

# INFECTIOUS DISEASE

**"This contagion is killing millions and is primed to wipe out entire nations."**

Courtesy of



Right now we are in the middle of a major infectious disease epidemic that will soon be unstoppable if we don't take control and act now.

According to statistics from the Center of Disease Control (CDC), millions are experiencing a lower quality of life due to this epidemic, on top of the millions dying.<sup>1</sup> The last decade has seen its share of lectures and articles warning people about this; however, most people don't realize how serious it is or what causes it.

**Just decades ago the U.S. Surgeon General announced, "The war against infectious disease has been won."<sup>2</sup>**



We were told that infectious disease has been all but eliminated. Confidence came from pharmaceutical companies assuring the surgeon general that antibiotics were our saving grace.

A year later, we were introduced to a new set of drugs called histamine blockers. They were supposed to create a greater quality of life by getting rid of stomach pain and heartburn. They're now known as antacids or acid-blockers. Our daily nutritional choices declined over the years as antibiotic and antacid use and abuse skyrocketed.

This has started what could be the greatest contagion/infectious disease epidemic in history. The World Health Organization's and the CDC's data back these statements.

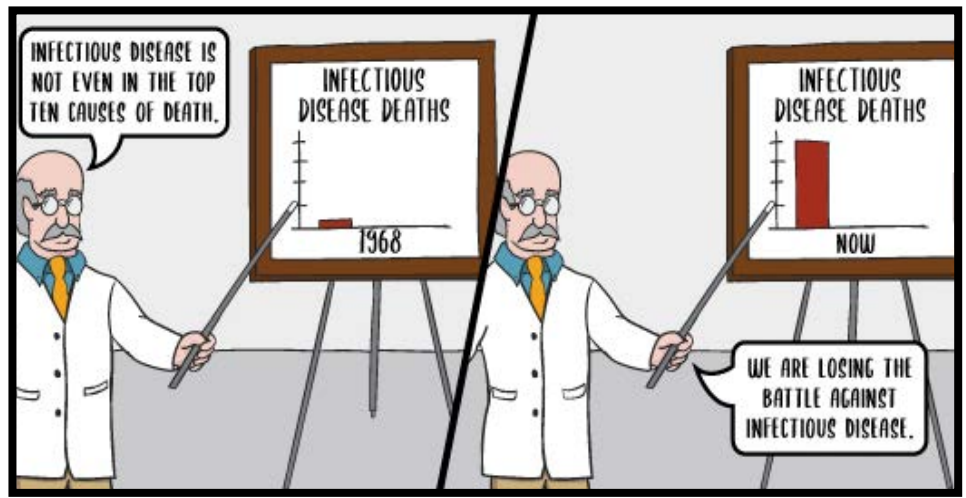
We wish this was a joke, but the epidemic should be evaluated by you and everyone you know. Infectious disease was nearly eliminated over half a century ago. Now it's the second leading cause of death.<sup>3</sup>

**In 1968, infectious disease wasn't even in the top 10 causes of death in the U.S.<sup>4</sup> Now it is the cause of 1 in 4 deaths across the entire globe.<sup>3</sup>**  
This is not acceptable. This technological age is inundated with manipulated



graphs and statistics. We've become overloaded with misdirection and veiled lies, leading to a lack of concern. Infectious disease is a plague--a plague no amount of antibiotics or emergency treatment can help once you reach the point of no return. This shouldn't be the reality we live in.

The truth is this plague is already here. Still, we believe the will be wiped out in time. More people will take responsibility for their health than those who won't. Infectious disease isn't a matter of survival; it's a matter of taking the right steps to minimize its impact on our lives.



## CAUSE #1: ANTIBIOTIC ABUSE

You may know of someone who had an infection and a normal dose of antibiotics that either didn't work well, or not at all. All too frequently it takes an almost lethal dose to get rid of infectious bacteria. Maybe you

know of someone who died because said bacteria couldn't be stopped.

Antibiotic discovery and use is not the problem. They have saved countless lives over the years. It is

their abuse that is the problem. This situation has been created by both the uneducated public and, sadly, doctors. Widespread misuse is getting worse with each passing year.

