



Health is Real Wealth

By Ariston P Awitan, Jr., M.D.

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Our Health is the Number One Priority in our Life!

Tags: antioxidants, free radicals, healthy life, minerals, nutritional supplements, vitamins , Phytonutrients, amino acids, herbs

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Introduction

We all have dreams. Then we put a deadline in our dreams and they become our goals. We work on our goals and they become realities. Most of the time our goals involve material things that we want to possess, money that we want to put in our bank accounts, beautiful house that we want to live in, and professions we want to achieve. All of these require money to accomplish them. So it sounds like that money is the most important thing we need to accomplish our dreams, our goals and our aspirations. Stop, sit back and think. Yes, money is very important. But is it really the number one priority, most important thing in one's life?

My Personal Experience

Let me tell you my experiences as a physician for over fifty years. I have treated patients; saw patients, my friends, acquaintances, millionaires, great politicians and rich businessmen in the intensive care units in the hospitals. Some of them were dying, some with endo-tracheal tubes connected to respirators--breathing machines because they were dying of cancer, strokes or heart attacks. And at that point, I could not help but say, now what ? What is the use of all the riches these people have worked for at this particular point of their lives? What's the use? All these riches that they have worked for to the extent of neglecting their very own health? My friend, a businessman had multiple organ failures. He neglected his high blood pressure problem while busy travelling doing his multimillion business. His high blood pressure destroyed the small arteries in his kidneys, had kidney failure, and was in dialysis at least 2 times a week for several years. He developed a heart attack, fluid in the lungs and died. Only in his early fifties. I have close friends that died of brain cancer, lung cancer and urinary bladder cancer. My point is that people do not realize sometimes that health is their number one priority until they lose it. If they were just reminded or if they knew of a way to prevent these fatal diseases, I am sure they would even spend their fortune to preserve their health.

Health Consciousness

So now that my point is clear, let me tell you that some of us has been perpetual students of physical fitness, prevention of diseases, good nutrition, nutritional supplements, phytochemicals, antioxidants and free radicals. We have labored to learn all these things so that the knowledge we learned can be applied in order to achieve and maintain healthy lives. You have to take advantage of our expertise because our longevity is a testimonial that what we do and what supplements we take contribute to our healthy lives.

Application of Knowledge

Since more than twenty years ago, I have studied nutritional supplements, antioxidants, free radicals and have been faithful with my physical fitness being a martial artist. I have always watched what I eat, and have been conscious of avoiding extra pounds of weight. I also believe that one has to be actively well-informed about the available superior nutritional supplements and antioxidants for our body's health. The correct balance of intake and output of calories is very important in order to stay healthy. The basic knowledge of nutrition is very important indeed. Our body needs good nutrition, and supplementation with vitamins, minerals, enzymes and antioxidants. Nutritionists advised us that in order to fulfill our daily requirements of vitamins, minerals and antioxidants, we have to eat about 16 (sixteen) servings of fruits and vegetables daily. But who on earth would be able to eat those sixteen (16) servings daily? That's why; we need to take nutritional supplements. These daily requirements can be fulfilled by taking an acceptable amount of tablets, capsules or liquid supplements.

Total Life Changes

The future and the focus of Total Life Changes® is bound by an unwavering vision to put our innovative products in the hands of as many people as possible. TLC maintains a servant strategy, which means that no one person is bigger than TLC. This company is owned by every single IBO who we have attracted and retained over the past 16 years. The focus is to continue to attract customers and entrepreneurs that are seeking industry leading products that really work and are easily shared with others. At the start and end of each day, it's all about helping people make Total Life Changes. My favorite Liquid Supplement: **Iaso® Nutra Burst** is a proprietary blend of... 72 minerals + 10 Vitamins + 22 Phytonutrients + 19 Amino Acids + 13 Whole Food Greens + 12 Herbs – which equals 148 reasons to start using Iaso® Nutra Burst today! Another favorite that I cannot live without is: **IASOTEA**. Two cups of Iaso® Tea each day has helped tens of thousands of people to cleanse their body of toxins and flush excess waste. Iaso® Tea is not available in stores, and it's not advertised on TV or radio. It can only be purchased through Total Life Changes Independent Business Owners.

<http://totallifechanges.com/apawitan>

Magic10NanoSilver

A well-known antimicrobial product for over 2,000 years reportedly used by at least 18 Million people, effective against toxins, kills bacteria, viruses and fungus is good to keep in our medicine cabinets ready to use if we need it. It is the Crystalline Nano Silver and is available here: <http://magic10nanosilver.com>

Free-Mart.com

Free-Mart is a new paradigm in network marketing based upon caring and sharing. All of the traditional negativity associated with network marketing has been removed. What is left is a business model based upon honesty, integrity, simplicity and transparency. Products of the utmost purity and concentration. Check these outstanding products: Happy Water (I take this product regularly); The Nature's Nutrient; Free-Mart Siaga; Pure Gold Concentrate' Pure Mag Concentrate; Pure Silver Concentrate; Pure Copper Concentrate; Free-mart Nano Cards; Free-Mart NVIRO Shave and Shower Gel; Free-Mart NVIRO All Purpose Cleanser; and Mineralizer.

<https://www.free-mart.com/?rf=doctorA>

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O2worldwide drops can make you feel more energized, focused and healthier than you ever have. It contains a bioavailable form of oxygen and essential minerals that the body needs for optimal health and functioning. The exclusive formula has been

validated by over 20 independent research studies and countless real-life case studies across the world. Scientists, doctors and people just like you report that it works ! Benefits: boost Energy Naturally, Increase Focus, Strengthen Immunity, Recover Faster, Promote Weight Loss, Improve Sleep, Rejuvenate Skin, And Much More ! I take this awesome product regularly !

