



## HHG FIT HEALTH: 2016 Vol. 1

IN 2001 THE WORLD HEALTH ORGANIZATION (WHO) PUBLISHED TECHNICAL SERIES REPORT 916. ON PAG 42 THEY STATED "WE SHOULD EAT A DIET CONSISTENT WITH THE DIET OUR GENES BECAME PROGRAMMED TO RESPOND TO."

### **1. In all of HEALTHY HABITS GLOBAL'S formulas, this is the parameters we sought:**

\*The efficacy of natural nutrition depends on how easily the nutritional elements can pass across all cell membranes and whether the nutritional elements can access target sites within the cell and interact with all relevant enzymes and other cellular components.

Remember that within each cell there is a minimum of 4,000 working enzymes and every cell type utilizes many different types of enzymes.

We had to understand that structural confirmation as well as the partition co-efficient so far every molecule that will affect it's bio-activity.

**PURE COMPLETE, PURELIFE & FRUITS & VEGETABLES** optimize absorption by enhancing micelle formation, the key to intestinal transport.

2. The formulas support & enhance the innate immune system.

3. **HHG'S formulas are based on natural plant nutrition that is genetically compatible to all mankind.**

#### **A. What causes Health Problems?**

Genes have a fluidity, which makes them pliable and adaptable. Consequently, the genes can be influenced, which means that genes can be turned on or off by a multitude of different factors. Genes can be influenced by any of the following factors:

- Heredity Problems, with one or both parents
- Environmental Problems, such as contaminated air (second hand smoke), emissions from autos & industries, UV radiation, nuclear radiation, magnetic fields & radon gas exposure.
- Cosmetics: The body absorbs chemicals from personal cosmetics, toxins from hair & nail salons & even sunblock.
- The consumption of foods high in SUGAR.
- Infections caused by bacteria and viruses & hygiene challenges.
- **Stress.**

4. **Solutions:** PURE COMPLETE, PURELIFE & FRUITS & VEGETABLES have the most powerful health building components in the world! They bridge the discordance between our ancient, genetically determined biology and the nutritional needs of today. Every ingredient has a purpose and a value and all of the ingredients have been extensively studied and proven. They focus on NutriGenomic activity, nutrient-gene interactions.

Dr. Robert Weiss: "Plant based whole foods are the most powerful disease-modifying tools available to practitioners - more powerful than any drugs or surgeries."

One of the key ingredients we use is PQQ. This is the only know ingredient that has been proven to regenerate mitochondria & your mitochondria are the source of 95% of the energy you need every day. It stimulates the production of brand new mitochondria in your cells resulting in significantly more energy and vitality. Research at the University of California Davis showed that you receive the energy boost in 3 days & reduced harmful oxidation levels in 24 hours. UC Davis research confirmed that

only one nutrient on Earth is proven to reverse the root cause for feeling old. From a study published in the Journal of **Nutrition**: **PQQ** increased the number of mitochondria inside each cell by up to 60%.

**The anti-aging effects of PQQ are backed by over 175 scientific studies published in;**

- Journal of Nutrition.
- Molecular Biology of the CELL.
- Functional Foods In Health and Disease.
- Clinical Science.
- AGE.
- Biological Pharmacy Bulletin.
- European Journal of Neuroscience.
- AND MANY MANY MORE!

**PURELIFE** is a proprietary formula of Beta-Glucans & Anti-Inflammatory ingredients and is a scientifically proven biological defense modifier (BDM) that nutritionally potentiates and modulates immune system response and reduces inflammation.

**Whenever we ingest sugar, which is in almost everything, our immune system is comprised to unhealthy levels for 6 hours.** This means that our immune system is only working properly a few hours per day. Our immune systems need a major boost on a daily basis & there are over 1600 published clinical studies on PUBMED, the world's largest online medical journal archive of independent clinical studies, supporting Beta-Glucans. These studies have been conducted at some of the most prestigious institutions in the world, including Harvard Medical School, Tulane University and the National Cancer Institute.

**Dr. David A. Stevens:** "Over the past few years, we've come to understand that Beta-Glucans have an effect on our innate immune system, which is the first line of defense in people and practically every animal. It takes care of 99% of all invasions we are exposed to and it engages before the human body's adaptive immune system manages to react."

Beta-Glucans have been called **NATURE'S SUPER MEDICINE!**

5. Take **PURE COMPLETE, PURELIFE & HHG'S FRUITS & VEGETABLES** together daily.

Today's food has a propensity to make people fat, have metabolic syndrome issues, disabled and die prematurely.

Consequently, "**NUTRITIONALLY PROTECTIVE FOOD**" are the three most important words a human can understand. The ability of cells to work together in a co-ordinated fashion is paramount for a multicellular organism to function. The multitude of cell types each have specialized roles to play, yet remain independent upon the products of other cells for survival. PURE FIT formulas affect G Proteins, which are a family of proteins that act as molecular switches inside cells, and are involved in transmitting signals from a variety of stimuli outside the cell to its interior. G Proteins regulate metabolic enzymes, ion channels, transporter, and other parts of the cell machinery, controlling transcription, motility, contractility, and secretion, which in turn regulate diverse systemic functions such as embryonic development, learning & memory, and homeostasis.

**It is important to recognize that nutrition must match inherited DNA to be effective & HHG'S PURE FIT FORMULAS provide the necessary matched resources for health, anti-aging & weight loss.**

**PURE FIT** supports the necessary nutrients to promote the completion of the mechanism's of action necessary to complete the cell regeneration process necessary for health & life on a daily basis. You lose soluble vitamins from your body in 12-16 hours & they need to be replaced on a timely basis daily. PURE FIT formulas have the necessary micronutrients of whole food.

**PURE FIT formulas are optimally balanced nutraceutical nutrition that has never been done before!**