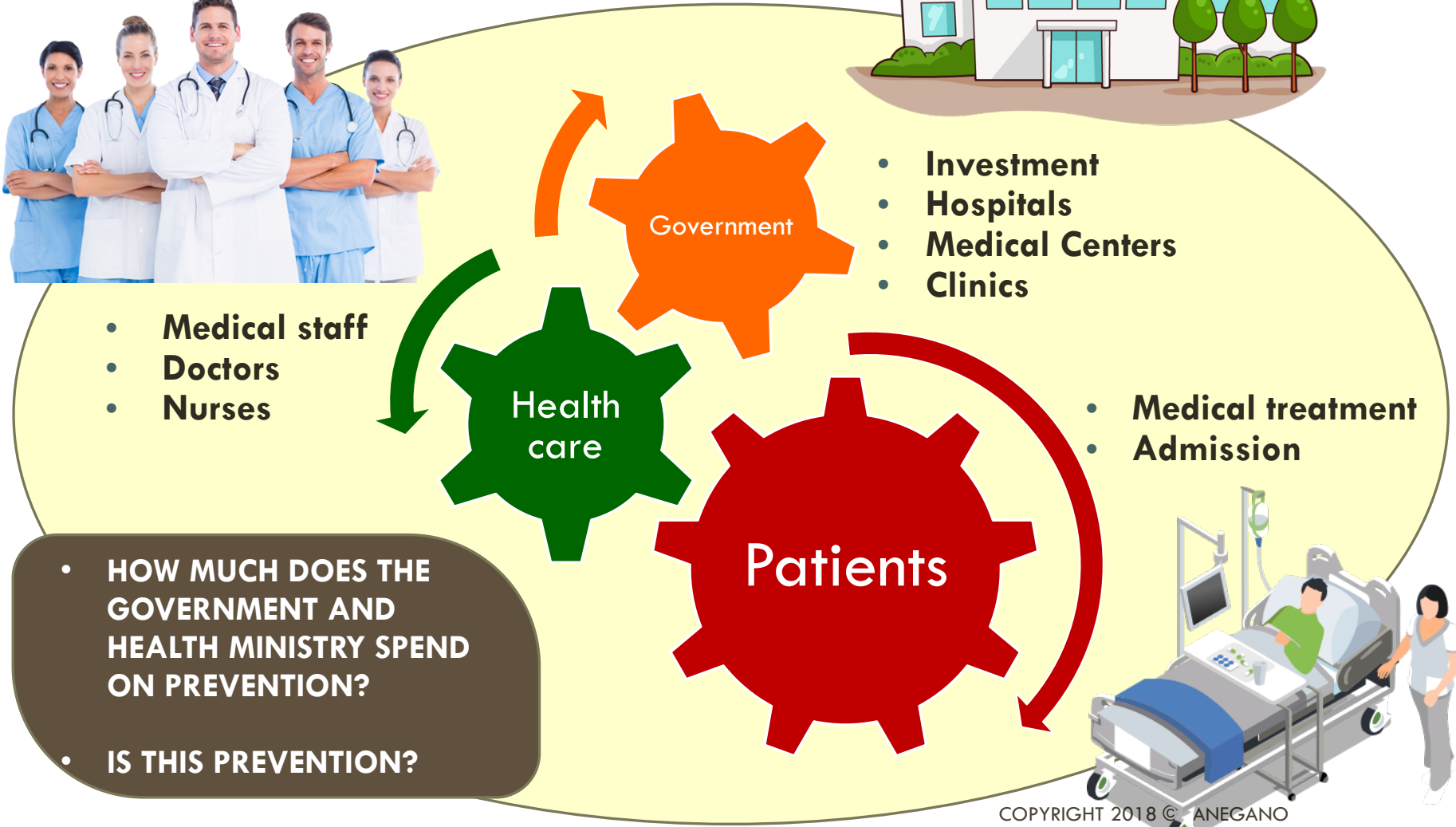




WHY IS PREVENTION IMPORTANT?

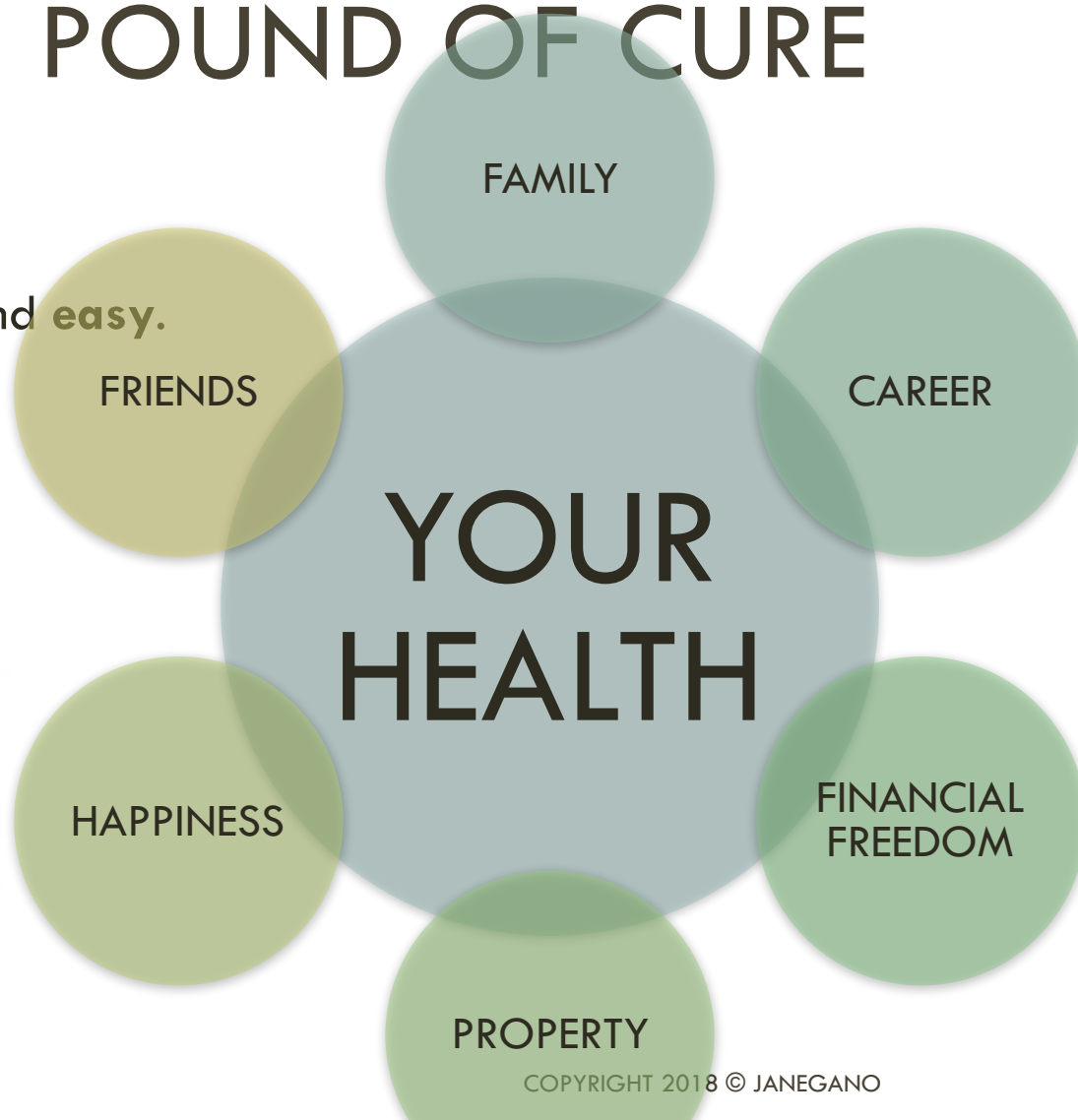
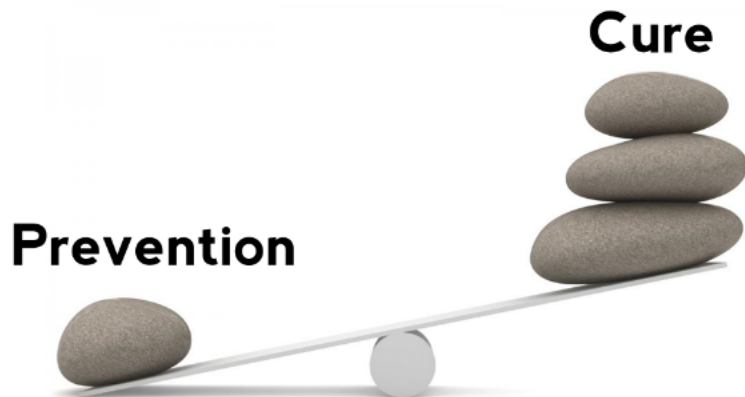
Everything you want to know about DXN products for a healthier lifestyle