### SUPERGERM CREATION

Antibiotic means "against life." Antibiotics are meant to do just that: destroy live bacteria. The downside is that they kill good bacteria, too. What's worse, if the antibiotic doesn't kill all the bad bacteria, the survivors become stronger and resistant to it.

decades ago, penicillin was virtually 100% successful in treating infections. As bacteria has adapted and evolved, scientists have had to increase the strength and change the penicillin strain. **There are now over 300 varieties of antibiotic penicillin.**<sup>5</sup>

In just one year the number of U.S. cases of bacteria strain resistance to penicillin doubles.<sup>6</sup>

**Doctors are using extremely high doses of antibiotics on people today that were used only on elephants 20 years ago.** Even the inventor of antibiotics, Alexander Fleming, cautioned us against their overuse from the beginning.<sup>7</sup>

**ANTI** = *against*  
**BIOTIC** = *life*

*Antibiotics destroy bad and good bacteria*

These bacteria are called supergerms, which now require stronger, more potent antibiotics to kill them. This adaptive phenomenon is called protective assimilation.

Harmful bacteria are alive, just like us humans. We adapt and try to survive under great adversity, as does bacteria.

Take penicillin for example. A few

Many doctors believe we are creating more supergerms than antibiotics. Each new antibiotic brings to life literally millions of supergerms.



In 1981, Nobel Prize winner and Harvard professor Walter Gilbert stated, "There may be a time down the road when 80 to 90% of infections will be resistant to all known antibiotics."<sup>8</sup>

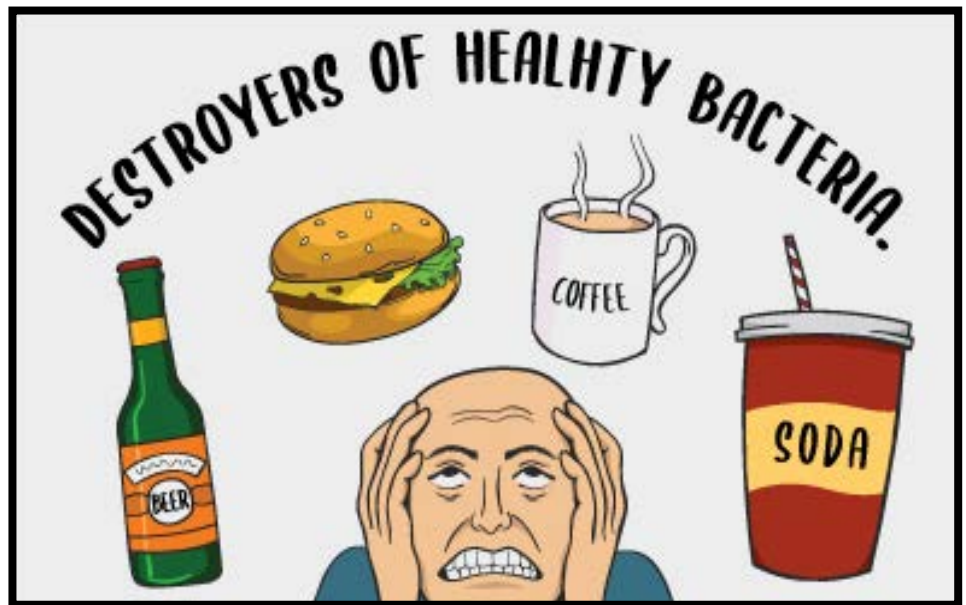
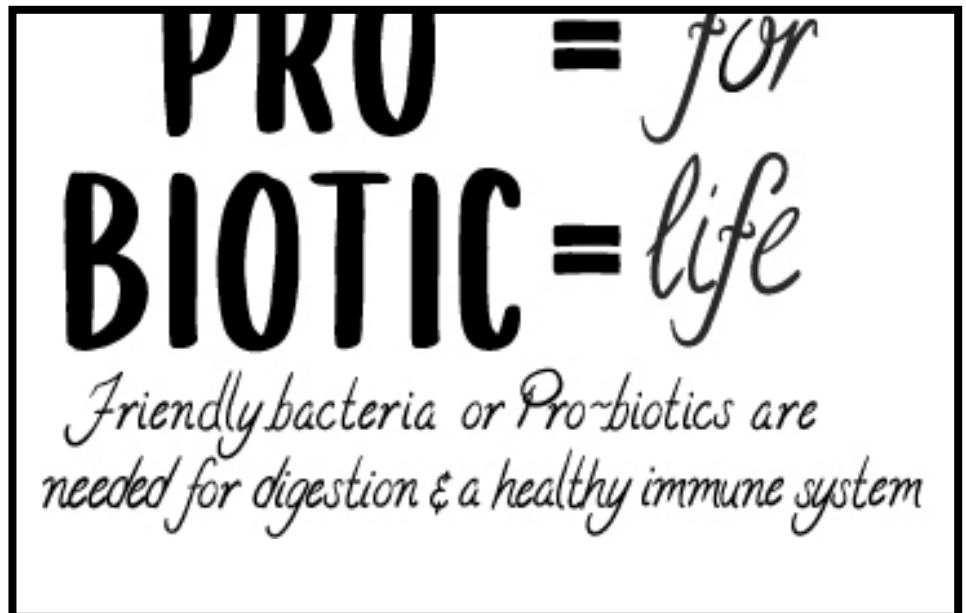
**That time has already come.**

