

NIGHTMARE BACTERIA

Studies show the misuse of antibiotics has created nightmare bacteria and a defenseless immune system.

Courtesy of



When we get sick, we want to get un-sick as fast as possible. Sometimes we resort to drastic measures in hopes of turning our health around. And sometimes these measures make things worse in the long run, including the creation of nightmare bacteria.

Nightmare bacteria are virtually untreatable and capable of spreading genes that make them impervious to most antibiotics.¹

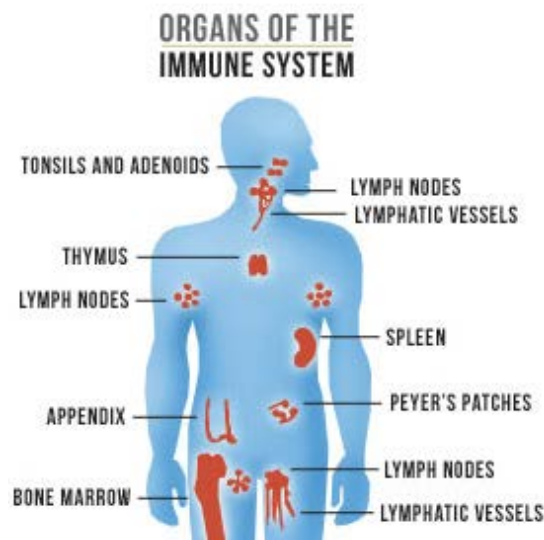
"Inappropriate overuse of antibiotics is and has been a major factor," said Dr. Lance Price, who directs the Antibiotic Resistance Action Center at George Washington University.² This includes giving patients prescription antibiotics for viral infections.

Maybe it's in our human DNA to take on the kill-all approach when it comes to our fight for survival. Antibiotics work, in a sense (when appropriately prescribed and taken correctly). The problem is that they indiscriminately kill all forms of bacteria they encounter, both good and bad.

The bacteria in our gut function as our second immune system. So, if you get a bacterial infection, then treat it with antibiotics, you wipe out both the infection and your secondary immune system (your gut), making you prone to getting sick again. The most extreme version of this scenario is when a person takes a huge dose of antibiotics called azithromycin, better known as the Z-Pak.

Side effects of this product include upset stomach, diarrhea, nausea, vomiting, and abdominal pain. Starting to see the connection between your gut and your overall health? Less likely but serious side effects include hearing changes, eye problems, difficulty speaking/swallowing, muscle weakness, and signs of liver problems.³

Research has also uncovered that azithromycin can trigger a potentially deadly irregular heart rhythm for some. In 2013, the FDA said, "The pills can cause abnormal changes in the heart's electrical activity that may lead to a fatal heart rhythm. Not everyone is at risk."



THE IMMUNE SYSTEM

Your immune system defends you from millions of bacteria, microbes, toxins, and parasites on a daily basis. In most cases, we're completely oblivious to its subtle, intricate work until we get sick or experience unpleasant side effects, like vomiting or allergic reactions, or more severe reactions, like asthma or diabetes.

Your immune system includes your skin, saliva, tonsils, lymphatic system, bone marrow, spleen, stomach acid, and digestive system. All these work in concert to keep you healthy. However, there are a lot of things you can do to weaken it.

ARE YOU DESTROYING YOUR OWN IMMUNE SYSTEM

The following habits take a toll on your health:

- Chronic stress
- Excess consumption of sugary foods
- Excess consumption of processed foods
- Excess consumption of alcohol
- Not getting enough sleep
- Significantly overweight
- Not getting enough exercise
- Taking antibiotics or antihistamines
- Poor hygiene
- Smoking
- Frequently dehydrated

KNOW THE SIGNS OF A WEAKENED IMMUNE SYSTEM

- Fatigue
- Mild fever
- Headaches
- Rash
- Joint aches
- Frequent illness
- Patchy hair loss
- Skin problems
- Unexplained weight change
- Yellowing of skin or eyes



All those habits take a toll on immune function because of all the nutrients they burn through in an attempt to maintain equilibrium.

Stress has a habit of depleting B vitamins and the essential minerals manganese, magnesium, and potassium, which spells cognition problems and a weakened immune system.

Eating and drinking the wrong things, along with poor health habits destroys your gut flora, the good bacteria coming to your defense. Just like

your body, your gut flora need the right nutrients to thrive. Bad bacteria subsist on sugar and other junk food.

Not getting enough sleep affects you all the way to the cellular level, making your immune system sluggish. Even a modest disturbance of sleep produces a reduction of natural immune responses and T cell cytokine production.⁴

Hygiene is tricky because you can both overdo and under-do it. If you protect yourself in a sterile environment, your immune system can't exercise, but if you don't help it by brushing your teeth and so on, it can get overwhelmed.

Hydration creates a cascade effect of health problems when you're frequently dehydrated. Water is used to flush out toxins, waste, and even harmful invaders. Since hydration, energy levels, and even the ability to sleep go hand-in-hand, they all work together for better or worse for your health.