HEALTH ECONOMICS

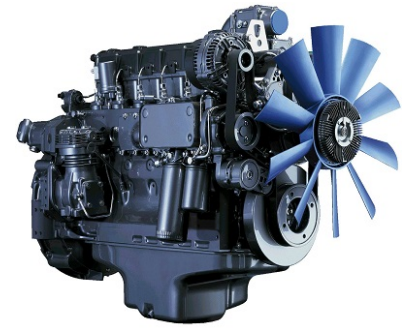


AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

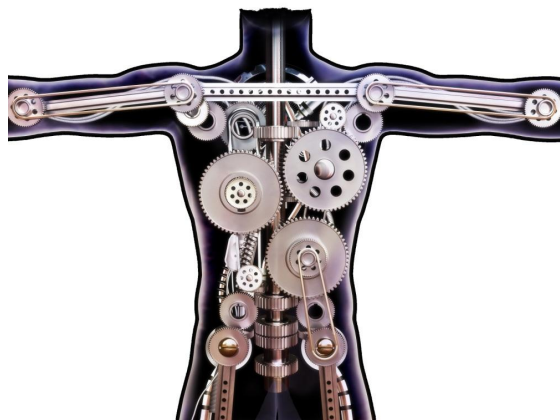
- Health = Wealth
- **Prevention** is **NOT** costly and **easy**.
- **Treatment** is **EXPENSIVE**.
- Treatment may not help you regain your health.



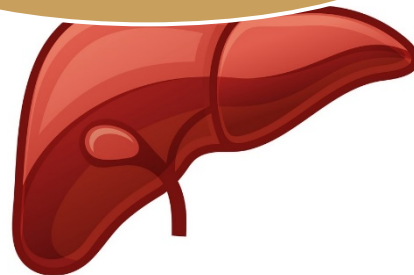
CAN WE CHANGE OUR SPARE PARTS?



- Human body is like a machine.
- Machine can be damaged – hence spare parts can be replaced.
- Human organs or system. Once damaged or malfunctioned, it is very unlikely to replace with spare parts.



SPARE PARTS,
ANYONE?



WHY ARE SOME PEOPLE UNABLE TO ACHIEVE GOLDEN OLD AGE?



1

20

40

60

80

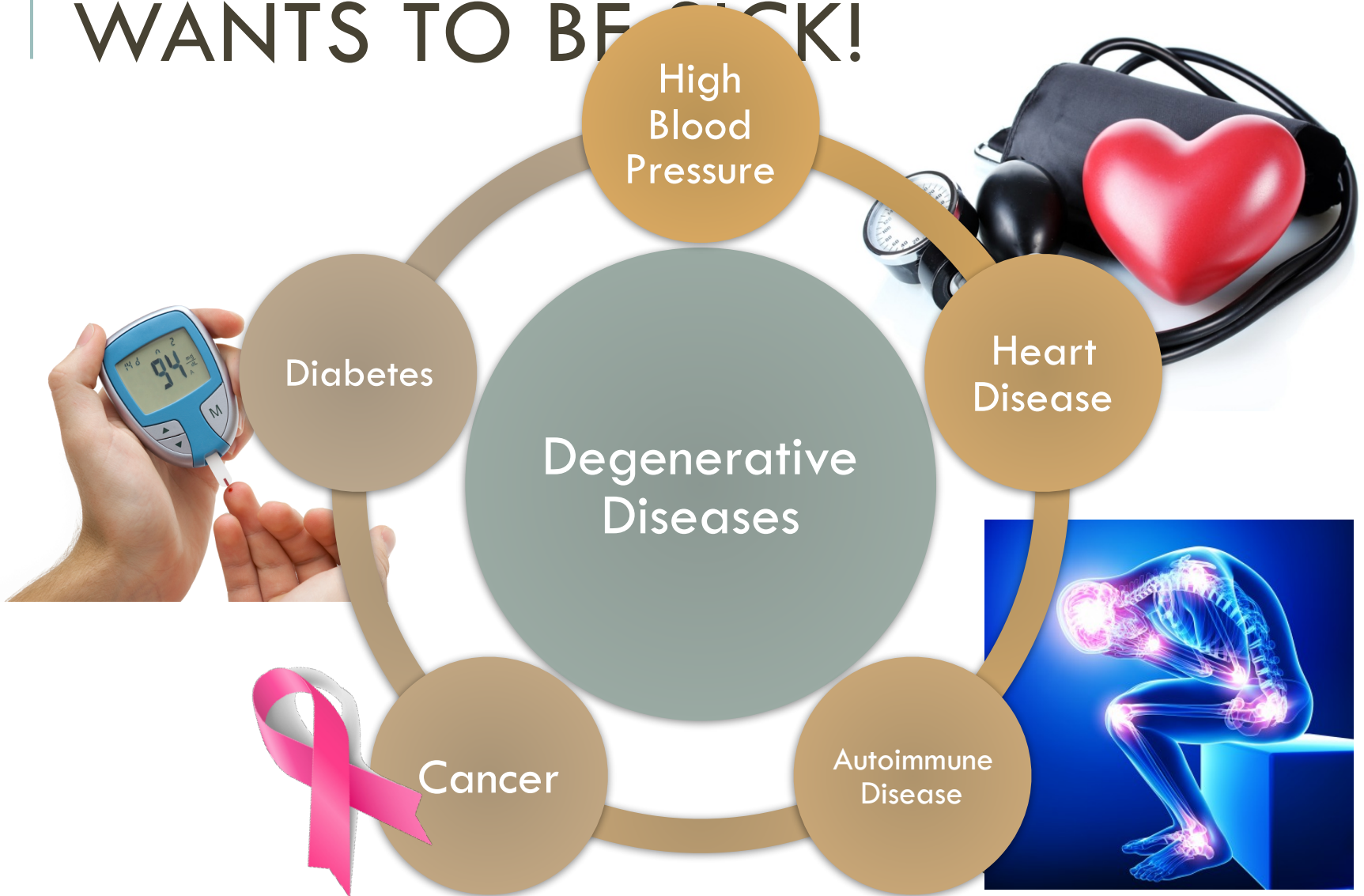
100

120

Year old

Health span = Life span

NO BODY IN THIS WORLD WANTS TO BE SICK!



MAJOR CAUSES OF DEATH TODAY



#1
Cardiovascular
Disease

If we do not know the **root cause** of the health problem, we cannot find the solution and we are unable to take precautions to prevent diseases.

