

# HEALTH TALK

Dipak & Megha



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What is the definition of complete Health?

1. Mental Health
2. Physical Health
3. Spiritual health



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# What is the foundation of health?

1. Food
2. Exercise
3. Supplements
4. Lifestyle



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*Everything you eat makes you  
more healthy or less healthy.  
There is no neutral food*



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I WAS GONNA TAKE  
OVER THE WORLD  
THIS MORNING BUT I  
OVERSLEPT.

REBEL CIRCUS  
POSTPONED.

AGAIN.



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# How you eat is equally as important as what you eat?

1. Frequency (3-4 times a day)
2. Quantity (not full stomach)
3. Quality (different colours)
4. Timing (not too late)
5. Habits of eating (watching TV)



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# *Relationship between digestive system & your immunity.*



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CHOCOLATE COMES  
FROM COCO WHICH  
IS A TREE, THAT  
MAKES IT A PLANT.  
CHOCOLATE IS SALAD.



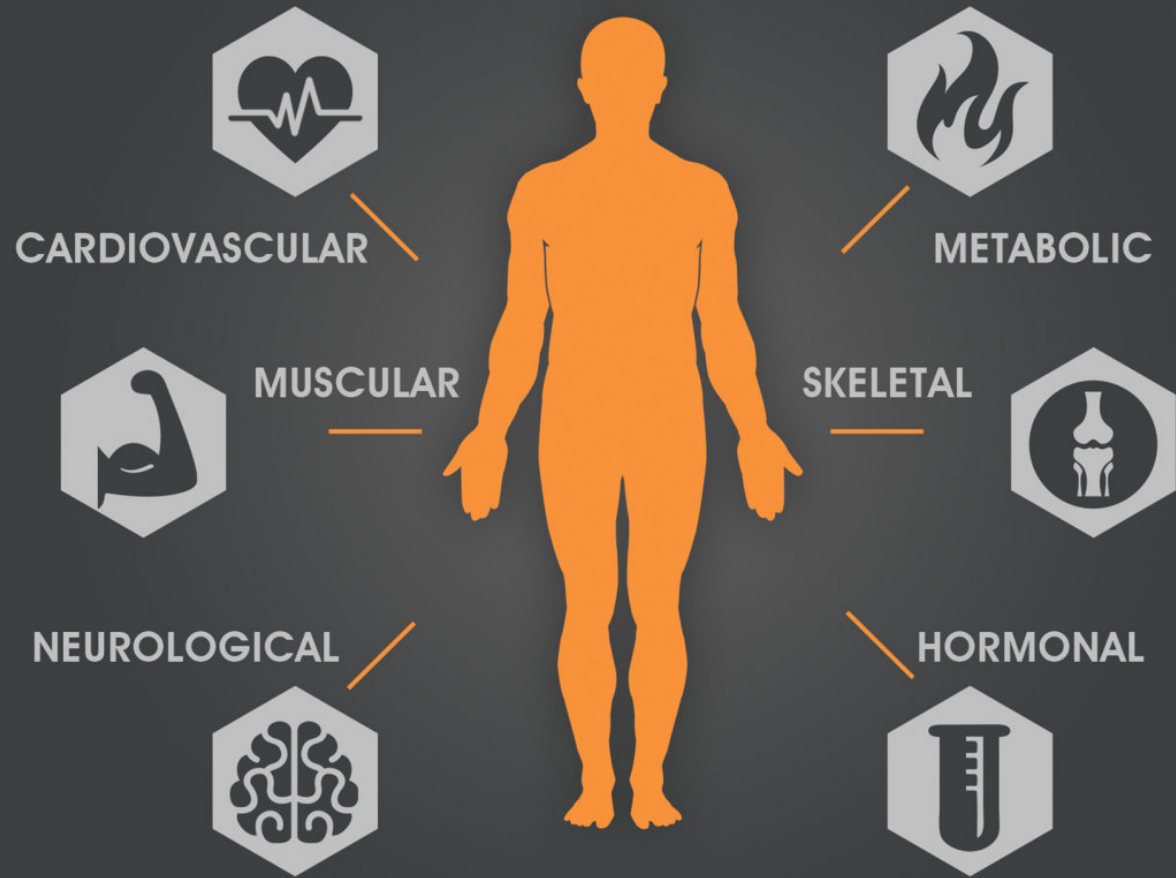
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[www.boho-weddings.com](http://www.boho-weddings.com)



