

# HOW SAFE IS YOUR FOOD?

Chemically processed foods are the biggest factors behind the obesity epidemic and rise of disease around the world.

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## NOT ALL FOODS ARE PROCESSED EQUALLY

As the cost of medical care rises, food allergies grow increasingly more common, and health issues more prevalent. Society is learning how all these health issues circle back to how we process food before it hits grocery store shelves, or is delivered to you in a hot paper bag emanating the aroma of greasy food. All that processing and use of unnatural GMOs is, quite frankly, killing us from the inside.

Chemically processed foods are the biggest factors behind the obesity epidemic and rise of disease around the world. Ample research and data show a direct correlation between a decline in health when processed foods are added to a person's lifestyle. Humans aren't suddenly becoming more prone to illness and disease because of genetics or anything along those lines. It's the change in diet creating this problem.

## KILLER CHEMICAL CONCOCTIONS

You're probably aware of several of the top threats to your health, like sugar, high fructose corn syrup, and any ingredient with too many syllables for you to string together and pronounce (a.k.a. artificial ingredients). Such ingredients are everywhere and in just about everything. It's become the norm. And now developing all sorts of health problems has become the norm as well. The real question is WHY are all these chemicals so harmful?

Let's go over a few examples.

**Sugar:** the "white death." We know it's nutritionally worthless but society has been ensnared by its addictive properties. Society has tried to step away from sugar by creating artificial sweeteners, like Sucralose and aspartame, but they're much more deadly and can cause the same exact health issues, including the world's leading killers: heart disease and cancer.

On top of that, they increase your risk of major autoimmune diseases.

Both artificial and cane sugar can lead to premature aging, weaken your immune system by destroying your gut flora, weaken muscles, and induce obesity and diabetes, and more. The more chemically processed the sugar, the deadlier it becomes.

**Artificial ingredients:** in other words stuff added just to extend the shelf life of a product, or give it a specific color, flavor, or texture. These ingredients have nothing to do with a food's overall nutritional value; it's all about presentation and preservation.

When it comes to your health, they wreak havoc both mentally and physically, having been linked to depression, behavior issues, allergies, digestive problems, genetic defects, cancer, and more. This has led to many

artificial ingredients getting banned around the world.

**GMOs:** the side of this natural process you won't find in nature. Genetic modification (a.k.a. part of adaptation) is a natural part of life, a part of survival. The GMOs shown to be harmful happen in biotech labs. Cross-pollination is a natural process, but splicing plant genes with animal ones is not, and that's where our bodies are reacting negatively.



Research has proven a link between GMOs and organ damage, immune system disorders, accelerated aging, infertility, and more. These health issues are created by indigestible debris left behind inside our bodies, causing it to linger and trigger the aforementioned health issues.

## THE NUTRIENT DEFICIT & METABOLIC PLUNGE

Another facet of all that is the empty nutrient crater processing and genetic modification leaves behind. Processed foods are low in nutrient content, despite what labels say. Your body knows the difference between organic and synthetic vitamins.

The former is far more intricate and detailed than what we know how to create in a lab. All those missing pieces in processed foods create a nutrient vacuum as your body tries to make up for what synthetic ingredients lack.

This means vitamins and minerals are used up to help digest and remove processed food from your system, instead of help keep you healthy.

Fiber is also missing from that nutrient crater, which means you digest food faster and grow hungry more frequently, which leads to overeating, weight gain, and so on. You get the picture. It takes only about half the energy to digest processed foods as it does whole foods.



In place of nutrients and fiber is a stew of refined carbs and unhealthy fats. Refined carbs are broken down so quickly that they create spikes in insulin and sugar levels, which most commonly leads to obesity and developing diabetes.

While you need fats in your diet, you need the right kind, which come from whole foods, like nuts and

avocado. Hydrogenated oils/fats saturating processed foods have an overwhelming amount of research showing they lead to heart disease.

All together, this may mean your diet needs a major overhaul. However, it doesn't have to be complicated. You can start by changing up one thing: adding one serving of a clean protein powder to your meal plan every day.

# 3 REASONS TO USE ORGANIC PROTEIN POWDER

## 1 PROMOTES WEIGHT LOSS

One of the best reasons to use organic protein powder is to promote and regulate weight.

Skeletal muscle (the big muscles in your body) consume a lot of energy, even if they aren't being used. This energy consumption helps regulate your overall metabolism or basal metabolic rate. Your basal metabolic rate is the amount of calories you burn while sleeping, resting, thinking,



breathing, eating, etc. This number is very important for weight loss and contributes more to the weight loss equation than any other factor. This makes maintenance of muscle mass a top priority if weight loss is your goal.