#2
Cancer

WHY DO MORE PEOPLE GET SICK?



Food

Poor Eating Habits

Lack of Exercise



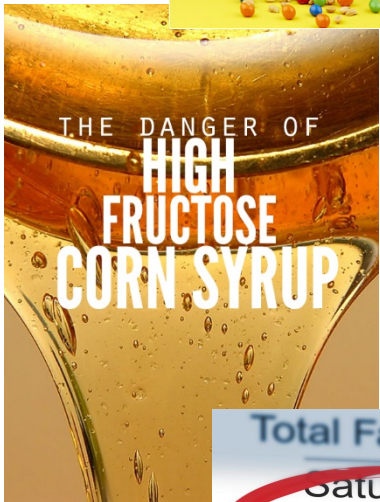
Stress

Lack of Sleep

Lack of Water



MOST OF HEALTH PROBLEMS COME FROM FOOD



Total Fat	12g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	20mg
Sodium	470mg



WHAT IS ACIDIC FOOD?

- Meat, white flour, white bread and other processed food.



FOOD WITH VERY LITTLE ENZYMES

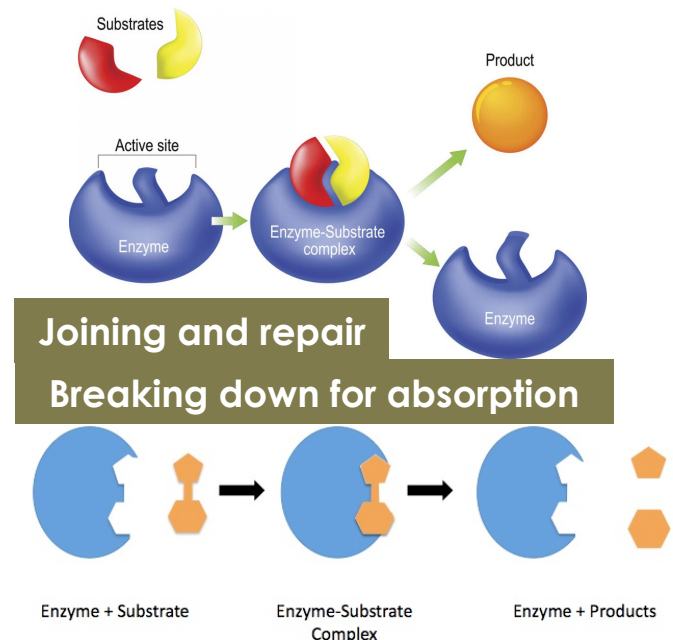
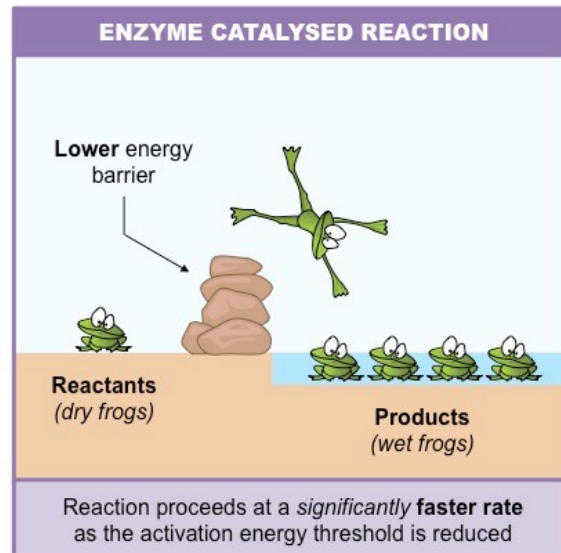
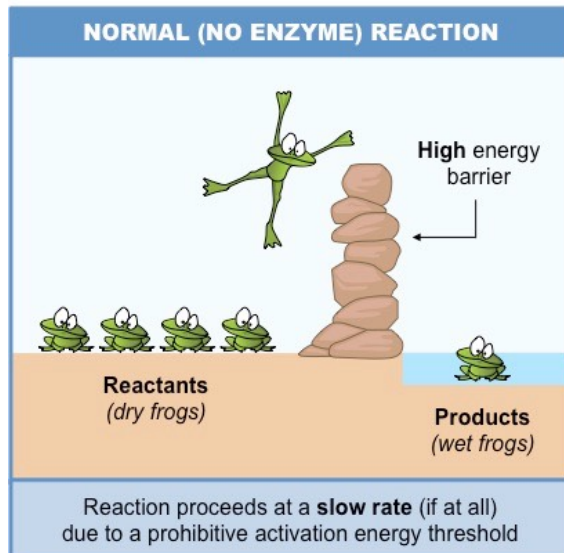
- Overcooked food contains very little **enzymes**.



WORKERS IN YOUR



- Enzymes are **workers** in your body. They are the **Doers** in your body.
- Without enzymes, your **cells/tissues/organs/systemic function** will be **affected**.
- The **cell function will not rejuvenate** properly without enzymes.

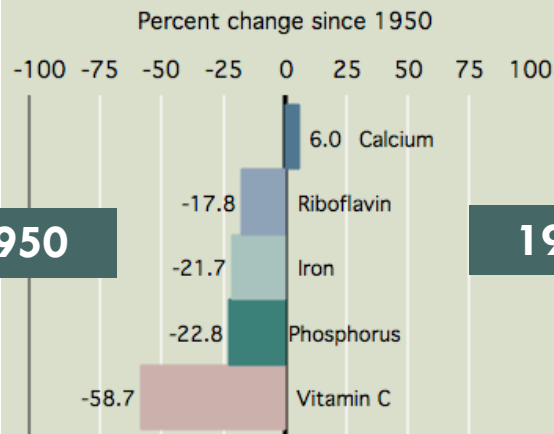


LACK OF MICRONUTRIE



- Crops today are filled with **commercialized fertilizers** and **pesticides**. This leads to **nutrient depletion** in the crops.
- More people eat **refined food** today (**empty calories**).
- The diet has become imbalance. People tend to eat **small variety of green food** and only eat the food they only like.