# PROVEN BENEFITS



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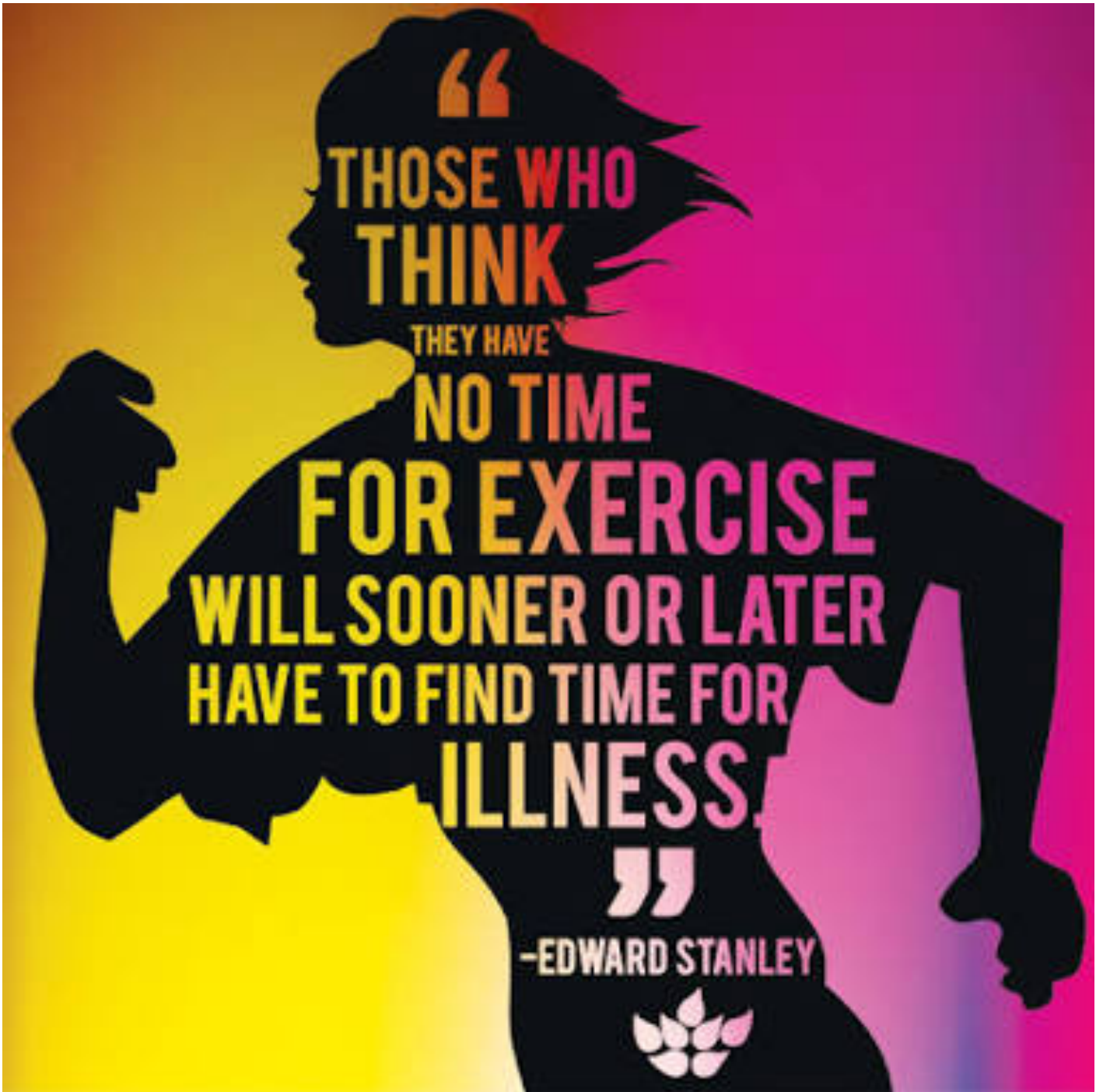


