

HEALTH ADVICE #3 FACTS

The North American diet is high in **fat, sugar, salt, and calories and low in PROTEIN AND FIBER.**

Due to this fact many of us suffer unnecessary health complications.

- **70% of visits to doctors are diet related.**
- **The number 1 complaint: FATIGUE**
- **50% of disease is diet related.**
- **80% of deaths are from CANCER, HEART DISEASE, DIABETES AND STROKE**

LONG TERM HEALTH & WELLNESS is available to all, if you apply to some principles long term.

**To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)
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