Spinach
Nutrient Change, 1950 vs 1999
www.Traditional-Foods.com



1950

1999



COF

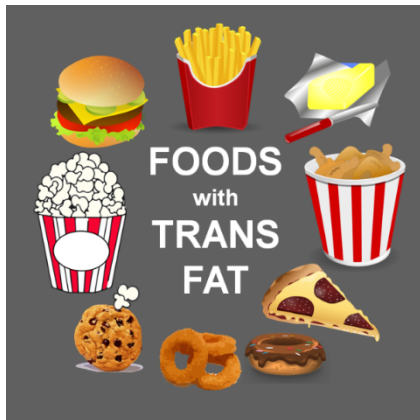


HIDDEN TOXINS IN THE FOOD

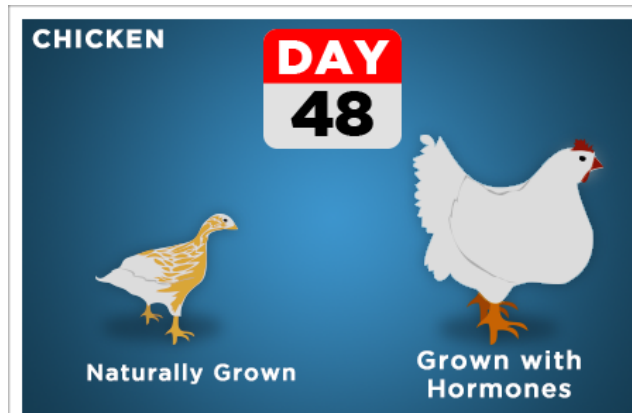
Artificial preservatives



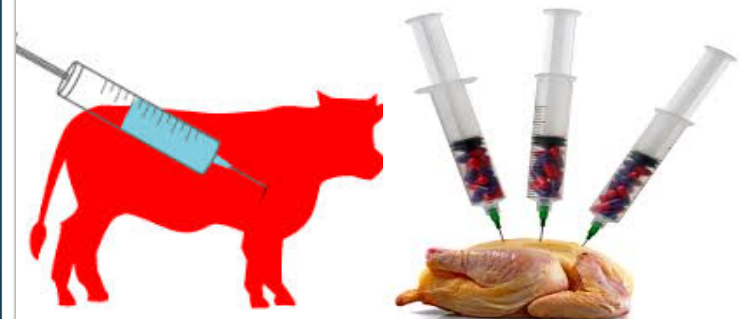
chemicals



Additives



Hormones



Antibiotics

COPYR

TOGETHER WITH UNHEALTHY EATING HABITS



Eating too much

Eating too fast



Too little green food

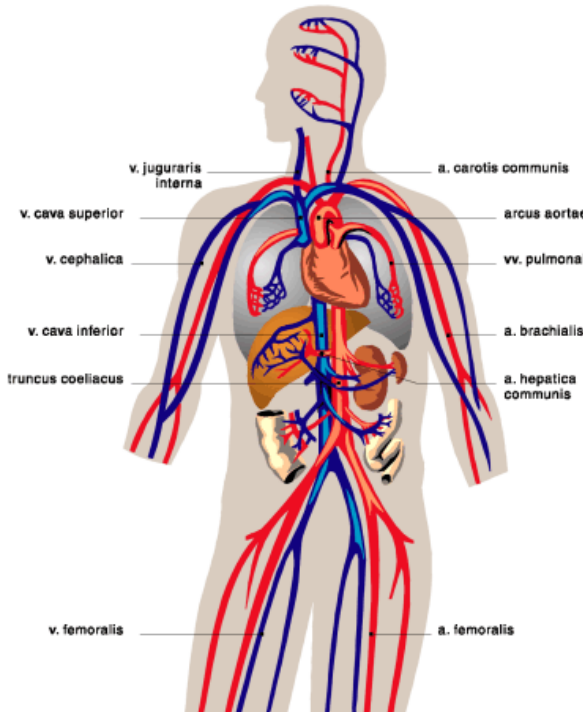


Irregular eating habits

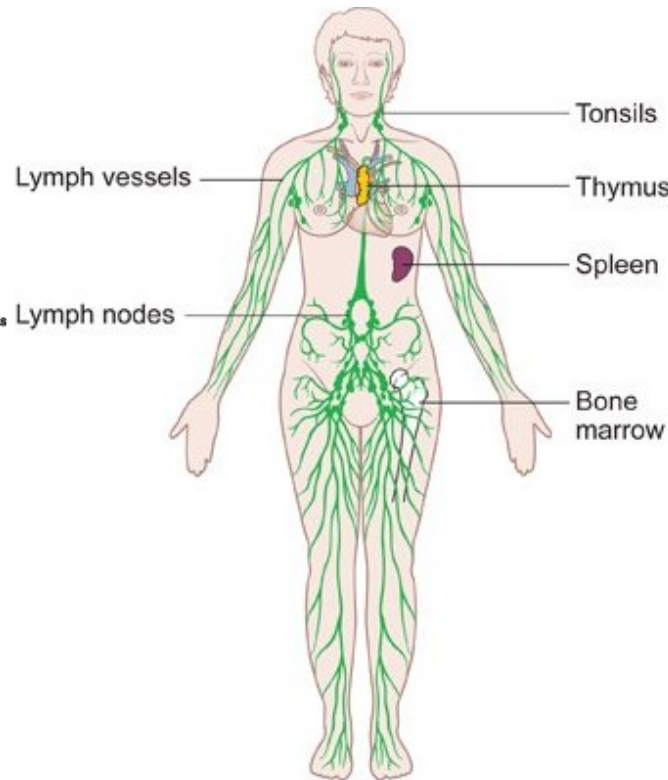


LACK OF EXERCISE

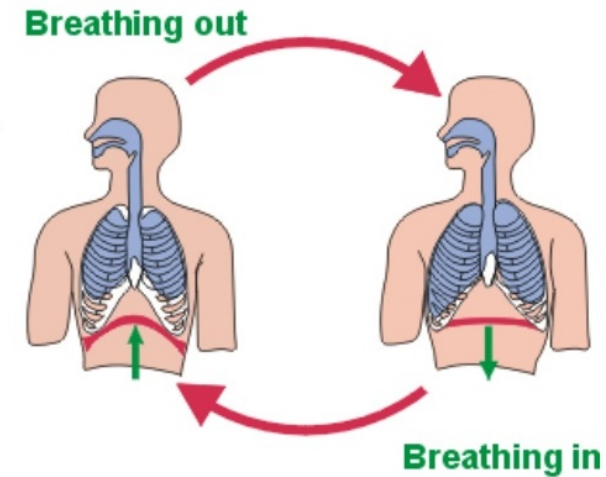
- Problems with lack of **exercise**:



Poor Blood Circulation



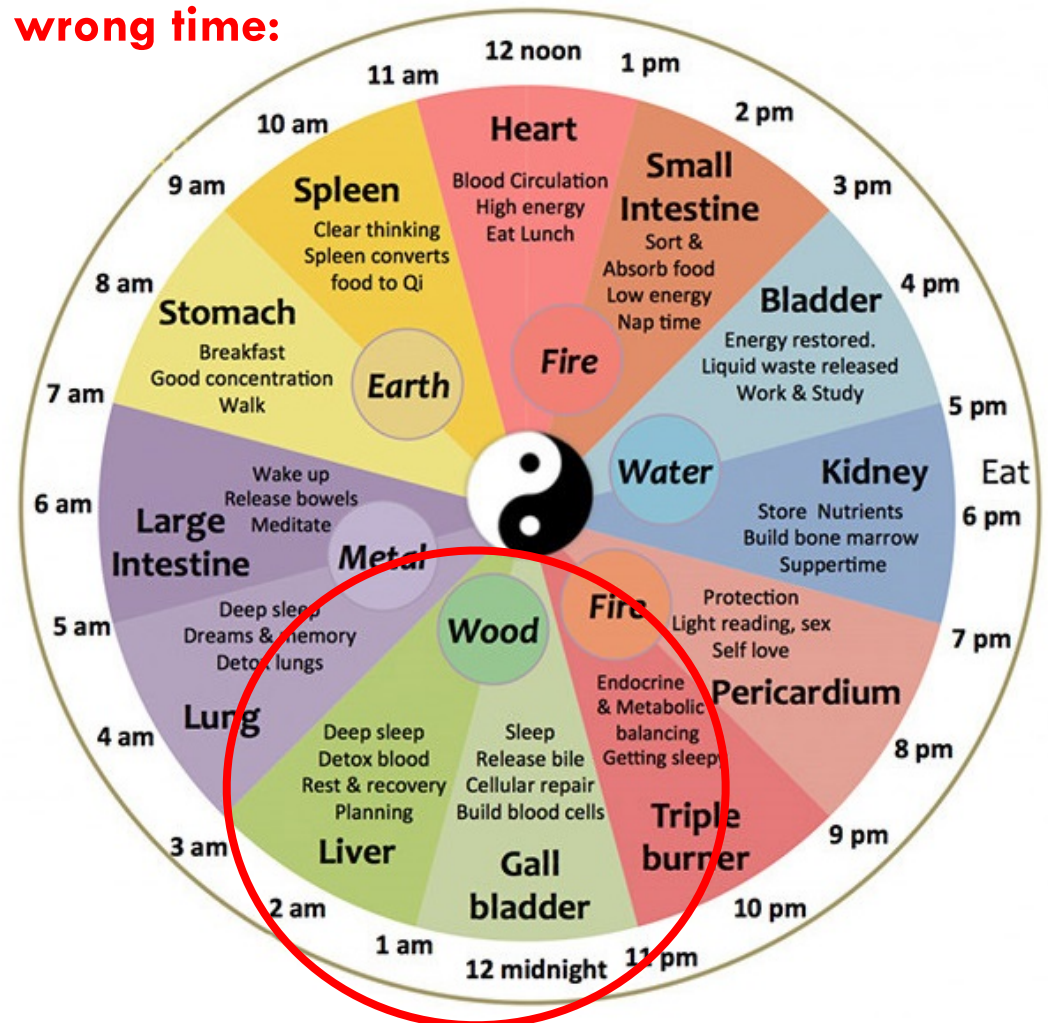
Poor Lymphatic System



Poor Lung Expansion and Poor Oxygenation

LACK OF SLEEP & SLEEP AT THE WRONG TIME

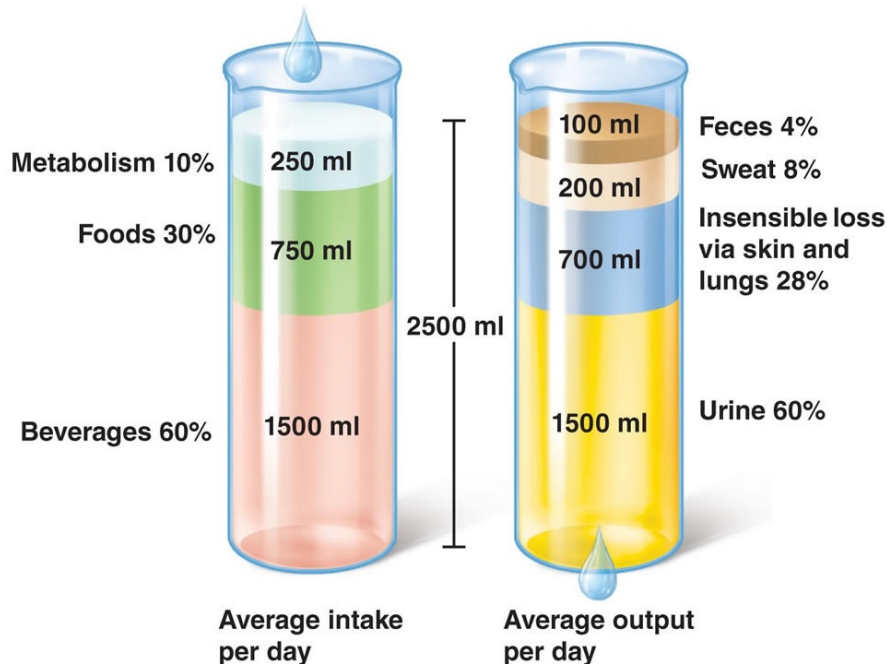
- Problems with **sleeping at the wrong time:**



LACK OF DRINKING WATER



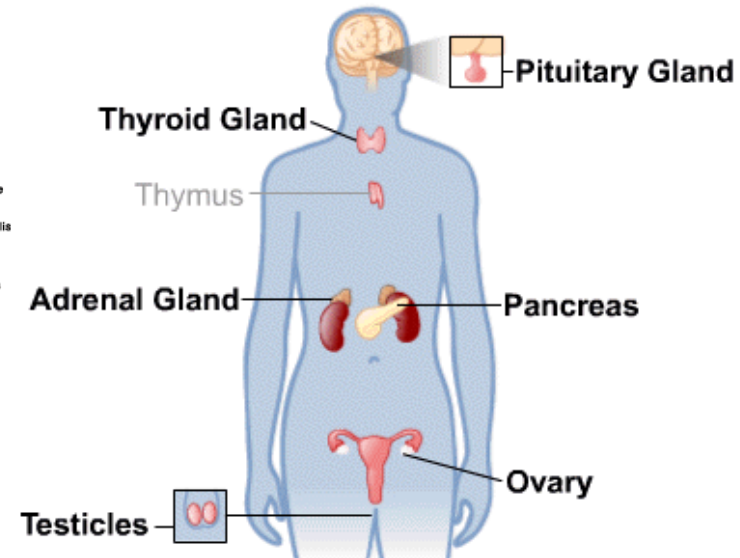
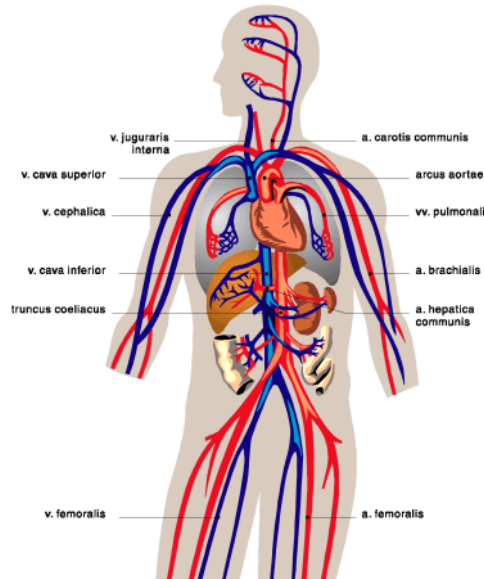
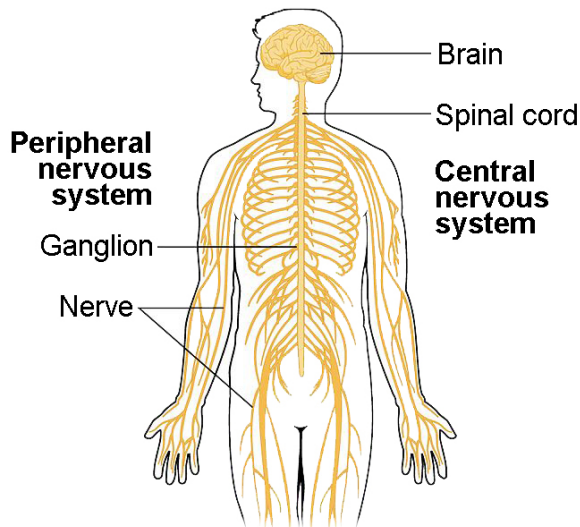
- How much water do you need?
 - The **optimum amount** of 8-10 glasses of water daily.
 - Urine color.
 - **Water cannot be replaced** with carbonated drinks!



DO YOU KNOW you need 32 glasses of water to remove acids in this beverage?

STRESS IS A SILENT KILLER

- **Stress** rapidly **robs away** nutrients especially **B group vitamins** from the body since they are important nutrients for **nervous system** and **cardiovascular** and **hormonal health**. Deficiency in B group vitamins can lead to **anxiety, irritability, restlessness** and **fatigue**. In the long term, these people are at risk of having **DEPRESSION**.



EFFECTS OF STRESS ON THE BODY



Lack of concentration and energy, headaches, dizziness, panic, depression and anger.



Increased heart rate and blood pressure leading to increased risk of high cholesterol and heart attack.



Upset stomach, acid reflux, pain ulcers and change in appetite leading to weight gain.



Suppressed immune system leading to illness and high levels of inflammation.



