

THANK YOU FOR TRYING VEMMA!

Improving Health Through Nutrition: NO QUICK FIX

One of the most common questions we hear is: "How fast will this stuff work?"

We want to steer people away from the "quick fix" mentality and adapt realistic expectations for realizing improved health through nutrition.

In Optimum Sports Nutrition, Dr. Michael Colgan explains why patience is the key: **A bloodcell lasts 60-120 days. In 3- 4 months your whole blood supply is completely replaced. In 6 months almost all the proteins in your body die and are replaced, even the DNA of your genes. In a year all your bones and even the enamel of your teeth is replaced, constructed entirely out of the nutrients you eat."**

Seven principles of nutrition and healing:

1. With nutrition we are simply giving the body what it needs to heal itself and rebuild itself anew and this takes time.
 - We are not suppressing or manipulating symptoms as with pharmaceuticals
 - We are not treating issue specific conditions as with herbology
 - **The business of nutrition is to build a better body**
2. We are all unique. Some people will respond more rapidly than others to improved nutrition.
3. Positive health changes can be occurring **without you "feeling something."**
 - Improved health begins on the molecular and cellular levels
4. The greatest health benefits of improved nutrition may well come in the latter years of life.
5. If you experience a "correcting crisis" while on an optimal nutritional program, stay the course -- it's working! "correcting crisis" may leave you feeling sluggish for a few days.
6. Licensed health care practitioners still make educated guesses as to how long it might take to see a specific health improvement using nutrition.
 - For a specific health improvement, figure three months, then add one additional month for each year the chronic condition has existed
7. As one very prestigious medical doctor has well stated, dietary supplements ought to carry the warning: "Not to be taken on an empty spirit".

Tend to your thinking; nurture your spirit. Staying mindful of these seven principles of nutrition and healing will hopefully keep all of us out of the trap of quick fix thinking and help allow us to create the time and patience to achieve **true healing** and enjoy *lasting optimal health*.

Thank you again for your 100% money back empty bottle guarantee order, we feel confident that you will be more than happy in your decision!

Tyler & Mimi Ford
.com

If you desire to make changes to your auto delivery or have questions, please call the Vemma Corporate office directly @ **800-577-0777**