The problem with antibiotics is not just the creation of supergerms. They also kill immune-building friendly bacteria, also known as probiotics.

Since antibiotics destroy all types of bacteria, they leave a behind a literal wasteland of vacant tissues and nutritionally hurting organs. These devastated sites are now open to be colonized by ANY new bacteria, be it probiotic or pathogenic.

New infectious diseases can be created from this process.<sup>9</sup> **It is critically important to make sure the empty spaces are filled with friendly bacteria.** A normal, healthy adult is supposed to have about 3 lbs. of probiotics in their gut at all times. They are critical to fighting off infections and disease.<sup>10</sup> They serve as a natural antibiotic and strengthen our immune system.<sup>11</sup>

In addition to antibiotics, stress and acidic foods, like alcohol, sodas, coffee and antibiotic-fed meats destroy a body's supply of friendly bacteria.



## CAUSE #2: ANTACIDS & ACID BLOCKERS

What if you learned that you were inadvertently allowing harmful bacteria to enter your body by the billions to occupy those empty spaces?

If you take antacids such as Rolaid's® and Tums®, or acid blockers like Pepcid AC®, Tagament® and Zantac®, you are doing just that.

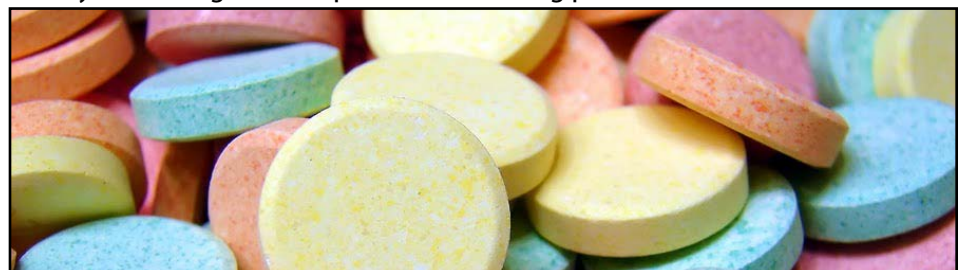
People take acid reducers to help with stomach discomfort and heartburn caused by indigestion. The problem is these pains are not

caused by antacid drug deficiencies. Indigestion stems from the non-digestion of food.

Said drugs work by either neutralizing stomach acids (antacids) or by blocking acid production

altogether (acid blockers). The acid in question is called hydrochloric acid, or HCl.

HCl serves two critical functions, both of them vital to stopping the rising problem of infectious disease.