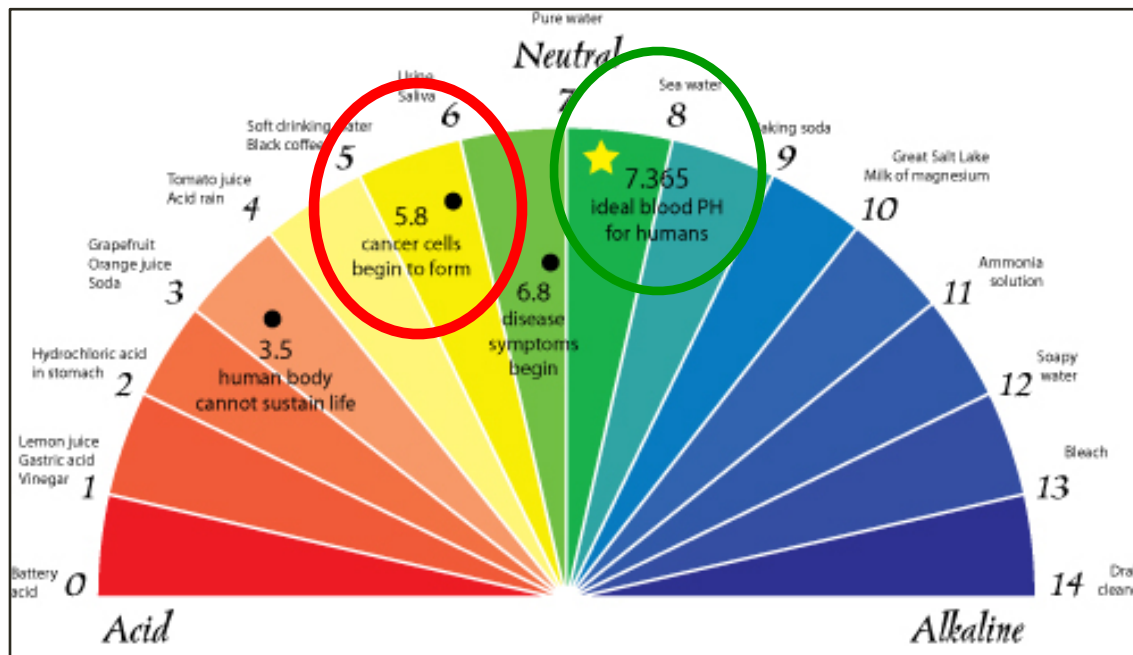
Joint pain and lowered bone density, muscle tension, tightness, and protein breakdown.



Decreased hormone production leading to reduced fertility and sex drive.

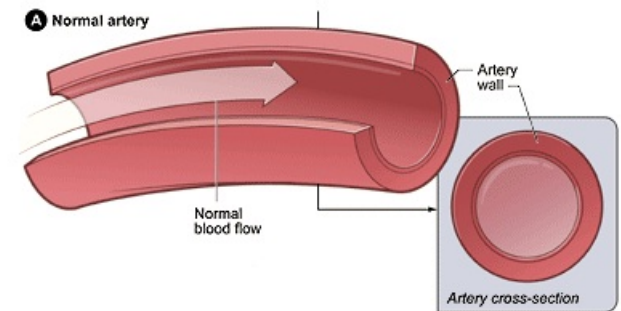
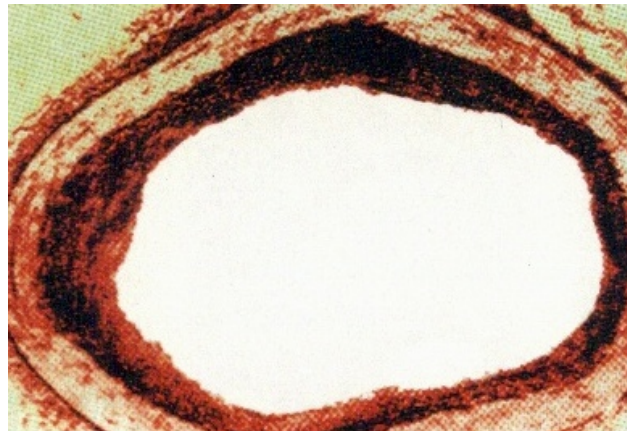
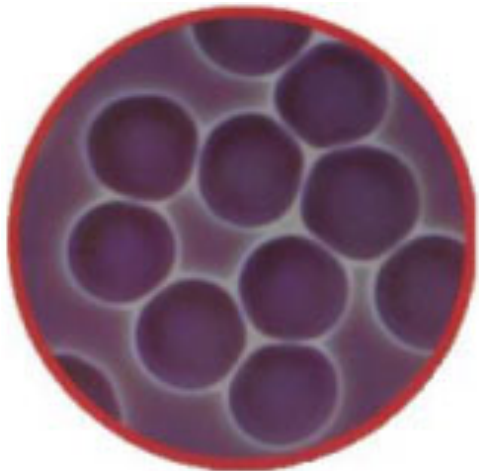
THE HARMFUL EFFECT OF LONG TERM ACIDIC BODY

- The nature has given us body pH 7.35-7.45.
- It is a **tightly regulated range**.
- When our **lifestyles** force the body to be in the acidic environment in the long run, the body will work very hard to maintain the pH level.



WHEN THE BODY PH IS HEALTHY

- Normal Red Blood Cells
 - This is how our blood looks when we are experiencing **optimum health**. The red blood cells are round and separated and **move through the capillaries very easily. Good circulatory health.**

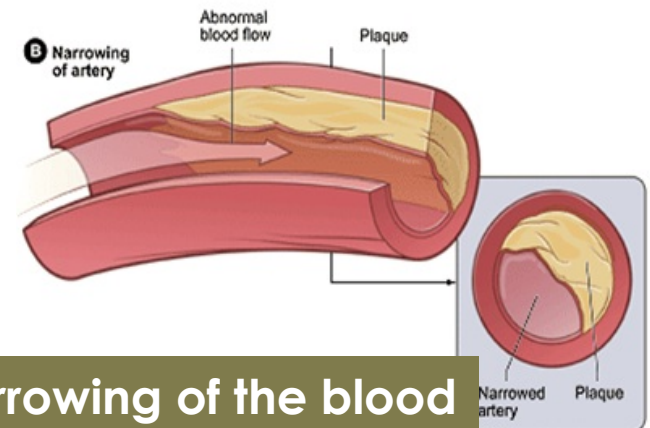
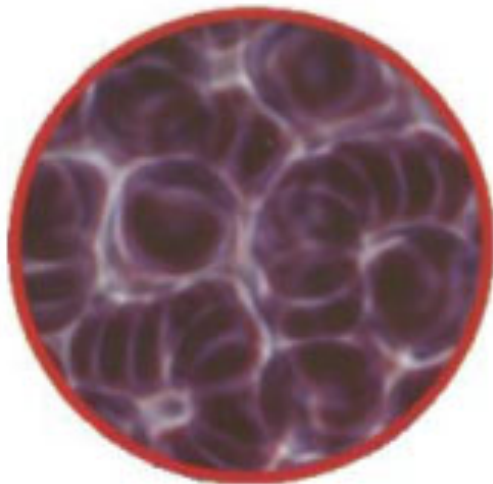