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“

THOSE WHO  
THINK

THEY HAVE

NO TIME

FOR EXERCISE

WILL SOONER OR LATER

HAVE TO FIND TIME FOR

ILLNESS.

”

-EDWARD STANLEY



# Why do we need supplements?

- In 1930s, we ate 28 pounds sugar per capita, now 175 pounds sugar per capita ( 6 times more & we are 6 times less physically active)
- Nutrition value in fruits (400% down, and our body can't make it)
- Mass produced, factory made, unhealthy food
- Pollution (produce free radicals in body)
- Stress (produce free radicals in body)



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# Why do we need supplements?



**8** OUT OF **10**  
**PEOPLE AREN'T GETTING THE  
RECOMMENDED 5-9 SERVINGS  
OF FRUITS AND VEGETABLES  
EVERY DAY.\***

Most adults would need to at least double their current intake of fruits and vegetables to meet the recommended minimum of five servings of fruits and vegetables per day.\*

**SUPPLEMENTS CAN HELP  
FILL THIS NUTRIENT GAP.**



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## Causes of Death

1. Heart disease: 597,689
2. Cancer: 574,743
3. Preventable medical error: 180,000
4. Chronic lower respiratory diseases: 138,080
5. Stroke: 129,476
6. Accidents: 120,859

Center For Disease Control & Institute of Medicine



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# Why?

It's not related to bacteria or viruses

It's called lifestyle diseases & good news are they are preventable

- A. **Stress** - Work/JOB, finances, relationships
- B. **Lifestyle** - poor eating habits & lack of exercise
- C. Lack of **nutrition**



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# Two important factors

## FREE RADICALS

Highly reactive high energy molecules harmful to body in height concentration

## ANTI-OXIDANTS

Works against oxidation, neutralise free radicals, control, repair & prevent damage to healthy body cells by free radicals



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# What we need everyday?

- Double X ( Complete powerhouse)
- Protein powder (Building block)
- Milk Thistle & dandelion (Digestive Health)
- Parselinium E (Anti-oxidant)
- Vitamin C (Immunity)



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# Why Double X is different than other brands?

Years of Research & development

Clinical Trials

22 Plant concentrate

Bioavailability - Fast absorption in body

Quality raw material



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# Double X

The most powerful multi-vitamin in the world !!!

# Recent Collaboration

- New Double X was evaluated in 119 Korean men and women in 2002 - 2003.