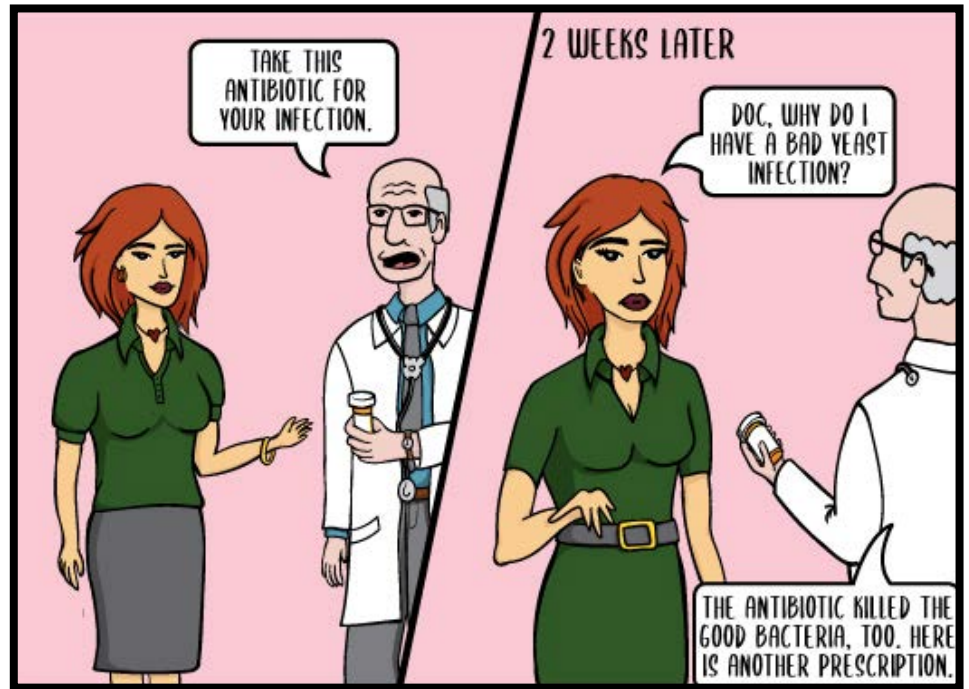
## CRITICAL FUNCTION #1:

HCl destroys harmful bacteria. These bacteria can enter with literally every breath we take, along with the all-too-prevalent typical American diet.

HCl is secreted in the stomach and destroys potentially harmful organisms that would otherwise be traveling, very much alive, into the rest of our bodies. These spaces should be inhabited by probiotics. Unfortunately, if HCL doesn't destroy the bad bacteria, numerous infections take root.

Many women understand this process all too well. The vast majority who've taken an antibiotic prescription later came down with a yeast infection. The antibiotic destroyed healthy bacteria in the gut, and a poor diet of processed sugars and white flour products weakened their system, making it easy for yeast bacteria to multiply.

Even though most yeast bacteria are not considered deadly, there is a general consensus among the medical community that frequent antibiotic use, along with the typical American diet, can transform harmless bacteria



into irritating and sometimes serious infections.<sup>12</sup>

***We are destroying our friendly bacteria through antibiotic overuse. We are then letting pathogenic bacteria into the stomach and intestines through the use of antacids/acid blockers. These factors, paired with a diet high in processed sugars, feed the bad bacteria and allows them to multiply exponentially.***

Today, we can see this triple threat as the deadly combination it is. It has manifested itself in the tremendous boom of infectious disease.

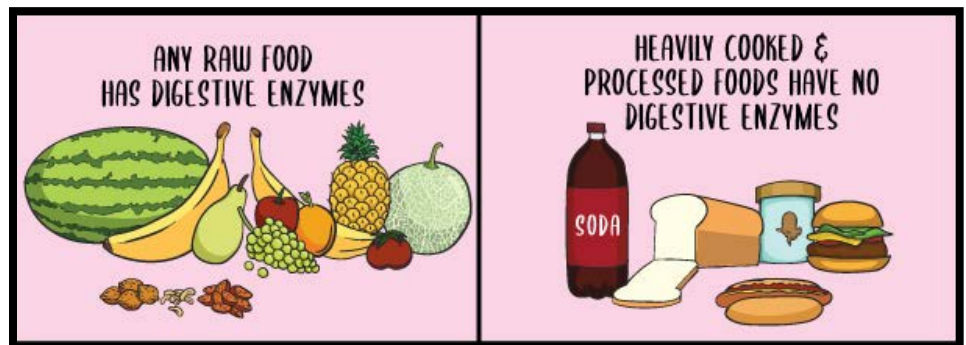
## CRITICAL FUNCTION #2:

HCl creates the appropriate acid/alkaline balance (pH) so digestive enzymes can fully activate to completely digest food. Antacids and acid blockers wreck the balance and stop enzymes from digesting food.

Indigestion almost always occurs from eating cooked and processed food, or not chewing raw food well enough to release their natural digestive enzymes.

Enzymes are present in all raw foods. They make it possible to easily digest food. Cooking meals over 118°F or consuming any processed food guarantees these enzymes, which naturally eliminate indigestion, are destroyed.

To put it simply: indigestion pain is



the discomfort caused by the non-digestion of food. The key to relieving it is by getting away from antacids and acid blockers, which stop digestion. You want to help your body complete the process of properly digesting food instead.

