



CHAPTER SIXTEEN

Healthy Body

Every effort has been made to ensure that the information contained in this book is complete and accurate. However, neither the publisher nor the author is engaged in rendering professional advice or services to the individual reader. The ideas, procedures, and suggestions contained in this book are not intended as a substitute for consulting with your physician. All matters regarding health require medical supervision. Each person's health needs are unique. To obtain recommendations appropriate to your particular situation, please consult a qualified health care provider. Always read and follow product packaging directions and warnings. Neither the author nor the publisher shall be liable for any loss, injury, or damage allegedly arising from any information or suggestion in this book.

The five most essential elements of good health are nutrition, exercise, water, rest, and a positive attitude. Fifty years ago we ate fruits and vegetables from our nutritious gardens, and got our exercise from weeding, pushing a lawn mower, and walking to school. In modern society we have almost none of that available. Our gardens and farms are no longer the nutrition providers they once were because of the nutritional depletion of the soil.

It is essential to good health to supplement our diets. The Melaleuca **Daily for Life** pack, which includes the **Vitality Pack**, **CellWise**, **Phytomega**, **ProvexCV**, and **Florify**, is an excellent place to start. This combination of nutritional products is designed to give you basic nutrition, powerful antioxidant protection, intestinal flora, and superior cardiovascular maintenance at a special low price. Packaged in AM and PM packets, and designed for the different nutritional needs of men and women, the **Daily for Life** pack is the most convenient way to take the daily supplements essential to good health.

A good night of rest, plenty of water, a few minutes of daily exercise and a good laugh or two and your day is off to a wonderful start! If you are dealing with any of the conditions listed in this chapter and these support products are not mentioned, it should be assumed that they are a part of your overall wellness program.

Here's to good health and happy living!

*The information presented in this book is in no way intended as a substitute for medical counseling. Always consult your physician before starting any course of supplementation or treatment, particularly if you are pregnant or currently under medical care. Always read and follow product packaging directions and warnings.