OPTIMAL NATURAL Z-PAK A MASSIVE IMMUNE BOOST

YOUR ARMY OF RESEARCH PROVEN INGREDIENTS

Instead of the kill-all antibiotic approach, this formula provides a blend of colostrum, echinacea, beta glucan, DDS-1 lactobacillus, acidophilus, and enzymes that act as antimicrobials. These nutrients assist the body in its defense against viruses, fungus, and pathogenic bacteria.

Since viral infections take a different approach than bacteria, it takes a different blend of nutrients. Ingredients like L-Lysine, predigested glandulars, green tea, elderberry, olive leaf, garlic, and echinacea have been proven to help fight off viruses and bacteria, providing a natural yet powerful, holistic boost to your body's defenses.

One of the best nutrients you can provide your body during times of illness (and preferably every day) is vitamin D. Hundreds of studies back its efficacy when it comes to overall and immune health. However, we haven't isolated vitamin D because it works best when paired with vitamin K2 and CoQ10. They work together to get nutrients to the right places and this pack provides them in whole food form.



Since your body is stressed from illness and you're feeling stressed, your cortisol levels are probably elevated. If you stay stressed for too long, your immune function takes a dip. Predigested ashwagandha, bacopa monnieri, panax ginseng, organic magnesium, zinc, selenium, chromium, turmeric and more have been proven to reduce cortisol levels caused by stress, help boost energy

levels, and help your body and mind bounce back.

When we talk to both doctors and patients about health, we always like to make sure the basics are covered. This Pak includes 24 essential whole food vitamins and patented organic minerals to get you on the path to healing.

HABITS THAT STRENGTHEN YOUR IMMUNE SYSTEM

- Eat plenty of fruits and vegetables, and consume probiotics
- Take time to unwind
- Moderate (or eliminate) alcohol consumption
- Laugh more
- Spend more time out in the sun
- Get at least 8 hours of quality sleep each night
- Get exercise (at least a 20-minute walk per day)
- Minimize prescription use
- Quit smoking
- Drink plenty of water



THE HEALTHY CHOICE

So, when you get sick, you have a choice between a kill-all approach, or an immune-boosting approach. Work against how your body functions, or aid the natural course of things. Both the drug and whole food herb ingredients in the natural Z-Pack are research-proven to take about the same amount of time to be effective but produce drastically different long-term results. Make sure you have a natural Z-Pak in your medicine cabinet to "naturally" be ready.

OPTIMAL NATURAL Z-PAK

This Pak works by tapping into how your body naturally fights off pathogens and other foreign invaders. When your front line of defense fails (skin, sweat, mucous, etc.), it's up to your gut and white blood cells to come to the rescue.

The Optimal Natural Z-Pak loads your bowels up with over 21 billion CFU of flora, including our patented acid stabilized probiotics. This guarantees any bad bacteria that made it past your stomach are seriously outnumbered. With the microbial battle in the good guys' favor, your army of friendly flora can wipe out what's making you sick.

In addition to all that friendly flora, we have combined over 50 nutrients in carefully calculated amounts so they synergistically work together and give your immune system a massive boost.



NATURAL Z-PAK

| Product Name | Qty |
|----------------------------------|-----|
| 1 Whole Food Vitamin Mineral | 30 |
| 1 Cort Adrena | 30 |
| 1 DAK1K2 | 30 |
| 1 Opti-Immune-VRL | 30 |
| 1 Flora Plus | 30 |
| 1 20 billion CFU Probiotic Blend | 30 |
| 1 Defense | 30 |

Supplement Facts

Serving Size: 1 Packet ~ taken 3 times daily morning, noon and evening preferably with meals for 10 days

Servings Per Container: 30

| Amount Per Packet | % Daily Value* |
|--|----------------|
| Vitamin A (whole food cultured†) | 4917 IU 328% |
| Vitamin C (whole food cultured†) | 79 mg 88% |
| Vitamin D (whole food cultured†) | 133 IU 17% |
| Vitamin D3 (whole food cultured†) | 1400 IU 175% |
| Vitamin E (whole food cultured†) | 13 IU 58% |
| Vitamin K1 (Phytomenadione) | 10 mcg 8% |
| Vitamin K2 (whole food cultured†) | 80 mcg 67% |
| Vitamin B1 - Thiamine (whole food cultured†) | 500 mcg 42% |
| Vitamin B2 - Riboflavin (whole food cultured†) | 670 mcg 52% |
| Vitamin B3 - Niacin (whole food cultured†) | 7 mg 44% |
| Vitamin B6 - Pyridoxine (whole food cultured†) | 11 mg 647% |
| Vitamin B9 - Folic Acid as Folate (whole food cultured†) | 130 mcg 33% |
| Vitamin B12 - Methylcobalamin (whole food cultured†) | <10 mcg 375% |
| Vitamin B7 - Biotin (whole food cultured†) | 100 mcg 333% |
| Vitamin B5 - Pantothenic Acid (whole food cultured†) | 3 mg 67% |
| Calcium (Calcium Bisglycinate) | 175 mg 14% |
| Iron - Ferrochel® (Ferrous Bisglycinate) | 6 mg 33% |
| Kelp (Iodine) | 50 mcg ** |
| Magnesium (Magnesium Bisglycinate) | 82 mg 20% |
| Zinc (Zinc Bisglycinate) | 18 mg 164% |
| Selenium (Glycinate Complex) | 30 mcg 55% |
| Copper (Copper Bisglycinate) | 680 mcg 76% |
| Manganese (Manganese Bisglycinate) | 3 mg 130% |
| Chromium (Nicotinate Glycinate) | 60 mcg 171% |
| Molybdenum (Molybdenum Glycinate) | 30 mcg 67% |
| Potassium (Glycinate Complex) | 12 mg <1% |