The simplest approach is to eat more raw food. Chew it thoroughly to ensure full release of natural enzymes. In addition, you will need to add back plant enzymes whenever you consume cooked and processed food.<sup>13</sup> This can be accomplished with the right kind of nutritional supplement.

Complete digestion not only eliminates indigestion and stops bacteria from getting a free pass into your system; it also allows food nutrients to be used for energy, vitality and immune system support. Stopping digestion with

antacids and acid blockers doesn't allow nutrients to travel into your cells. This creates low energy and foggy thinking. Moreover, billions of

pathogenic bacteria will colonize in your gut and intestines. Still, the fix is as simple as eliminating antacids and acid blockers from your life,

and resupplying your body with the digestive enzymes

## CAUSE #3: POOR FOOD CHOICES

**Our food choices are either creating an environment for healthy bacteria to survive OR a cozy home for pathogenic bacteria to flourish and cause disease. Which scenario is created is entirely up to you.**

Many poor food choices do two things:

1. Create an environment primed for infectious bacteria, and
2. Exacerbate the problem by kicking good bacteria out of their homes.<sup>14</sup>

You might think it's as simple as making necessary dietary changes. Just switch from all the harmful stuff to foods full of friendly bacteria. In essence, it is that simple. However, here in America in particular, we have an uphill battle. We are one of only a

handful of countries whose citizens are missing foods packed with probiotics as part of their regular diet.

If you live in Korea, you likely eat kimchi on a regular basis, a fermented cabbage recipe. In Japan, they have a fermented soybean dish called natto, along with a pure miso soup. All three foods are full of probiotics.

Europe is generously sprinkled with equally healthy foods. These include rakfish, a fermented fish, kefir, a fermented milk food, and sauerkraut--not the cheap American stuff in a can, which isn't fermented at all. All of these examples have been part of their respective cultures going back countless generations.

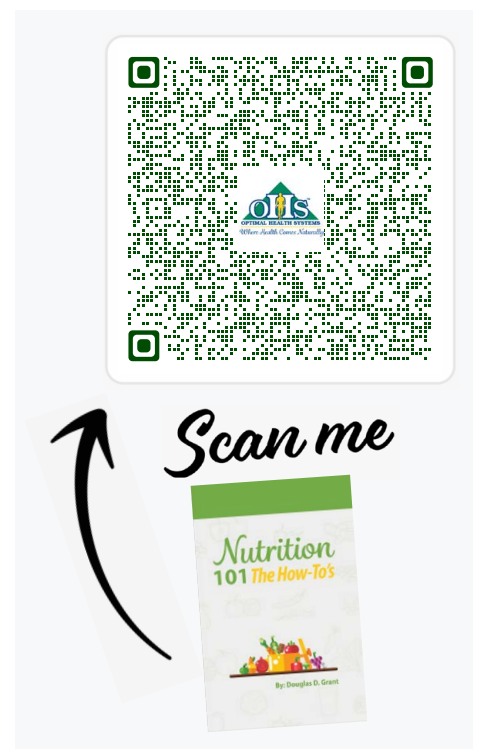
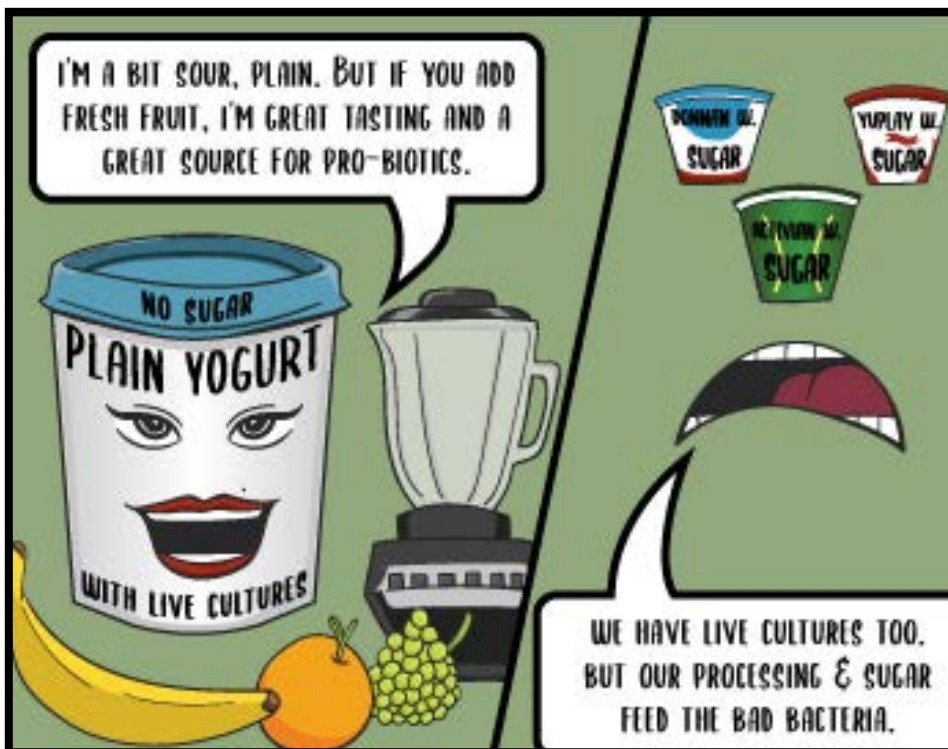
Some people claim that a lot