## Principal Investigators:

Drs. Jong Ho Lee and Yangsoo Jang



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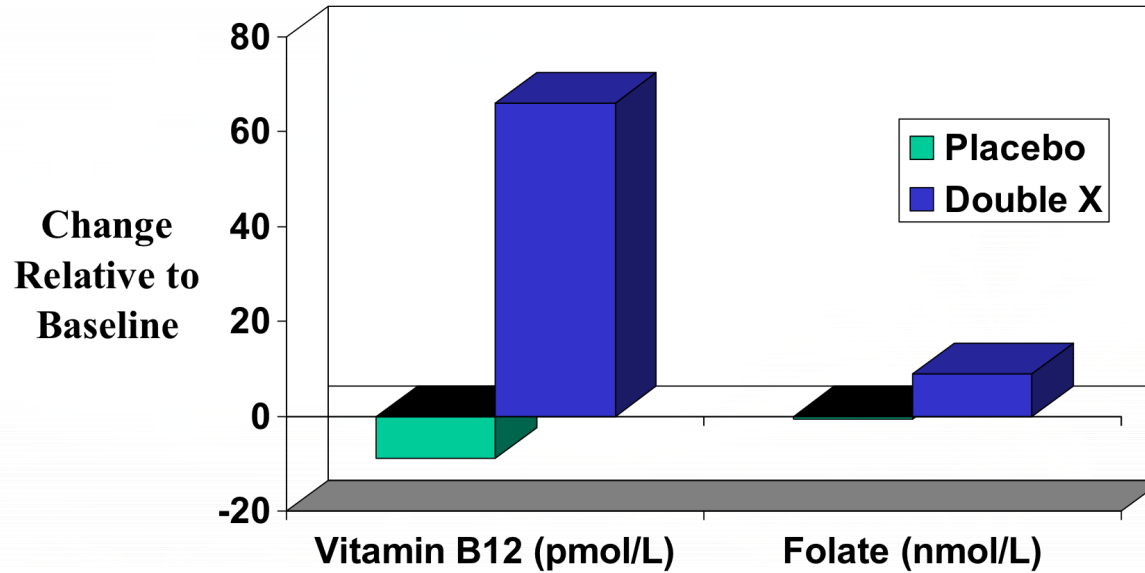
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## Double X Improves B Vitamin Status



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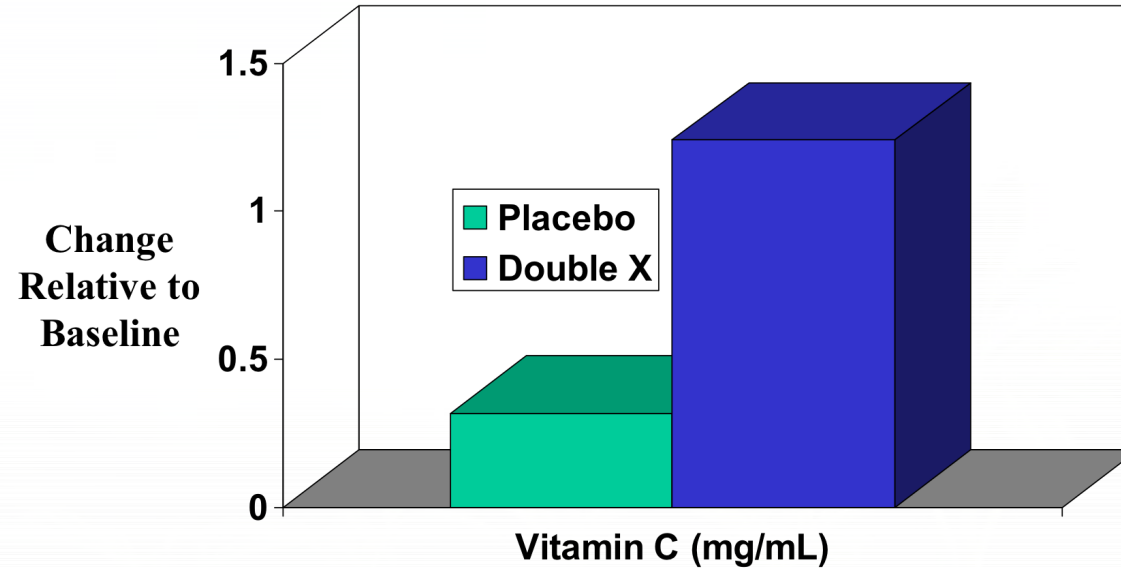
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## Double X Improves Vitamin C Status



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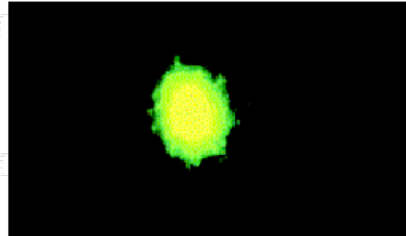