Continued

Supplement Facts

Continued

| Amount Per Packet | % Daily Value* |
|--|---------------------|
| Phosphatidylcholine | 100 mg ** |
| Colostrum (30% IgG) | 75 mg ** |
| VRL Proprietary Blend: | 75 mg ** |
| Lycopene, Green Tea Extract Camellia sinensis-98% polyphenols, 80% catechins, 45% EGCG), Broccoli Extract 5% Glucoraphanin. | |
| Immune Complex (Turmeric, Olive Leaf Extract, Shiitake Mushroom, Maitake Mushroom, Goldenseal, Green Tea Extract, Oregon, Anise, Elderberry, Licorice DGL, Lemon Balm). | 73 mg ** |
| Ashwagandha Extract (Phytochem) | 65 mg ** |
| Astragalus | 59 mg ** |
| Jerusalem Artichoke | 50 mg ** |
| Opti Blend™ Delivery System (Amylase, Protease I & II, Lipase, Invertase, Maltase, Cellulase, Lactase, Phytase, Zinc, Copper, Manganese and Molasses). | 36 mg ** |
| Echinacea Purpurea | 38 mg ** |
| Ginseng | 38 mg ** |
| Magnesium Glycyl Glutamine | 25 mg ** |
| Whole Glucan Particle | 4 mg ** |
| Anti-microbial Enzymes | 23 mg ** |
| Licorice | 15 mg ** |
| Holy Basil | 10 mg ** |
| Pomgranate Extract | 10 mg ** |
| Rhodiola Rosea (Rosavin) | 10 mg ** |
| Lymph, Parotid, Spleen, Thymus (from Bovine) (Argentina) Pre-digested | 10 mg ** |
| L-Tyrosine | 8 mg ** |
| Black Strap Molasses | 7 mg ** |
| Curcuminoids (from Turmeric Root) | 5 mg ** |
| Beta Glucan | 4 mg ** |
| †Proprietary Whole Food Cultured Media Blend ORGANIC VEGETABLE BLEND: Yeast, Pea, Oat Bran, Red Pepper, Carrot, Broccoli, Cucumber, Beet, Okra, Wild Yam. VITAMINS: Vitamin D3 (cholecalciferol), Vit K2 (Menaquinone-7). ORGANIC FRUIT BLEND: Wild Blueberry, Apple, Raspberry, Strawberry, Cranberry, Grape, Orange, Raspberry Seed, Blackberry, Bilberry, Tart Cherry, Cinnamon, Pomegranate, Black Currant. PROBIOTICS: L. Plantarum, Lactobacillus Acidophilus, Bacillus Coagulans, Bifidobacterium Bifidum, B. Lactis, L. Bulgaricus, L. Salivarius, Enterococcus faecium, Streptococcus Thermophilus. | 3 mg ** |
| Patented Stabilized Heat | 21 Billion CFU ** |
| Resistant Probiotics (DDS-1™ Lactobacillus Acidophilus, B. coagulans, Lactobacillus plantarum, Bifidobacterium bifidum, Bifidobacterium lactis, Enterococcus Faecium, Lactobacillus Bulgaricus, Lactobacillus salivarius, Streptococcus Thermophilus, Lactococcus lactis, Lactobacillus paracasei, Marine Polysaccharide Complex, Fructooligosaccharide). | |
| Patented Stabilized Heat | 1.25 Billion CFU ** |
| Resistant Probiotics (L. Plantarum, Lactobacillus acidophilus DDS-1™, Bacillus coagulans, Lactobacillus bulgaricus, Bifidobacterium bifidum, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus, Bifidobacterium lactis) | |

*Percentage US Recommended Daily Value For Adults.

**Daily Value Not Established.

Other ingredients: Rice Flour and Rice Hull Concentrate, L-leucine, vegetable capsule (plant cellulose and water).

REFERENCES

- <https://www.nbcnews.com/health/health-news/nightmare-bacteria-are-trying-spread-u-s-cdc-says-n862436>
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These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.