of Americans consume probiotics regularly from yogurt. While some yogurts have probiotics in them, most contain added sugars that feed pathogenic bacteria. Sugar is their main food source.

It's ironic that the very thing that should be healthy for you only exacerbates the problem.

The best and safest option is to follow an eating plan that provides healthy foods. A complete eating plan includes options for when eating out.

**To help you navigate the grocery story and eating out, please see our short Nutrition 101 ebook (available on Amazon). We also have a guided meal plan available on demand.**



# PUTTING IT ALL TOGETHER

Infectious disease has risen from obscurity to the second leading cause of death in the world, all without the public taking serious notice. Even the bomb drop from the CDC warning us that we're losing the battle against supergerms hasn't galvanized the public into action.

The unchecked use of antibiotics is creating a wasteland inside our bodies, destroying probiotic bacteria, which is known as our second immune system. Antacids and acid blockers stop

HCl, allowing billions of pathogenic bacteria to take over while stopping you from properly digesting food. Together antibiotics and antacids/acid blockers create the ideal environment for bad bacteria to settle down and multiply. On top of all this, our poor food choices further destroy good bacteria.

**Infectious disease has gone from claiming less than 1 per 100,000 people year to 1 in 4 in just 50 years.**

Now for the good news...

We at OHS are committed to providing you with the solution to this plague. There are specific actions you can take to virtually eliminate your risk and end this epidemic. To further extend our commitment and partnership with you, we will not only give you the steps to follow, but also a **FREE Nutrition Guide** to help you move forward.

## THE 4-STEP PLAN TO ELIMINATE INFECTIOUS DISEASE

**1 USE ANTIBIOTICS SPARINGLY,** and only in emergency situations. If you are going to take an antibiotic for a bacterial infection, here is what you can do to lower your risk for perpetuating the plague:

- A) Ask your doctor to take a culture sample to find out what bacterial infection you have.
- B) Ask your doctor to show you the literature on the antibiotic s/he has prescribed.
- C) Completely finish the entire prescription. If you don't, you'll be creating more supergerms because antibiotics have only killed the weakest bacteria up to that point.
- D) Immediately after taking the prescription, do a Flora Blitz (see pg. 8) to repopulate your healthy bacteria levels.

## 2 DO NOT TAKE ANTACIDS OR ACID BLOCKERS

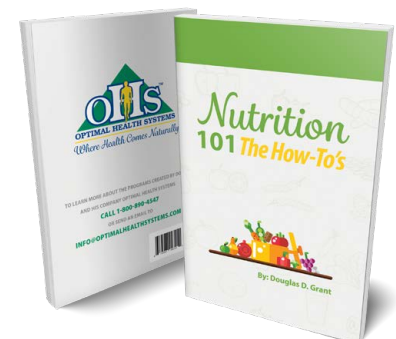
If you experience indigestion or heartburn, make the conscious choice to fully digest your food to eliminate any discomfort. Remember: antacids and acid blockers only treat the symptoms and not the cause, which halts the digestion process and does nothing to prevent indigestion from happening again.



## 3 EAT FRESH FOODS IN A BALANCED APPROACH.

This is where that free nutrition guide comes into play. The information is a helpful tool with providing nutritional guidelines, healthy recipes, and helpful hints on how to maintain a balanced, nutritious diet. It is designed to provide you with sound nutritional principals that help

you achieve marked improvements in your overall health and wellbeing. If you want a deeper look, we highly recommend you grab a copy of *Nutrition 101: The How-To's*.



