

Why do we feel so tired? Is there a way to regain the energy of our youth?

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Using knowledge about cars to help your body. 2

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... Energy is not found in any magic prescription or vitamins or miracle juice...

Energy is found in the optimal supply of the raw materials of life—food—ALL the nutrients the body needs, not just some.

Don't we all stand in awe of people who have seemingly boundless energy?

Unfortunately, for most people, abundant energy vanishes with childhood.

It was that way for Kent Hinkson, who at 48 yrs of age already felt like he was 100+.

In Kent's own words, "I woke up tired in the morning... stayed tired all day long... went to bed exhausted, but couldn't sleep well... and had only rare moments of feeling satisfied with my life because I just didn't have any energy. And this was in spite of exercising, taking loads of vitamins, miracle energy juices, and prescription medications to induce sleep and to combat depression."

Luckily, Kent found a nutritional approach to life... that in less than a year recreated in himself an abundance of energy. After 18 months of following this nutritional approach to having energy, Kent feels like he's rolled the clock back 30 years or more, in terms of his energy level and health.

Kent is not alone, thousands of people are making the same discovery... that energy and health can be regained through a nutritional approach to wellness that involves eating a wide vari-

ety of foods. Modern technology provides a way to eat thousands of food nutrients in a single serving of delicious **food**. **We'll show you how to do this.**

In the effort to feel good, many people resort to stimulants (whether drugs or herbs), anti-depressant chemicals, hormones... positive thinking, etc.... but these do not create wellness and energy, but rather they prop the body up artificially for brief amounts of time.

People also try to find wellness in vitamins... but energy does not come from vitamin isolates—it is found in the raw materials of life—**food**. Foods provide ALL the nutrients the body needs, not just some.

The fact that non-food methods don't work is plainly evident. Americans spend more than the rest of the world combined on iso-vitamins, drugs, and faddish miracle supplements. For all our trying to get healthy from such methods, the health of Americans is the worst of any industrialized nation.

The truth is that energy comes from having optimum amounts of nutrients in our bodies. When our nutrient reserves are low... our energy is low also.

Why are children healthier and more energetic than adults?

Children receive large quantities of nutrients from their mother's bodies (while in the womb and while nursing). As mothers thus transfer nutrients to the child, a mother's body often becomes depleted of nutrients and her health worsens.



Because of the sacrifice of their mothers, children begin life with larger nutrient reserves than they may ever have again... that give them an abundance of energy. But, these nutrient reserves become depleted through time... especially with the poor diets children have today. Not too long after childhood (and in many cases during childhood) their health and energy become diminished because their nutrient reserves become depleted.

NUTRITIONAL RESERVES GIVE US OPTIMUM HEALTH

The quest for long-term energy and health is truly a quest to regain NUTRIENT RESERVES, like when we were a baby—not just some nutrients, but **ALL** the nutrients the body needs.

Maintenance is Everything

Nutrients are totally different than fuel—calories.

Nutrients are the raw materials from which the human body is both made and maintained.

For a car to achieve peak performance, the engine, drive train, etc. must be optimally maintained. Similarly, our body's cells must be maintained optimally if our body is to run well.

Cells of our body are built (and maintained) from thousands of individual nutrients (minerals, co-factors, enzymes, co-enzymes, protein, and fatty acids, etc.). **We need them all.**

When any of the 25,000 plus nutrients needed by our body's cells are missing from those cells... the cells soon do not work exactly right... and the result is similar to when a car engine cylinder becomes degraded... and stops firing properly—there is an energy loss. **Have you ever felt this in your body?**

The difference between car maintenance and human body maintenance is that **the human body has built in mechanics in each of its cells.** These mechanics will automatically maintain our cells in optimum condition... **if they are provided the**

maintenance materials needed.

Of course, the other big difference between cars and people... we have to eat the parts (raw materials) that our mechanics need to keep our cells running right.

Nutrition is nothing more nor less than eating the cellular building blocks that our MECHANICS (the DNA within our cells) need in order to maintain our cells in perfect condition.

Neglected Human Nutrition—Often Results In Unfixable Conditions!

With a car you can sometimes get along with a sub-standard part until a new, correct replacement part can be located. Eventually, when the correct part is obtained and installed... perfect performance can be restored for the car. However with the human body, you cannot always count on fixing problems. It is **much better** to prevent problems. You may only get one chance to do

this prevention. For instance, if a particular mineral is not supplied at the right moment in time when cellular replication is occurring... mineral substitution will occur. If that mineral substitution happens to occur within the DNA blueprint of the cell... then all future cell replications will be faulty... which means we have unalterably become aged (never again to be as perfect as we once were).

Lest anyone over the age of forty lose hope at this thought... we should realize that we have trillions of cells and thousands of molecules per cell. Often, when we think we have aged... our cell's DNA is still OK and it is the other—less important molecules of the cell that have been degraded. We can, **by increasing our nutrition from now on...** ensure that new cell replications will be done with the benefit of all needed nutrients... thus they can become perfect again... and we can **turn the clock back on aging.**

Question:

If you could only have one car that **had to last your entire lifetime...** how would you take care of it?



Answer:

You would maintain it very well!



The human body is like a high performance car...



It Needs Maintenance!

Restoring nutrient reserves to FULL!

What is your nutrient reserve level?

Many of the games my children play on the computer remind me of the importance of nutrition. Most of these are battle



games... where fictional players fight each other, each player taking blows or hits that cause their energy or health reserves to decline... when a player's health reserve goes to zero... the next enemy blow defeats that player.

