

Refuel

Nutrients are the building blocks our bodies use for regeneration. Your 3R Program will begin with the nutritional and dietary recommendations your body needs.



Eating Healthy

Knowing what to eat and what not to eat is becoming more important each day as we continue to live in a stressful, toxic world. If you want to optimize your health, you must return to the basics of healthy food. There is no way around this simple fact. Ultimately, the simplest and most effective way to achieve good health and a long life is to focus on the nutrition you are putting in your body on a daily basis.

Nutrition

Nutrition comes in many forms. Understanding all of your body's needs and how to easily fulfill them is a valuable lesson you will use for a lifetime. We have many types of nutritional products. During your time with us you will learn that most products fall into two basic categories.



1) Short-term nutrients: Used to help balance an area of your body that is in need of help, but will function well on its own once the problem is corrected. Examples would be nutrients that help with detoxification or chronic infections.

2) Long-term nutrients: You will find that your system works much better and feels stronger when it receives the nutrients you have been deficient in. Research has confirmed that over 90% of Americans are deficient in many essential vitamins and minerals most of their life. By learning effective and easy ways to stay nutritionally balance you will maintain the level of health you achieve. Long-term nutrients include; multi-vitamins, nutritional shakes, probiotics, enzymes, essentials fatty acids and more. Your specific long-term needs will be assessed during your 3R Program.

