



Mistakes In Health Regimens

The 3 Biggest Mistakes in Planning Your Health Regimen

Mistake #1

“Using Pill-Based Supplements to Improve Your Health”

Vitamin and mineral pills are held together with fillers, binders, coatings, and preservatives. Many have been pasteurized, causing a major loss in their life energy – not to mention the 90% that gets flushed down the drain! According to the Physician’s Desk Reference, vitamins and minerals in pill form are only 10 – 20% absorbed by the body. ***However, liquid nutrients offer a 98% absorption rate because they bypass the digestive process and get absorbed immediately into the blood stream.*** This means that if you are taking 100 mg of a particular nutrient in a pill form, you are only absorbing 10-20 mg. Therefore, theoretically, you would have to take 4,000 IU of Vitamin D in pill form to receive the 400 IU “Recommended Daily Allowance” (RDA) of Vitamin D. Knowing this, it is easy to see - when looking at nutrients in a liquid form - there is no need for the massive overdose that exists on the market in pill form. ***According to the National Advisory Board, 100 mg of a nutrient consumed in tablet form translates to only a very minute, stabilized 8.3 mg concentration in the blood!***

Epic Ultra, being a whole food liquid nutrient, offers a tremendous benefit over the vitamin and mineral pills available on the market - the nutrients are active, just like your living cells. It is a natural food, not a man-made, synthetic, inorganic substance. No product – whether natural or synthetic – in capsule, tablet or powder form, can create the life energy force produced by a raw and natural whole food. Furthermore, Epic Ultra is NOT a colloidal mineral product!!!

Proper surface tension enhances the efficiency of cellular reactions. Normal, healthy, extra-cellular fluids are around 45 Dynes, and this is important, because when the liquid nutrients you drink are more like the extra-cellular fluids, your body’s ability to absorb the nutrients is greatly improved. The cells are constantly taking in nutrients for use and flushing out toxins for eliminations.

Mistake #2

“Thinking That Organic Fruits and Vegetables Are the Way To Meet Complete Nutritional Requirements”

Facts are, even organically grown produce is still deficient in many vital minerals you need to maintain optimum health. In 1936, a government study, *Senate Document 264*, revealed that our soil was 80% depleted in vital minerals. Now, nearly 70 years later, things have gone from a bad situation to an even worse dilemma! This is one of the main reasons we see so much illness and dis-ease today that ever before. When the foods we have to eat are nutritionally deficient before we get them, our bodies simply cannot make up for the loss on their own. Each person must take self-responsibility to insure that their body is being cared for and nourished in the way it was intended.

Mistake #3

“Using A “Hodge-Podge” of Advice About Nutritional Products – Hoping You Will Stumble On The Right One”

This is probably the biggest mistake of all. Even the best and brightest scientific minds cannot duplicate the perfect balance of the good nutritional foods found in nature. The wrong amounts of one could neutralize the benefits you were trying to achieve – and could even cause harm. But, how does a person know which products they should be taking, how much they should be taking, how often they should be taking them, and what type of benefit they are actually receiving?

HealthStyles4U offers a program of Nutritional Testing, Evaluation, and Consultation, combined with Health Coaching, to help a person make the right decisions about their healthcare regimen and keep them on track to achieve their desired goals. Included in a personal healthcare regimen is a self-analysis and assessment that allows a person to accept self-responsibility for the condition and improvement of their state of health and well-being. Taking charge of one’s state of health is the key to achieving vibrant health and longevity. No one should completely relinquish the state of their healthcare to someone else; it is the sole responsibility of every person to ensure that their health is being carefully monitored by themselves.

Tired of Swallowing Capsules, Tablets and Powders?

Are you Ready For A Liquid Nutritional Supplement That Tastes Great?

**Experience the Power of Nature
TRY EPIC ULTRA TODAY !!!**

“Amazing Medicines In Nature work synergistically with Body-Mind-Spirit.”

**3-Bottles
\$99.00
Plus Shipping**



**Single
Bottle
\$39.95
Plus Shipping**

Author's Note: How confident are we about our product? Try Epic Ultra for 60 days – Risk Free!!! If, for any reason, you do not like the product, your entire cost will be refunded. In addition, if you like the product, you will be given the unique opportunity to receive a *Preferred Customer Discount* on future purchases. You will be assigned a special Preferred Customer Account Number that you can use to place your orders either by toll-free number, or you can place your order online. The product will be drop-shipped directly to your door. And, we will show you how easy and simple it is to receive your personal liquid nutritional product FREE every month! It just doesn't get any better than that! You cannot lose!

Contact:

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