



A HEALTHY BODY IS A LEAN BODY.

Maintaining a healthy body mass index, or BMI, is one of the most important ways to help you live longer, according to a new study published in the December 2010 issue of New England Journal of Medicine (1).

Heartscan Services has a nutritional weight loss program that has successfully helped hundreds of people lose weight and reduce their risk for heart disease and stroke as well as obesity.

Our program addresses two elements: nutrition and toxicity. We have used this program for over 4 years and have physicians, nutritionists, athletes, and children on our nutrition program.

We have a coaching system in place to ensure success.

Staggering facts:

Obesity today is a major problem.

Obesity has become a major health concern. 1 in every 3 adults is obese and almost 1 in 5 youths between the ages of 6 and 19 is obese. Obesity by itself has been shown to increase the risk of heart disease.

Obesity is defined simply as too much body fat. Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat - especially around your waist - you're at higher risk for health problems, including high blood pressure, high blood cholesterol, diabetes, heart disease and stroke.

The U.S. Centers for Disease Control and Prevention (CDC) released an analysis in the journal Population Health Metrics today with estimates that **have painted a grim picture of what current health trends are and what can be expected as long as they continue:**

- One in 10 U.S. adults lives with diabetes now (about 23.6 million)
- Nearly six million don't know they have diabetes, and nearly 57 million have prediabetes
- By 2030, U.S. medical costs for diabetes cases are expected to double
- By 2050, one in three U.S. adults could have diabetes

DIABETES AND RISK:

The rapid rise in diabetes cases projected over the next 40 years is based largely on an ever-growing obese and aging population.

Diabetes and Obesity both linked to increase risk of Heart Disease, Stroke and Peripheral Arterial Disease.

Medical Professional comments regarding the program and the Health Crisis with Obesity, Toxicity and Disease.

Dennis Harper, DO - "This is going to be the first generation of children that will not outlive their parents."

With recent news of preliminary data that U.S. life expectancy is down for the first time since 2004 — dropping to age 77.8 overall —

there is yet more talk about what people can really do for themselves to live successfully into old age.

TOXICITY LINKED TO OBESITY

***Dennis Harper, DO* - Our nutritionally bankrupt food combined with toxicity is wrecking havoc on our mental and physical health.**

Hundreds of thousands of deaths per year are linked to obesity. In addition to an unhealthy diet and lack of exercise many scientists now believe that toxic overload is contributing to weight gain and obesity.

TOXICITY FACTS:

Did you know that 80% of cosmetics contain parabens and phthalates, chemicals proven to increase the risk of cancer? Here are some typical chemicals found in the food, water, air, environment and products we are commonly exposed to:

PAHS, DIOXINS, PCB's, PFOA, PFA's, DECA, BDE, PBDES, PHENOL, CHOLORINE, AMMONIA, FORMALDEHYDE, TRICLOCARBANS , BISPHENOLS, PHTHALATES, PESTICIDES, HERBICIDES, BUYLATED HYDROXYANISOLE (BHA), BUTYLATED HYDROXYTOLUENE (BHT), PHOSPHORIC ACID, BISPHENOL A (BPA), FLAME RETARDANTS, LEAD, PDDBE, BDE 47...and many more!

One of the biggest threats to our health is our own environment. Some toxins are easy to spot; however, most are either invisible or undetectable to the average person.

Nicole Kafka, MD - "We have poisoned our water, we have poisoned our air, we are poisoning our food and we are doing that to allow

industry to advance, but, in the process we are introducing hundreds and hundreds of pollutants into our bodies."

Paul Anderson, MD - "In particular I worry about pesticides, herbicides, on the fruits and vegetables you eat and on the animal side I'm very concerned about growth hormones, steroids and antibiotics that are being injected into the food supply."

Dennis Harper, DO - "Prescription drugs are now showing up in the water supplies, arsenic is showing up in the water supply, heavy metals."

Jim Rhoades, Nutritionist - "We have sterilized our top soil. The pesticides not only kill the pests that come to attack the farmers produce. It also is in the top soil and kills all the living micro-organisms and bacteria that convert an inorganic rock mineral into *an organic form for it to be absorbed and up taken by the plants.*"

Dennis Harper, DO - "For us to assume that just because we have a plethora of foods that were not under nourished is really wrong, because, our food unfortunately is under nourished."

Paul Anderson, MD - "The biggest problem I see with toxicity is body inflammation. You get a massive inflammatory response and that creates a lot of problems."

A recent study by the Center for Disease Control (CDC) reveals the presence of 116 toxic chemicals in people of all ages. The CDC also reported that we are spending over \$75 billion a year on weight related diseases.

Nicole Kafka, MD - "We are putting all kinds of garbage in our bodies and our bodies are then accumulating fat to protect us."

If you think obesity is only a problem in adults think again.

Nicole Kafka, MD - "Obesity is a huge and growing problem in children. We are producing obese children and that's horrible."

Think about it:

We change the oil in our cars and trucks so they don't break down, we change the filters in our heating and air conditioning systems to keep them running properly, we brush our teeth to prevent decay, we seem to understand the concept of prevention in protecting our investments yet we ignore our most important asset our body.

No matter what your weight is you can become healthy. For people who are healthy it's amazing what the impact is. Their body composition gets better. Their stamina is greater. For athletes their recuperation is faster.

What's so nice about whole body cleansing is it's all natural. It's an incredible way for a person to regain their health in an incredibly healthy way.

Jim Rhoades, Nutritionist - "All these things are adding up and suddenly there is a health problem. So what can we do about it?"

While no one product can single handedly remedy all of our problems it's imperative that we get serious about supporting and improving our health through nutritional cleansing.

What is the program?

The Cleansing and Fat Burning System is a common-sense, proven strategy for weight management and nutrition. It is also a quality system because of its effectiveness in helping thousands of people reach or maintain an optimal BMI. Ultimately, as people reach and keep their desired weight, they are leaps and bounds ahead of folks who choose not to eat healthy! A healthier BMI is an increased opportunity for a healthier future.

Scientific research shows that the Cleanse and Fat Burning System supports the body's ability to deal with balance and suddenly it can do what it was designed to do which is to give you the health and the strength you are looking for.

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What's so nice about whole body cellular cleansing is **it's all natural**. It's an incredible way for a person to regain their health in an incredibly healthy way.

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