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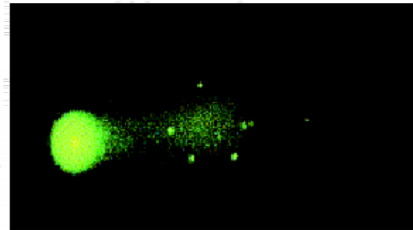
## Comet Assay for DNA Fragmentation

- Food supplements are a logical way to replace what is missing in a diet, bring the diet back into balance, and prevent diseases caused by dietary inadequacies.



non-Fragmented

- Plants are the source of nutrition for animals and humans. Genetically altered plant materials are the basis of many food supplements.



Fragmented



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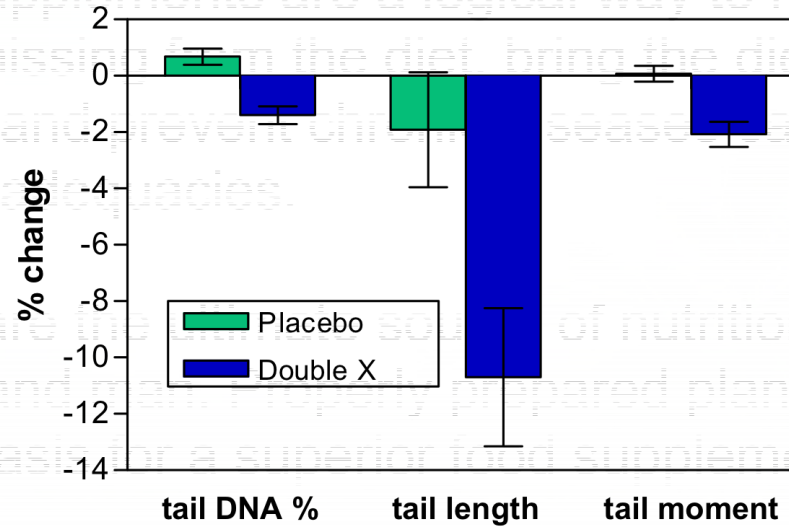
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## Double X Reduces DNA Fragmentation

- Food supplements are a logical way to replace what is missing from the diet, bring the diet back into balance, and prevent chronic disease caused by dietary inadequacies.

- Plants and properly prepared plant materials are the basis for a superior food supplement.



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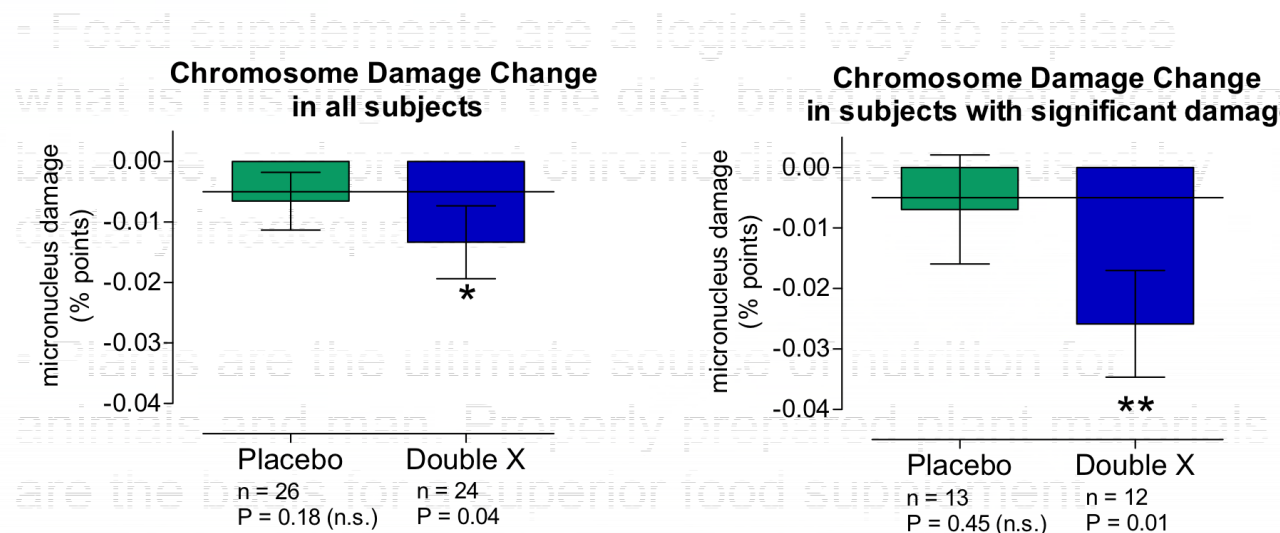
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# Double X protects DNA