Adequate protein intake means taking in a sustained amount of protein throughout the day. Using protein powder allows you to closely tune the amount of protein intake you consume and adjust it as necessary.

## 2 LESS SIDE EFFECT (DAIRY FREE)

Another important benefit to using organic protein powder is that it tends to be well tolerated, especially when compared to other sources of protein. Many people (especially those

with sensitivities to milk proteins) tend to react with bloating, gas and/or skin reactions when using whey based protein powders. These side effects can be reduced by using high



quality organic based plant protein powders.

## 3 BETTER FOR PEOPLE WITH HYPOTHYROIDISM & HASHIMOTO'S THYROIDITIS

For many of the reasons listed above patients with thyroid related issues should seriously consider the use of plant based protein over traditional whey based protein powders.

Patients with hypothyroidism tend to have problems with digestion (due to decreased stomach acid), weight gain (due to reduced metabolism), sensitivities (from altered immune function) and inflammation. Using organic sources of plant based protein can help reduce or eliminate many of the problems associated with digestion of animal

protein (especially whey) in thyroid patients.

Remember: Many cases (up to 90% depending on the study) of hypothyroidism are actually caused by an autoimmune disease known as Hashimoto's thyroiditis. Hashimoto's is an autoimmune disease and there is a connection between Hashimoto's and other autoimmune diseases such as Celiac disease. The point here is that many people attempt to go gluten free and/or dairy free only to be sabotaged by the type of protein powder that they use.

## Cleaning up your diet and your health?

How do you break free of your processed food addiction? How do you start eating cleaner and reversing this dire situation? And yes, it can be reversed.

Start with eating whole foods. Shop almost exclusively along the perimeter of a grocery store, and supplement with whole food nutrients to help speed up the recovery process.

# COMPLETE NUTRITION PLUS

**Optimal Complete Nutrition Plus** is the cleanest, most nutrient-balanced, purest, and the ONLY hypo-allergenic high protein formula available. It is the first and only protein-rich whole food powder to combine gluten-free, dairy-free, soy-free, and GMO-free carbohydrates, proteins, and essential omega fats into one formula.

All foods are sourced for purity and nutrient density. And since the formula is hypo-allergenic, this means it does **NOT** contain the 8 most common allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.

The carbohydrates we deliver to you come from over 35 fruits and

vegetables that have been specifically cultivated to provide powerful, pure complex carbohydrates to fuel the body. No processed carbohydrates are in this formula. This provides great benefits for your skin and heart while encouraging processed fats that lead to obesity to be expunged.

Complete Nutrition Plus also contains a perfect blend of vegetable proteins that create a balanced amino acid profile, along with essential fatty acids found in flax seeds, which are essential fats that govern growth, vitality, and mental state.

**Dosing:** Taking Complete Nutrition Plus once a day guarantees at least one meal full of nutrient-dense, hypo-allergenic, and easy-to-digest array of wholesome nutrients.



Supplement Facts	
Serving Size 1 Scoop (24g)	Servings Per Container 30
Amount Per Serving	% Daily Value
<b>Calories</b>	125
<b>Calories from Fat</b>	9
<b>Total Fat</b>	1 g
<b>Saturated Fat</b>	0
<b>Cholesterol</b>	0
<b>Total Carbohydrate</b>	9 g
<b>Dietary Fiber</b>	2 g
<b>Sugars</b>	<1 g
<b>Protein</b>	17 g
<i>Naturally occurring raw plant enzymes for pre-digestion and cellular delivery.</i>	

**INGREDIENT LIST:** Brown Rice Protein, Banana, Apple Fiber, Carrot Fiber, Amaranth, Millet, Quinoa, Buckwheat, Flaxseed, Vanilla Flavor, Spinach, Blueberry Fiber, Cranberry Fiber, Mango, Pineapple, Stevia Extract, Chia, Carrot, Green Coffee Bean Extract, Green Tea Extract, Broccoli Sprout, Onion Extract, Apple Extract, Quercetin Extract, Silica, Tomato, Broccoli, Carrot, Camu Camu Juice Concentrate, Acerola Juice Concentrate, Acai, Basil, Garlic, Oregano, Turmeric, Cinnamon, Elderberry, Mangosteen, Black Currant Extract, Blueberry Extract, Sweet Cherry, Raspberry, Chokeberry, Blackberry, Kale, Beet Juice, Daikon Radish Sprout, Alfalfa Sprout, Sunflower Lecithin, Bilberry Extract, Brussels Sprout.

## REFERENCES

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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.**