A healthy artery looks like this

WHEN THE BODY PH IS ACIDIC

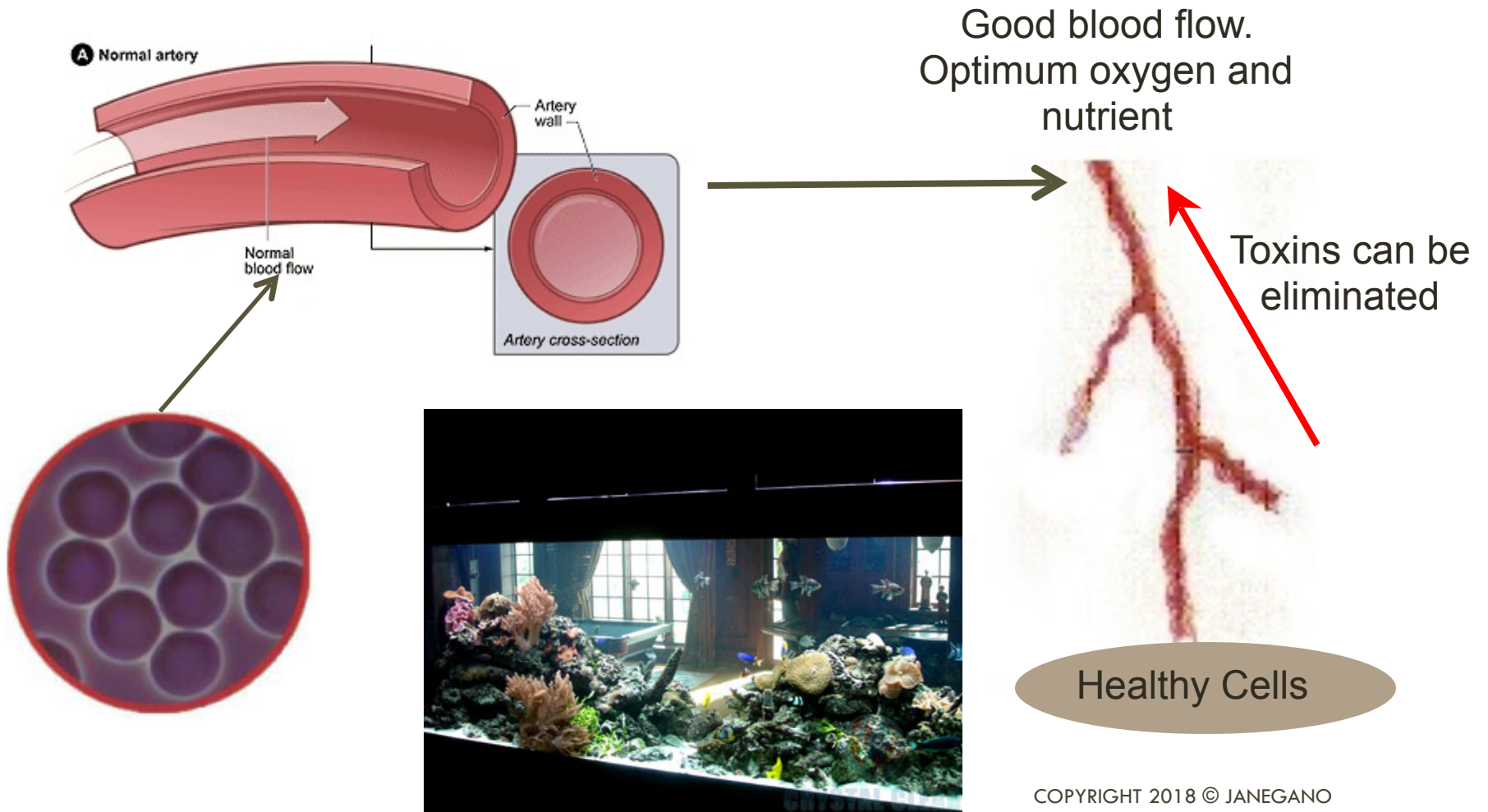
•Erythrocyte Aggregation

- This condition may be seen in people with **degenerative diseases**. This may be caused by undigested fats, **oxidized LDLs** and proteins or maybe a **deficiency of digestive enzymes**. This leads to **chronic low grade inflammation** of the **blood vessels** that causes **arteriosclerosis**.

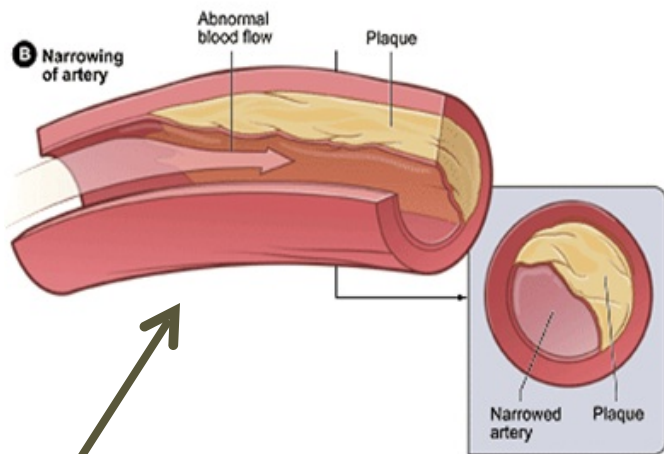


Narrowing of the blood vessels due to chronic inflammation

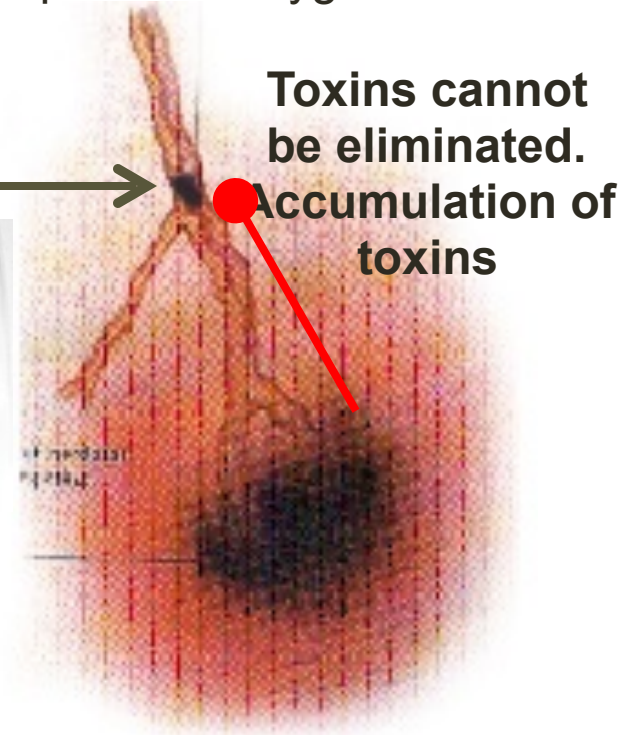
GOOD MINUTE BLOOD CIRCULATION



POOR MINUTE BLOOD CIRCULATION



Blocked circulation.
Deprived of oxygen



THE CELLS ARE DEGENERATING SLOWLY

- When the tissue of the organ is being cut off from blood supply due to **blockage of micro-circulations** in the long run, the cells/tissues will die. The **organs become malfunctioned**.
- Hence, **degeneration** of tissues accelerates and leads to **premature death**.
- Degeneration of organs and systems may take years to develop. E.g. hypertension, diabetes and cancer may usually take 10-15 years to develop but today these diseases can take as fast as **3-5 years** to develop due to **unhealthy lifestyles**.



**“When the body fills up with toxins
symptoms start to overflow”**

Accumulation of
toxins in the body
causes:

**Root Cause of Disease
Today: TOXINS
ACCUMULATION!**

- VIRUSES
- CANDIDA etc.
- ACIDIC DIET
- FOOD INTOLERANCES
- MEDICINES & DRUGS
- HEAVY METALS
- STRESS



- INFECTION
- INFLAMMATION
- DEGENERATION
- ALLERGIES
- CHRONIC DISEASES

TOXINS OVERLOAD

**“The aim is not just to
remove the symptoms but
to empty the barrel”**



An iceberg floating in the ocean. The tip of the iceberg is above the water surface, and the much larger base is submerged. A box labeled 'SYMPTOMATIC CONTROL' has an arrow pointing to the tip. A box labeled 'LONG TERM HEALTH SOLUTION' has an arrow pointing to the submerged base.