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# Next Gen Double X- Breakthrough Technology



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12 vitamins, 10 minerals &  
22 phytonutrients

Fills more gap



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## THE NEXT GENERATION OF NUTRIWAY® DOUBLE X®



### Patented PhytoProtect™ Blend\*

PhytoProtect is a unique blend of Rosemary, Turmeric and Fava d'Anta (a rich source of quercetin) that together with the other vitamins, minerals and phytonutrients in NUTRIWAY DOUBLE X, help to support your body's own antioxidant defence mechanism. Our NUTRIWAY scientists screened over 1,000 plant extracts and discovered that the strongest results came from this synergistic blend.



### Support Against Excess Free Radicals

Excess free radicals can lead to damaging oxidative stress in our bodies which can accelerate age related conditions. NUTRIWAY DOUBLE X offers cutting edge science with its revolutionary blend of essential vitamins, minerals and phytonutrients, designed to work with the body's own antioxidant defence mechanism to help fight excess free radicals.



### More Antioxidant Defence

Now contains a higher concentration of standardised plant concentrates to boost antioxidant defence by helping to reactively scavenge and neutralise free radicals. This is a result of improved botanical concentrates due to new manufacturing processes (Refractive Window Drying) and standardisation of plant concentrates.



### Phyto Colour Balance

The NUTRILITE® Global Phytonutrient Report™ revealed that the entire globe falls short not only in all five colours of the phytonutrient spectrum, but especially the purple spectrum. The next generation of DOUBLE X now has more phytonutrients from the purple colour spectrum to address this global dietary gap.



### 1/3 Smaller Tablet Size

The new formula leverages extraction technology to deliver a higher concentration and potency of phytonutrients from extracts, resulting in more concentrated phytonutrients in one third smaller tablet size. It now also contains soothing peppermint and is gentle on the stomach with improved aroma.

### REACTIVE

Phytonutrients reactively scavenge and neutralise free radicals in the body.



ANTIOXIDANT  
PHYTONUTRIENTS

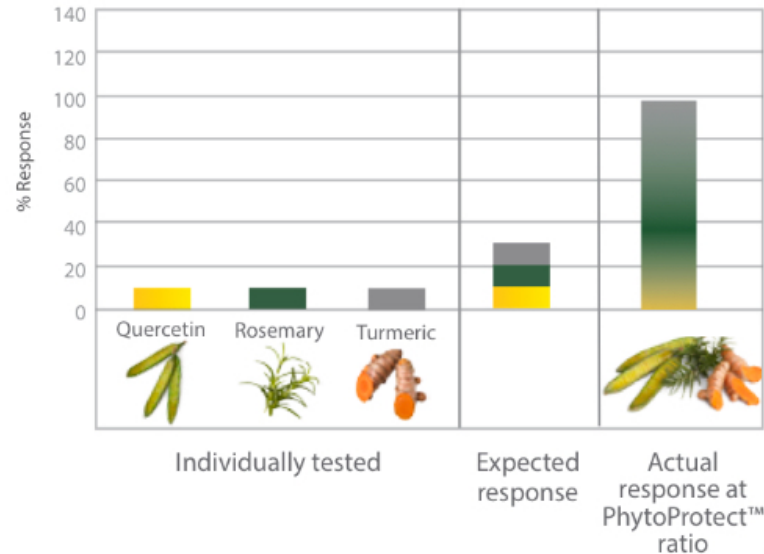
### PROACTIVE

Certain phytonutrients proactively protect against free radicals in the body.



