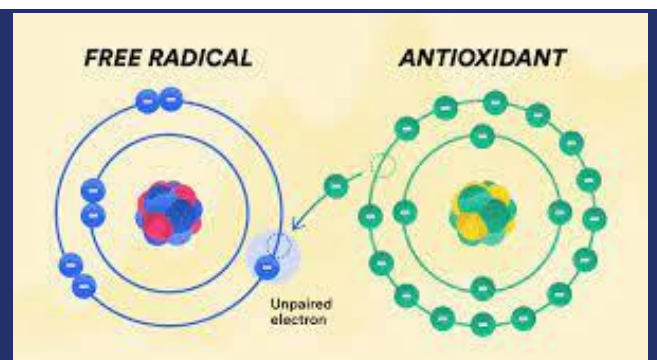
DIET & EXERCISE BALANCE

All or most disease and malfunction begin in the gut or gastrointestinal system. If you cannot properly digest food than how is your body getting the necessary nutrition for optimum function?

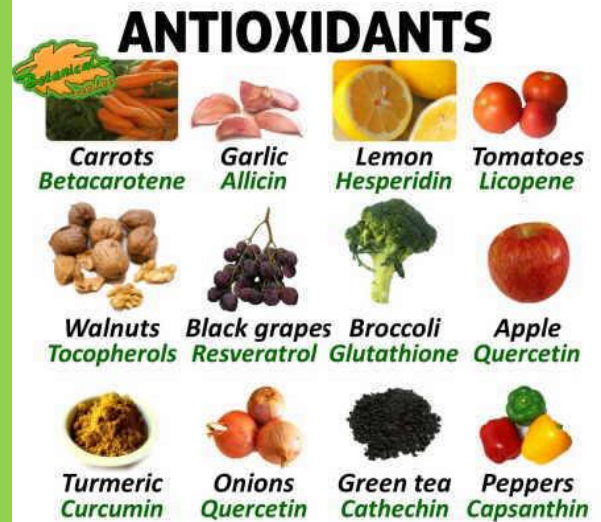
ANTIOXIDANTS

- a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products. source: Oxford dictionary

In-Depth Review of Antioxidants by National Center for Complementary and Integrative Health. [CLICK](#)



Natural foods that support your body function.



Hypochlorhydria

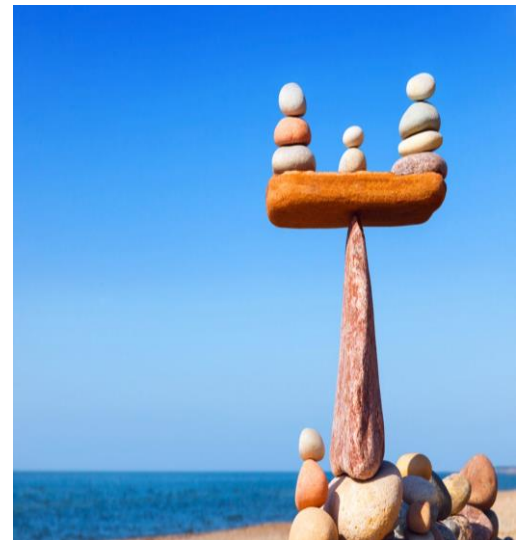
An absence of [hydrochloric acid](#) increases with advancing age. A lack of hydrochloric acid produced by the stomach is one of the most common age-related causes of a harmed digestive system.

Among men and women, 27% experience a varying degree of achlorhydria. US researchers found that over 30% of women and men over the age of 60 have little to no acid secretion in the stomach. Additionally, 40% of postmenopausal women have shown to have no basal [gastric acid](#) secretion in the stomach, with 39.8% occurring in females 80 to 89 years old.

Home Remedy:

Over the counter treatment option, **Betaine HCL** and Herbal Bitters Supplementation to increase stomach acid naturally. [READ](#)