It is the same with our nutrition reserves... if your nutrient reserves **go down to zero... you are in danger of health consequences.**

Nutrient Storage

The body's ability to store many nutrients is essential. Without such storage... we would need to constantly eat optimal amounts of nutrients—which is not possible. Everyone's life has times of low nutrition. We need nutrient reserves to keep up with cellular maintenance requirements during these times.

Unfortunately, for many people, nutrient reserves are near zero.

Therefore, optimal performance is unavailable to them. A symptom of depleted nutrient reserves is a noticeable energy decline within a few hours after a meal... as the few incoming minerals and enzymes, etc. are quickly used up.

When this happens... it is a wake-up call that we need to focus on bringing into our bodies the nutrients needed for our cellular maintenance crews to fix our cells. We need to RELOAD nutrients!

Vitamins and miracle juices are not the way to reload nutrients. They are incomplete and unbalanced. High calorie food is almost never a good idea... because calories actually deplete nutrient stores.

Science has discovered at least 25,000 individual nutrients needed by our bodies and found in various foods. Our logic leads us to con-

clude that **eating a wide variety of food is the only intelligent way to approach nutrition.**

Most people are very limited in their food intake, surviving on mostly meat, pasta, convenience foods and flavored drinks.

This we do in spite of the fact that nutritionists recommend ten servings a day of fruits and vegetables, at least half of which should be eaten raw.

The best guideline we know of is:

“Eat many types of nutrient dense food in a form as close to the natural state as possible.”

This simple guideline can be a problem... because of convenience or taste issues. Many people's psyches are hard-wired to seek convenience and pleasure as the highest values of life. Some of us would rather die than eat something that doesn't taste just the way we want.

Here's an example of how potent our palette programming can be:

Younger soldiers in World War II and the Korean War would often not survive in the same conditions that more mature soldiers would survive. For instance, as prisoners of war, the **older soldiers would eat the GARBAGE of their captors...** the vegetable discs, potato peels or wee-

vils in rice, grass clippings, etc... that the younger soldiers would not eat because of taste issues.

It is a fact—many people refuse unpleasanties... rejecting what they don't like to do... regardless of the consequences.

Essential Seven to the Rescue.

Well, maybe our cookie and punch generation can have it their way... because biochemists and nutritionists have recently discovered hi-tech superfoods that are BOTH good tasting and very convenient.

One such food from Integris Global is called Essential Seven. **A single serving of delicious Dutch Chocolate Flavored Essential Seven is rated as being equivalent to 42 servings of fresh vegetables.** (Tufts University ORAC rating.)

The bottom line is that E7 provides more uncooked, useable cellular nutrients in two servings a day than many people eat in a whole month.

E7 tastes so good that people will make it a daily habit and as a result they will gain noticeable increases in energy within a matter of a few weeks to a few months.

Our Mission Statement

Healthy-Living.Org is an organization whose sole purpose is to help people to live healthy. We offer cutting-edge nutritional products, news-letters and information regarding how best to stay healthy throughout a long life.

If you have information you would like to contribute to our readers, please send it to our postal or email address.

"I want to die young, as late in life as possible." — Dr. Bill Kellas

Essential Seven Superfood — to the RESCUE

The ORAC*
rating of
Essential
Seven is
21,010 per
serving... an
amount that
exceeds the
antioxidant
value of 42
servings of
vegetables.

*Tufts University rating
for anti-aging protection.

When Dr. Bill Kellas designed Essential Seven super food, he did so with 17 years experience of helping diseased people recover their health and energy.

Dr. Kellas and the other doctors working with him at his Advanced Center for Medicine learned that isolated vitamin type supplements, herbs and diet regimens were very hard to follow and were not too productive.

Gradually, sources for assimilable, nutrient-dense foods seemed providentially to be presented one after another to Dr. Kellas. First, there was a lucky accident on the island of Hawaii in which deep sea minerals became a viable source of ionized, balanced minerals and trace elements—free of heavy metal or other pollution. Then, flash-glancing of vegetables was perfected so that pounds of nutritious vegetables could be dehydrated without damaging

the antioxidant potential and phytonutrients of the vegetables. Then appeared probiotics that could survive the trip through the stomach and intestines... as well as the perfect fiber for maintaining intestinal cleanliness and health. Later, a source of rich polyphenol nutrients was discovered. Then, small molecule whey protein was discovered. This lactose free, enzymatically processed whey protein contains more than 50% di and tri-peptides—protein molecules with a Dalton size 100 times smaller than other proteins—so small that 100% amino acid assimilation occurs. Finally, RiSoTriene—with Omega fatty acids and more antioxidants, more B-Vitamins and more healing nutrients than any other food ever discovered was made available through a profound food filtering discovery.

Dr. Kellas used these superfoods and a few additional superfoods including Selenium Grown Broccoli to

create the ultimate Super Food.

Essential Seven comes in four flavors that will satisfy everyone... no matter what their taste-bud predilections. These flavors include:

1. Berry
2. Vegetable Broth
3. Dutch Chocolate
4. Natural (or Plain)

The latter Natural flavor can be flavored with virtually anything... such as vanilla extract, cranberry juice... even fruit punch or cookie dough ice-cream... to get the awesome nutrition of E7 past the palate of anyone.

Please accept a free sample of Chocolate E7. (Other sample flavors are not yet available.) Just go to the web form at:

<http://Free-Sample.Healthy-Living.Org> and fill out the online form... and a sample will be sent to you through postal mail.

Or call toll free to: **1-866-257-0538** and request your sample over the phone.