HERO  
PHYTONUTRIENTS

Our NUTRIWAY® scientists developed the new Antioxidant Response Element (ARE) assay test to determine which plant extracts best help to elevate the body's internal antioxidant defences. The ARE assay measures the triggering event that signals cells to increase production of antioxidant defence related proteins.



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# DEMO

## Vitamin Tablet

The rich orange colour is driven by:

- Yellow from the B vitamins, beta carotene and marigold flowers.
- Red from tomato.



## Phytonutrient Tablet

The purple is from the new berry blend with grape, blackcurrant, elderberry and blueberry.



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Phytonutrient  
Tablet

Global



Vitamin  
Tablet



Mineral  
Tablet

## Mineral Tablet

The light green colour comes from the alfalfa, watercress, parsley and spinach. It also contains soothing peppermint.



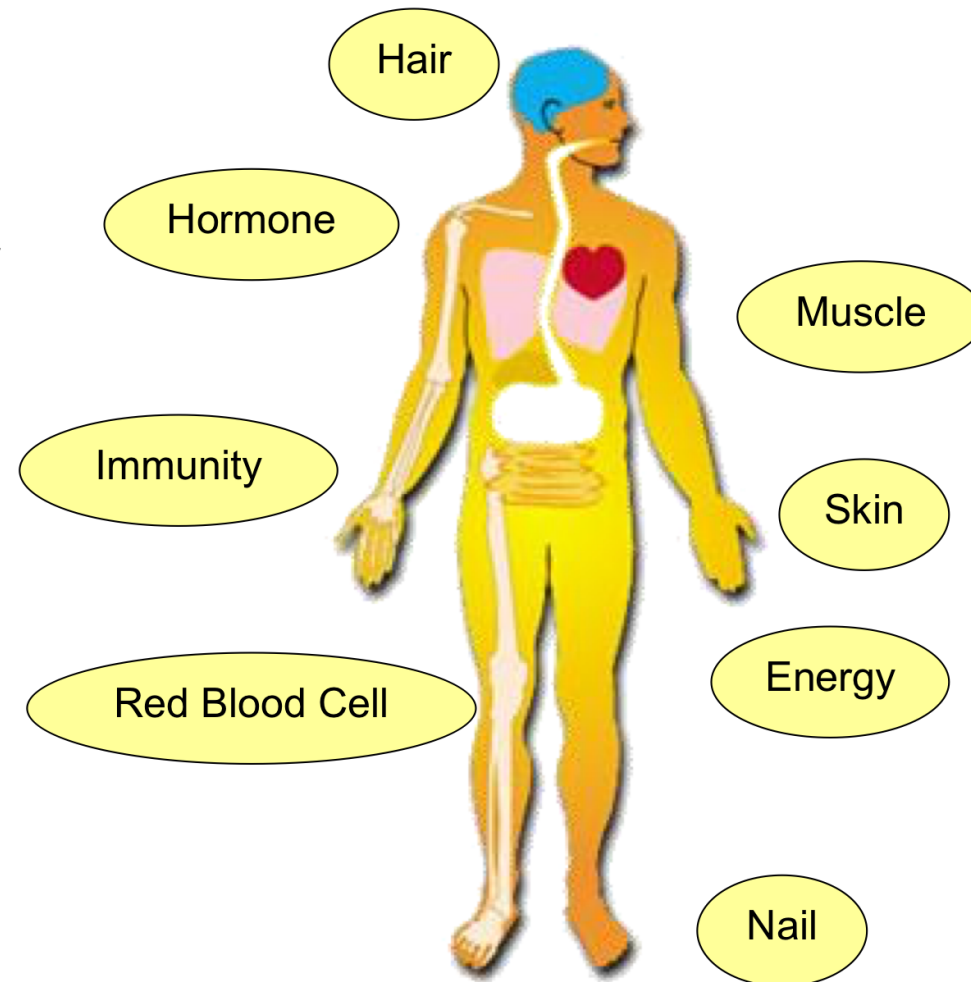
# Why protein powder ?

