

The Health Care Solution *by Chris Morris, ND*

Eating natural, non-processed foods and minimizing the use of drugs might not be popular with the convenience based food and drug markets, but it will help us maintain good health and is based on science that is becoming ever more popular with open minded and knowledgeable professionals.

Natural plants and foods are showing more and more through the latest research to have the most beneficial ingredients for good health without any of the deadly side effects when compared to the pharmaceutical alternatives prescribed. Our cultural neglect for quality foods and supplements has led to long term latent deficiencies that lead to major disorders when coupled with years of neglect.

Today's leaders in nutritional science are proving that if our body is deficient in even one essential nutrient, it can create not just one disorder, but many. It can create several diseases, each one manifesting at different points along the way. While these diseases may take years to appear, be assured that for every day that we are deficient in certain key nutrients, a serious disorder could be slowly developing within the body.

The answer is replenishment and healthy lifestyle alternatives to reverse the ravages of accelerated aging. And from our years of experience we've never found a therapeutic supplement that facilitates balance and homeostasis on every level (genetic, cellular, tissue, organ and system) like the ***Conscious Essentials***. ***Conscious Essentials*** supplies essential fats and nutrients to restart lost functionality and tissue integrity. It combines different mineral compounds for different levels within the body and varied functions. It has functional foods that align with nature and the natural processes within the body.

The truths found in nature must ultimately prevail if we are to survive. We strive to promote the healing power of nature; choose therapies with the intent to keep harmful side effects to a minimum and not suppress symptoms; treat the whole person (a person's health is affected by many factors, such as physical, mental, emotional, genetic, environmental, and social ones); identify and treat the causes of a disease or condition, rather than its symptoms; teach ways of living that we consider most healthy and most likely to prevent illness and educate our clients in taking responsibility for their own health.