

# The Importance of Proper Nutrition

The importance of proper nutrition in promotion and maintenance of the human body has been supported by numerous clinical trials and medical experts. In fact, the body requires a daily supply of essential nutrients to carry out function. It cannot succeed in accomplishing the millions of daily physiologic tasks if not provided these essential nutrient co-factors. As well, it is without question, the demand for nutrition is significantly increased in health challenges.

## Nature's Blueprint

The sun, rain, soil, bacteria and plant root structures combine to produce one of Nature's miracles: The conversion of nutrient particles found within the soil into minerals that are bio-available to both plants and people. For nutrients to be bio-available, nutrients must:

- Have physical characteristics for cellular recognition
- Possess an appropriate size for absorption and cellular entry
- Be Water-Soluble or compatible, as plants and the human body have a water majority
- Have a strong degree of elemental integrity and purity

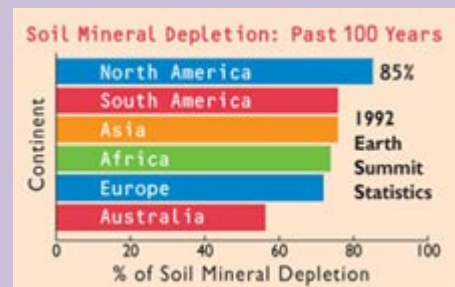
Nutrients within the soil were intended to be taken up by plants and then delivered to humans through their harvest of the land.

## Nature Has Been Ambushed

America leads the world in nutrient-depleted soil. This fact has been quietly known for decades. Even the US government, in **US Senate Document 264** from the 74th Congress in **1936** stated the following:

*"99% of the American people are deficient in minerals... The alarming fact is that foods, fruits, vegetables, and grains now being raised on millions of acres of land no longer contain enough certain needed minerals and are starving us, no matter how much of them we eat."*

At the Earth Summit Statistics meeting **in 1992**, experts revealed information conclusively showing that *farmlands in North America were 85% micronutrient depleted.*



**In 2002**, leading medical researchers and clinicians recommended that every American use a daily multi-nutrient supplement to address the health dilemma of nutritionally poor diets (Journal of the American Medical Association, June 2002).

## Liquid is The Answer

Over the years, nutritional supplements in pill, tablet and chelate form have been the traditional choice for millions of people around the world. However, scientific study has led many individuals to rethink their supplement choices. The majority of traditional, classically designed dietary supplements in tablet and pill form have a documented history of poor absorption and use by the human body. This has been due to inadequate

formulation and consideration of the supplemental nutrient delivery system used. It's no secret that graphic evidence of this can be seen in wastewater treatment plants, outdoor portable bathrooms and even on X-ray. These forms of supplements are ineffectively used by the body- containing supplement designs with low quality raw materials, excessive fillers and binders, poor nutrient delivery systems and the common use of outer waxy coatings.

In addition, the normal aging process, combined with preservative-laden foods, stress and environmental toxins can also compromise the body's ability to breakdown, absorb and use nutrients in even the best designed tablets and pills. That is why many are turning to Epic Ultra – the great-tasting liquid nutraceutical supplement.

[Click Here to find out about Epic Ultra](#) – Watch the Videos and read the information contained on the website. Then contact HealthStyles4U for a very special introductory offer!

[www.TheOunceThatCounts.net](http://www.TheOunceThatCounts.net)

### WHY Liquid?

Looking to nature, we see the ideal design for nutrient delivery systems: [water](#). Water is the basis for all nutrient delivery systems for all forms of life. In plants, nutrients are consumed from the soil and found within the plant in a water-soluble and compatible state that can be used by both plants and people. When we eat food, it is the body's job to liberate nutrients and further make them available for cellular use through specific body processes. No matter what we put into our bodies, the goal is always the same- to make it soluble with water.

[To review ALL our Liquid Nutritional Supplements, Click Here.](#)

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