Why Nutriway ?



# Why we need protein?

- Protein is a part of every cell.
- Important in tissue building.
- Body can't store it





# Why we need protein?

- **Defense and Immunity**
- **Healthy Skin and Hair**
- **Energy Level**
- **Growth and Maintenance**
- **Balance**
- **Blood Component**



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# Vitamin C

Extended Release

# Clinical studies of Vitamin C

- **577 subjects**
- **50 years old or older**
- **Food intake & other 25 factors that affect their health**
- **After 7 years they examined death records**
- **Vit C was the most important factor in decreasing death rate by more than 51 %**

# Vitamin C

- Immunity Booster - Enhanced antibody production, protect against cold/flu
- Maintain healthy gums, teeth & skin
- Powerful anti-oxidant to fight signs of ageing
- Faster healing of wounds/scars & Repair tissues from injury/damage
- Collagen synthesis - Healthy plumper skin
- Important in synthesis of Red blood cells
- Helps liver with detoxification
- Reduces gluten induced inflammation
- Reduces Heavy metal accumulation
- Increase iron absorption in the body
- Protect from & destroy cancer cells



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Nutriway Parselenium E

# Clinical studies of Vitamin E

- **87000 female nurses**
- **Vit E 100 to 249 IU**
- **66% reduction of heart problems & cancer compare those who didn't took Vit E**
- **It reduce LDL production**
- **Fights with free radicals**

# THE EMERGING BENEFITS OF VITAMIN E

## BENEFIT AREAS IN NUTRITIONAL RANGE

## EMERGING ROLE AT HIGHER DOSE

**ASTHMA**  
Increased dietary vitamin E intake is associated with a reduced incidence of asthma.



**FERTILITY**  
Vitamin E is essential to healthy fertility. Studies have shown that vitamin E increases sperm health and reduces the risk of miscarriage.



**PROSTATE CANCER**  
Epidemiological studies have consistently associated good vitamin E status with a reduced risk of prostate cancer.



**Vitamin E**  
Is an antioxidant that occurs naturally in foods such as nuts, seeds, and leafy green vegetables. Vitamin E is a fat-soluble vitamin important for many processes in the body. It is used to treat or prevent vitamin E deficiency. People with certain diseases may need extra vitamin E.



**AIR POLLUTION**  
Increased intake of antioxidants such as vitamin E may reduce the damage induced by air pollution.



**AGE-RELATED MACULAR DEGENERATION (AMD)**  
Studies suggest that vitamin E helps reduce the risk of cataracts and macular degeneration.



**FATTY LIVER DISEASE**  
New research suggests that vitamin E plays a role in treating a fatty liver.



**ALZHEIMER'S DISEASE**  
A daily dose of vitamin E may help to slow functional decline for patients with mild to moderate Alzheimer's disease.



**DIABETES /CARDIOVASCULAR DISEASE**  
Vitamin E helps reduce cardiovascular disease in individuals with type 2 diabetes.

**How our body function ?**

**Role of Cortisol & Oxytocin Hormones**

**Stress mechanism & Relaxation mechanism**

**Damage (-ve) Vs Damage Control (+ve)**



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# Lifestyle - How you live your life?

Optimal health

Peace of mind

Stress-free

Away from negativity

Positive environment

Good mind food

Improved relationships

Established faith & beliefs



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# How much you worth ?

Our body is billion dollar asset for you & price we pay to take care of it , is the mortgage to protect our asset & next generations.



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Cure or Prevention ??

**Sick people take medicines.**

**Healthy people take supplements.**

**Prevention is better than cure.**

TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.



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