SYMPTOMATIC CONTROL

LONG TERM HEALTH SOLUTION

DISEASES

Diabetes
Cancer Heart disease
Arthritis Auto-immune diseases
Fibromyalgia Obesity

UNDERLYING CAUSES

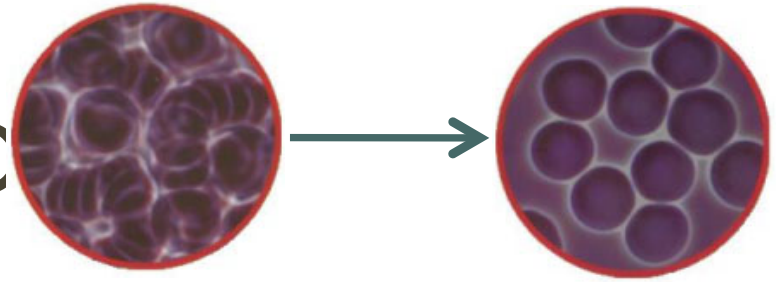
Inflammatory imbalances Hormonal imbalances
Structural imbalances Detoxification imbalances
Immune imbalances Mitochondrial dysfunction
Digestive, absorptive, and
microbiological imbalances
Toxic emotions Toxic chemical exposure
(anger, fear, resentment, etc.)

WHAT IS THE SOLUTION

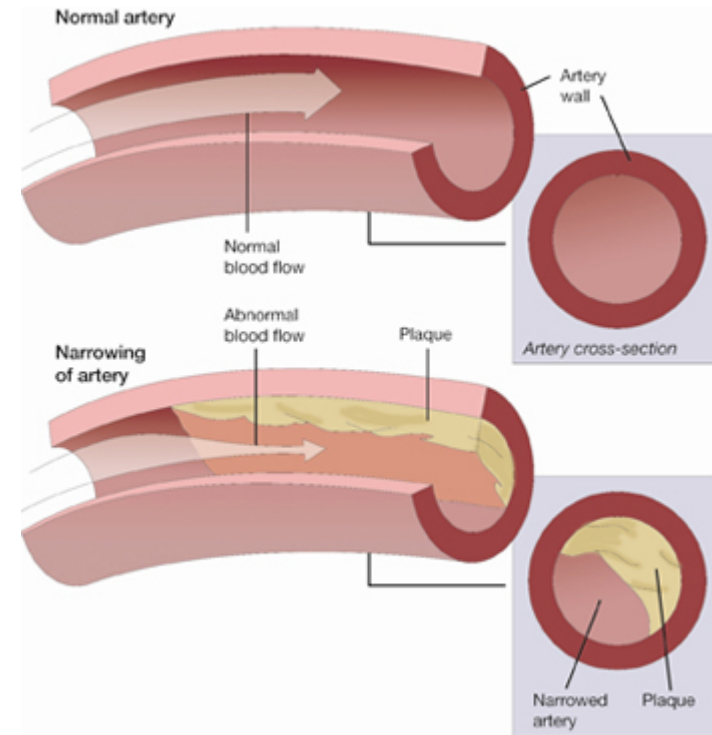
The pillars of health we must always remember:

1. Balance **body pH**
2. Improve the **blood circulation**
3. Enhance and modulate the **immune system**
4. Increase body **oxygen** level
5. Increase **stress resistance**

1. BALANCE BOD



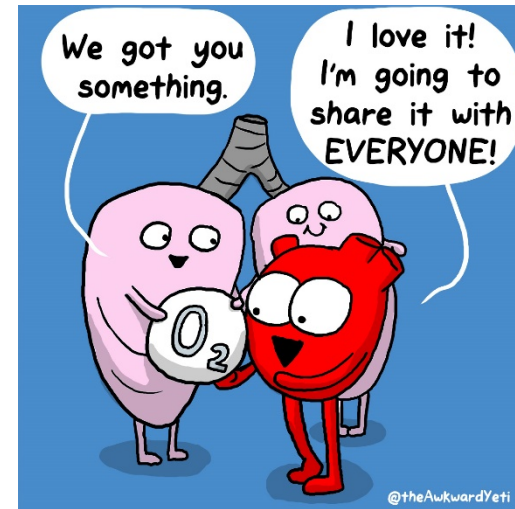
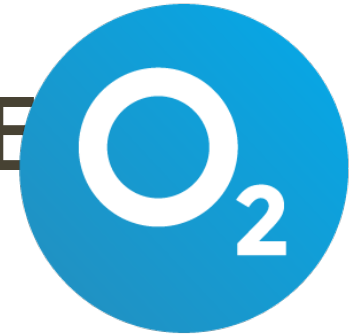
2. IMPROVE THE BLOOD CIRCULATION



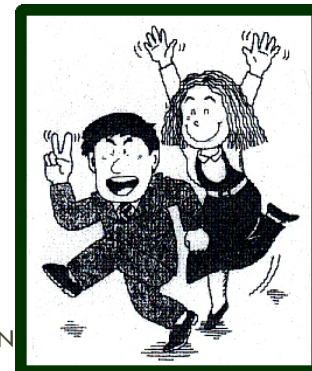
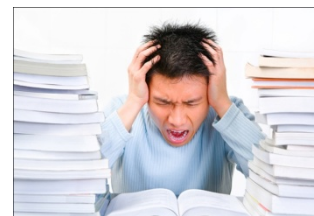
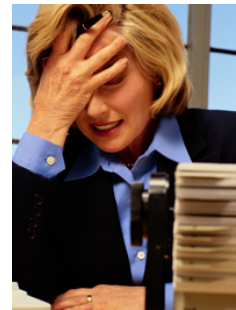
3. ENHANCE AND MODULATE IMMUNE SYSTEM



4. INCREASE BODY OXYGEN LEVEL

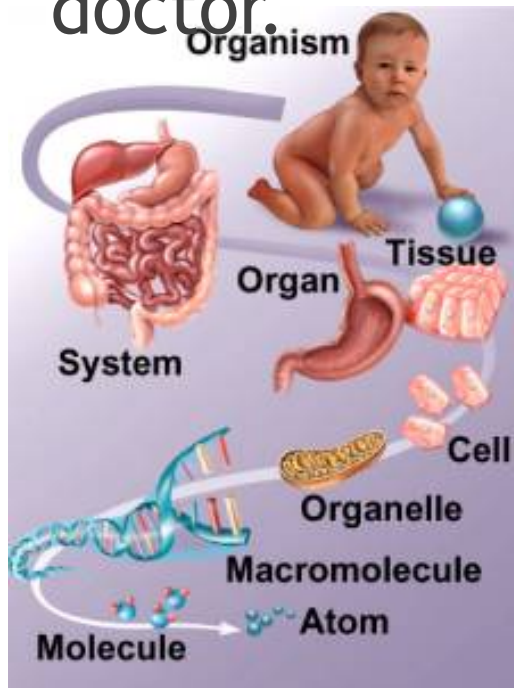


5. INCREASE STRESS RESISTANCE



WITH THE 5 MAIN HEALTH PILLARS

In the end, it balances from **cells-tissues-organs-systemic functions** and hence regains its **homeostasis state**. The body has **natural healing ability** hence our body is the best doctor.



PREVENTION STARTS WITH **YOU!**





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