

‘NUTRITIONAL TIPS’

WE ARE WHAT WE EAT

Eat more raw vegetables! Eat more fresh fruit! Not because we might subconsciously desire to become a turnip or a piece of celery but because these food stuffs provide us with ‘Living Micro-Organisms’ that are absolutely essential to our very well being. If we ever had ‘Building Blocks To Our Wellness’, **‘Bacterium and Enzymes’** are they!

As stated, these are ‘Living Micro-Organisms’. We might get the impression from profiteering self-serving drug companies that “Bacterium” are bad. That is very wrong! Without a host of **‘Good Bacteria’**, we would cease to exist overnight or close thereafter! Adios muchacha!

To kill bacteria on surgical instruments we might simply boil them in hot water. We know that is effective. If you want to kill the ‘Good Bacterium’, essential elements to your daily living, just boil and overcook your food! Canning fruits and vegetables kills the ‘Living Value’ that they might offer us. How then do we preserve foodstuffs? Shrink-wrapping and freeze-drying is better, but you know as well that ‘Frost Bite’ kills tissue. If you were to remove the water from your tissues, they too would expire. What to do?

The great marketing nations in which we live are ‘NEVER’ out of fresh produce and fruit. Stay as natural as you can. Just make the decision to have these fruits and vegetables on your table daily!

Your health relies upon it. That all!

Eat what you want to be!

Enjoy!

“Welcome Aboard!”
“Enjoy The Ride!”

PERFORMANCE EXCELLENCE

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