# 4 TAKE A PLANT ENZYME AND PROBIOTIC-BASED DIGESTION FORMULA ON A DAILY BASIS. ALSO BLITZ YOUR BODY WITH STABILIZED PROBIOTICS EVERY THREE MONTHS AND AFTER ANY ANTIBIOTIC USE.

Because of a diet dominated by cooked and processed foods, we are eating an enzyme- and probiotic-deficient diet. If you choose to eat such foods, you should add back what was lost. The benefits go far beyond just fighting off infectious disease.

## WHAT TO DO TO ELIMINATE HEARTBURN & INDIGESTION

### Thoroughly chew your food.

When you would normally swallow your food, chew it again that much more. This helps predigest food and significantly reduce the chance of indigestion.

### Don't eat late at night.

Eating late makes it harder for your body to digest food because it wants to sleep, but it can't if it's still busy digesting food.

### Strengthen your abdominal muscles.

Your food needs to be churned properly to be digested. Your stomach muscles are your body's mixer. The stronger they are, the better your food is digested.

### Take a digestion formula.

Before you eat food that usually gives you trouble, take a digestion formula that can prevent indigestion. Said formula also allows your stomach juices to destroy pathogenic bacteria, as intended.

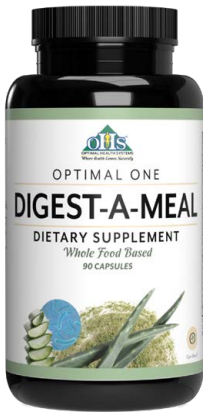
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Over 20 years ago, OHS created the first ever complete plant enzyme digestion formula that contained every enzyme needed to guarantee complete digestion of all foods. A few years later, OHS was again the industry leader by being the first entity to combine patented stabilized Probiotics and minerals in the same digestion formula. Today, Optimal 1 Digestion™ is still the leading whole food digestion formula. It guarantees the digestion, absorption and utilization of all foods.

## CONCLUSION

Please be smart about antibiotic use. Completely finish your digestion process, instead of blocking it with antacids. Add friendly flora and digestive enzymes to your diet every day by consuming raw and fermented foods, and supplement your diet with enzymes and Probiotics whenever you eat cooked and processed foods. Eat balanced meals and minimize how much of that is processed by following the advice in the Nutrition Guide. You will lower your own risk of infectious disease, along with help eliminate this epidemic altogether, creating one less host for contagions to get ahold of. Our commitment to you is to keep you informed on the latest statistics and research, along with whole food supplements with ingredients that help you along the way.

# OPTIMAL 1 DIGEST-A-MEAL

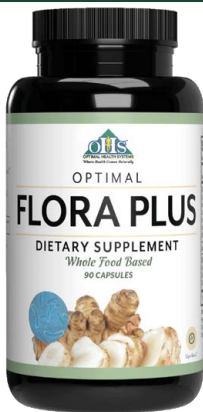


The most complete digestion formula containing a full lineup of digestive enzymes, patented organic minerals, and friendly flora. The ingredients in this formula break food down into usable nutrients, delivering them and making it possible to be metabolized and used.

**Dosing:** Take 0-2 capsules right before each meal

- 0 capsules if your meal contains only organic raw foods
- 1 capsule if your meal contains some cooked or processed foods
- 2 capsules if your meal is over 50% cooked or processed foods

# OPTIMAL FLORA PLUS



The only probiotic formulated with all 9 strains of flora that are patent-proven to withstand the acidity and temperatures that destroy most flora supplements. The ingredients support intestinal health, improve digestion, and fight against toxins and infections.

**Dosing:** Take 1 capsule per day for regular maintenance

**When Blitzing:**

Take 4 capsules three times per day with meals, until the bottle is empty

## Knowing if you need supplementation beyond enzymes and Probiotics:

If you want to know if your intake of vitamins, minerals and antioxidants are where they should be,

**CALL US AT 1-800-890-4547**

and request a walk-through of our Daily Nutrient Assessment Guide. This takes only a few minutes and will tell you exactly what you need based on your lifestyle and dietary choices. As your health and lifestyle improves, your supplement needs go down. That is the way it should be.

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