

# TASTY TASTY FOOD! NASTY NASTY HEALTH!

## Hold On! Hold On!!

Before you eat something, make sure to check what exactly you are eating!!!

All of us are quite familiar with the term “Shake Well before Use”! But now with the changing times, it is time for every one of us to say “Check Well before Eat”!!

Most of the time the food that is found ‘tasty’ to the tongue is proved to be ‘Nasty’ for our body! It will not be an exaggeration when we say in this ‘Fast Food’ era we have forgotten the basics of eating! Due to our irresponsible and erratic eating habits our body is deprived of essential nutrition it requires for its proper functioning! Obviously, this is the root cause for all the modern health hazards that are stealing our peace of mind! Nutrition deficiency affects our body in so many areas and in so many different ways! Therefore, we invite you to read, understand and follow this crucial information word by word!

Natural Vitamins are critical for maintaining good health! They are vital for normal metabolism, growth and life of our body. They are indispensable for the maintenance of our health. Research has shown that our body struggles to compensate for its nutrient deficiencies and gradually starts paying a heavy price. Eventually, poor nutrition leads to devastating consequences. According to scientist, many people who suffer from cancer, heart disease, diabetes and other serious diseases could have avoided such illnesses if they had provided proper nutrition and exercise to their body. Make no mistake; your body is not invincible. Your health is simply priceless and it doesn’t cost you a bomb to provide your body what it deserves. To be precise, getting proper nutrients and micronutrients on a daily basis are critical in maintaining good health. Though Vitamins are found in the food we eat, our modern cultivation and processing methods have become successful in ensuring that it is completely depleted from vitamins.

Minerals are also absolutely critical in maintaining good health. Approximately 75% of the people living in India do not intake the right amount of Magnesium, approximately 68% do not intake enough of Calcium, approximately 58% do not intake enough of Iron and approximately 40% do not intake enough of Zinc. The imbalance or deficiencies in trace mineral nutrition affects us in so many aspects such as our reproductive system, immune system, hormone production, vitamin production and blood production as well as other critical areas of our body. The bones, the heart, the blood and almost every other area of our body require these vital minerals. The sad fact is that our diet is unable to get its job done.

What you might not know is that a chelated mineral acts differently in our body. A chelated mineral is a mineral that is bonded with amino acids or mallets naturally found within the food in a stable form. Since 95% of amino acids are absorbed through the

intestinal tract, it makes it very easy for high quality chelated minerals to be absorbed and utilized by our body. When you understand the essential importance of chelated minerals and how they affect our body with regard to stronger bones, the brain, kidneys, lungs, muscles, the body's ability to sleep, the liver, blood serum, eyesight, the heart and so many other areas, you will then realize how critical it is to be selective in choosing a mineral supplement.

Phytonutrients are nutrients derived from plant material that are necessary for sustaining human life. Phytochemicals are non-nutritive plant chemicals that contain protective and diseases-preventing compounds. Their role in plants is to protect plants from diseases, injuries, insects, drought, excessive heat, ultraviolet rays and poisons or pollutants from the air or soil. They form a plant immune system. Those phytonutrients are extremely essential and beneficial for human beings to strengthen their immune system. Phytochemicals are associated with the prevention and/or therapeutic purposes for innumerable diseases including some life threatening diseases like cancer, diabetes and cardiovascular diseases. They help protect the body in many ways in different diseases. They prevent cell damage, protect DNA damage in cells, prevent cancer cell replication, decrease cholesterol level and reduce oxidative stress in our body.

Since the food that we provide to our body is depleted of all the necessary nutrients and micronutrients, our body is incapable of protecting our cells, tissues and vessels. In this scenario, taking Natural Supplements that have the highest forms of whole vitamins, trace minerals, essential amino acids and all the necessary phytonutrients is one of the ways to ensure you give all the essential nutrients to your body that it is missing! It is a great way to support the body nutritionally, which could protect the body from so many diseases!

Indian NONI, the natural nutritional supplement that contains all the vitamins, lot of trace minerals, 17 out of 20 amino acids including all essential amino acids along with more than 150 phytonutrients and micronutrients, mentioned above! It prevents the formation of atherosclerotic plaque inside the vessels and protects us from a heart attack. NONI acts like a powerful antioxidant and contains some anti carcinogenic ingredients like Damnacanthal and alizarin that helps in cancer cases. It is also a great immune enhancer that helps cancer and diabetes patients.

**A campaign of Empower India Movement & Indian Noni Family!**