Finding Your BALANCE

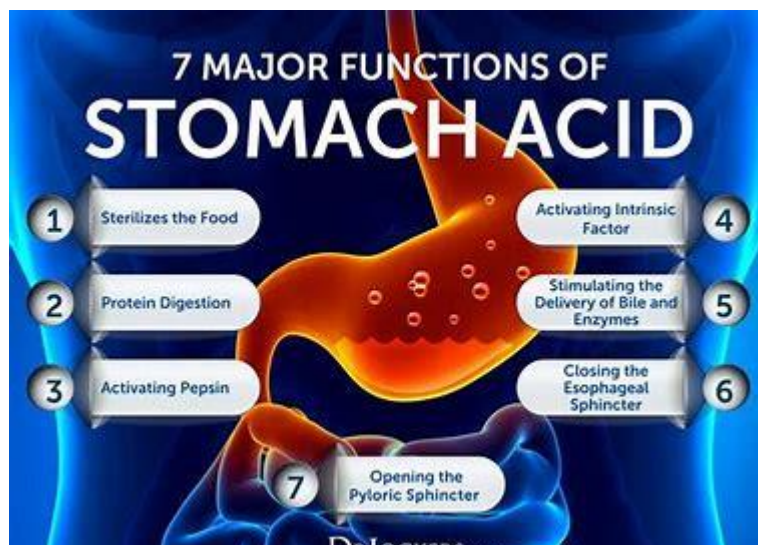


All Disease Begins in The Gut.
~ Hippocrates

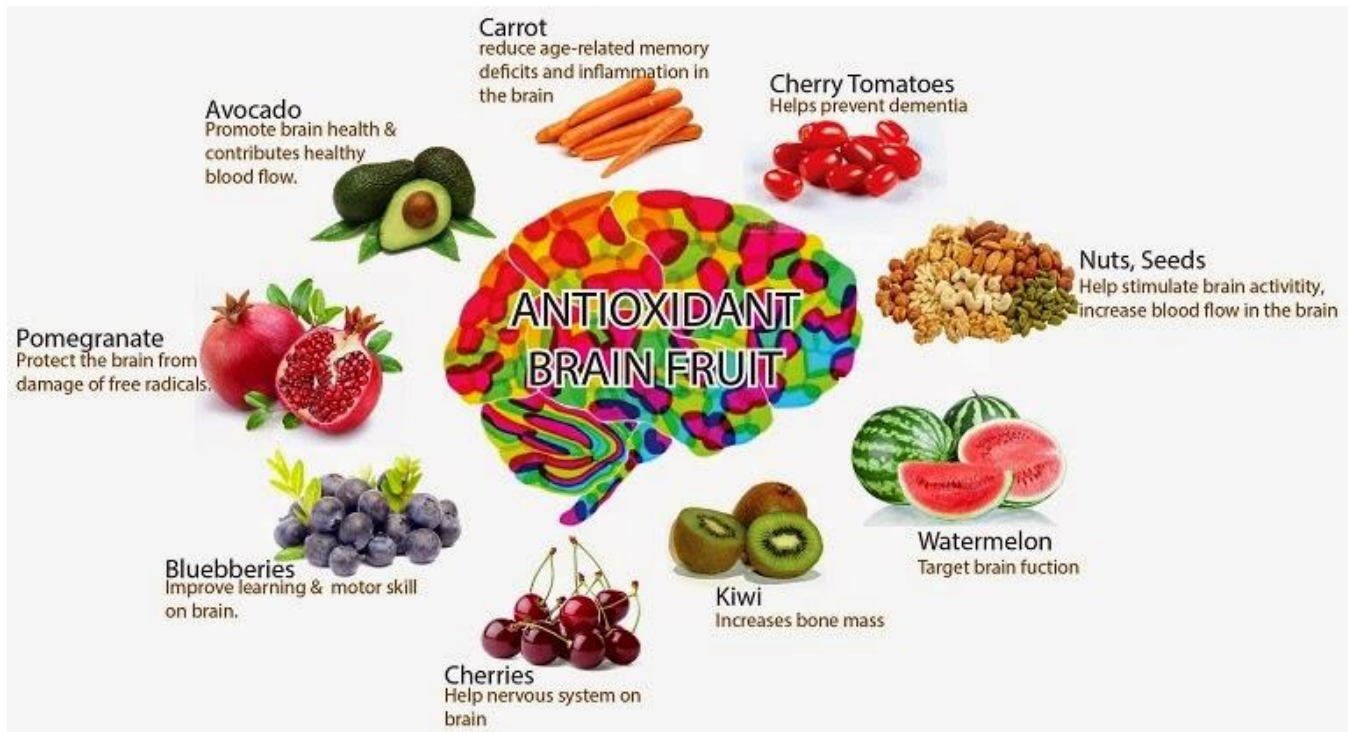
Here are the 5 disease that start in your gut!

- Depression
- Diabetes
- Alzheimers
- Auto Immune Diseases
- Cancer

Read more about what you can do [here](#).



MORE GOOD FOODS GOOD FOR YOU, and WHY!



After all this are you....

More Healthy? Happy? Less Stress? Is it worth it? What would you change?

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15 MINUTES to get started.