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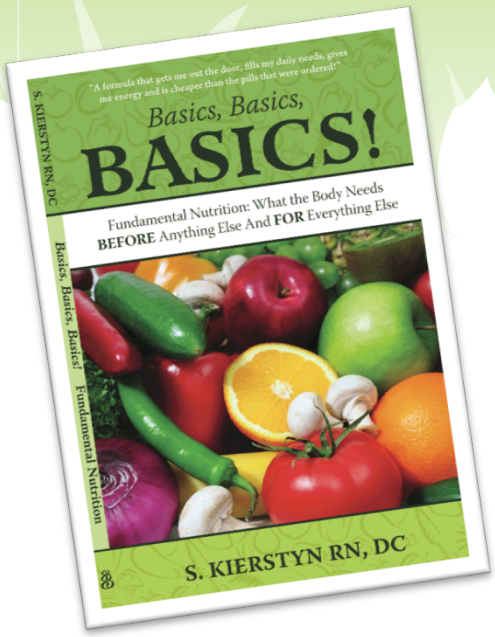
Basics, Basics, BASICS!

FUNDAMENTAL NUTRITION:
What Your Body Needs BEFORE Anything Else and FOR Everything Else



By Sunny Kierstyn RN, DC
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A strong immune system is supported by nutritional saturation. Do you get the daily nutrients you need?

A strong and solid immune system is the best protection against the random infections occurring these days. Cellular saturation of vitamins and minerals promotes solid immune function. Is your body equipped with the nutrients needed for optimal healthy function? With one simple step each day, *Basics, Basics,* ***Basics!*** teaches you how to create health from the inside out.

"These rare earths, known to be so vital to animal health and longevity are no longer found in our food supply in any consistent or significant amounts – the only warranty to adequate rare earth intake for us humans is supplementation!!"
~ Joel Wallach DVM, ND

"How about that POWER Drink?"

"This approach is the cheapest, most effective, health insurance available!"

"This is the one nutritional program I've used where I could actually tell when it wasn't there."

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"This wellness approach is what traditional western medicine is calling orthomolecular medicine, and very simple to implement."

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