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THE AMAZING HELO HEALTH DEVICE OF WOR(L)D GLOBAL NETWORK

WHAT IS HELO ?

Helo is a health monitoring device with features more unique than the FitBit or Apple Watch. These are what Helo can do:

1. Measure Blood Pressure.
2. Measure Heart Beat
3. Measure Breathing Rate
4. Track Your Steps
5. Track Calorie Intake
6. Note Mood Energy
7. Perform EKG
8. **The New Helo LX can monitor Blood Sugar Levels** (No more pricking fingers with needles by Diabetics)

Most remarkable Safety Feature: There is a panic button located on the side of the watch. When needed, press it twice (This prevents it from being accidentally activated). After you press this button, your device sends an alert to notify your guardians, they will either receive an SMS or an email notification. This notification will also tell when you sent the panic message, and your last known GPS coordinates which are shown through Map. This can be life saver for your spouse, children, parents or grandparents.

Prevention is Better than Cure

Good nutritional supplements and antioxidants are important for preventive maintenance of our body cells so that they will function well for the performance of our body systems. The old way of going to our family physician when we get sick is outmoded. We have to prevent diseases long before they strike us ! You are not going to just keep driving your car until it runs out of gas or stops running because the engine quits or the transmission breaks! Preventive maintenance is just as important for our cars just as for our own bodies.

The Need of Self-Discipline

To stay healthy, you need self-discipline. And this starts with your proper mindset. Your conscious mind can instruct your subconscious mind so that your subconscious allows you to develop the mindset of who you are and what you are capable of. This is achieved by a self-talk such as this: (pdf Self-Talk You Can Use Daily to become Healthy), available in my Blog: <http://youmongusblog.com/aawitan> . When you login to the Blog, be sure that on your browser, you put the complete website (<http://youmongusblog.com/aawitan>) with the tail after/ you put : **aawitan** otherwise you will have a hard time finding it.

I Want to Share Important Knowledge

I would like to share some important knowledge I obtained after reading so many health books through the years. I developed the passion of eating mostly fresh fruits, vegetables, avoiding red meat and fatty foods. I learned that cancer cells like **red meat, sugar** and **acid bodies**, and **they do not survive in alkaline bodies**. So you know how to avoid or minimize your red meat and sugar intake. But how do you make your body alkaline? You can drink alkaline water processed by expensive alkaline water machines. But the cheapest way is by the use of **Baking Soda**. I use One teaspoon of Pure Baking Soda (ARM & HAMMER) using a plastic teaspoon, put it in a large glass of cold drinking water, (about 15 ounces) stir it with the plastic teaspoon counterclockwise, squeeze a half lemon to make the taste more acceptable. Drink this 2 hours after your evening meal for 3 consecutive days. After the 3rd night—early morning, test your urine with a pH tester (Litmus paper, color coded you can buy from your Organic Food stores or order it online). The pH of your urine should be between 7 and 9 indicating that your body is Alkaline. Then you just drink One Glass of this Baking Soda Water Once a week and monitor your urine pH every now and then to be sure you stay Alkaline. I would suggest you read the Health Protocol of John Austin here:

<http://healdna.com>

<http://simplecancertherapies.weebly.com/alkalizing-the-body-with-baking-soda.html>

In addition to the nutritional supplements I take (preferably liquid) and Prostate Health supplements, I take regularly O2wwDrops and hydrate myself with the use of Free-Mart "Happy Water" twice a day. Other than that I exercise three times a week and

maintain a positive mental attitude.. I am 84 years old; putting more years to my life, wake up every morning expressing my gratitude for allowing me to live impacting other peoples' lives.

Our Health in a Capsule

So if we can put it in a capsule, it will read like this:

1. Our number one priority in life is our health.
2. Our daily requirements of vitamins, minerals, enzymes and antioxidants cannot be adequately met by the number of servings of fruits and vegetables that we take every day, so we need to take nutritional supplements.
- 3 .Good nutritional companies can be found in the internet and in the nutritional product stores in your cities if you exercise your due diligence.
4. Prevention is always better than cure. We need regular adequate exercise for our health.
5. You can verify this yourself, make your own research, just do not take my word for it. I learned that cancer cells like red meat, sugar and acid bodies. It's your turn to find out the validity of this statement if you have any doubt, you want to verify it for your own belief.

Your decision to take nutritional supplements for your health benefits of course does not substitute for consulting your family doctor for evaluation and treatment for what your body needs.

About the Author:

Ariston P Awitan, Jr.,M.D. is a physician, retired orthopedic surgeon, professional network marketer, with a passion of helping people to become healthy and achieve financial security. He now resides in Palm Coast Florida, U.S.A. He can be contacted at this phone: +13865850157 or Skype: doctony1932 (Ariston P Awitan) or at this email address: aristonmdmm@gmail.com

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<http://www.dubli.com/1175630>

<http://bitcoincrowdfundingnow.com>

<http://www.cashdownlinebuilder.com/me/apawitan>

My Health and Wealth Information Blog:

<http://youmongusblog.com/aawitan> (after you click thee link, add"/aawitan" at the tail of the link that appears in your browser so that you can go to the site)

<http://www.leasedadspace.com/members/apawitan/blog>

My Radio Show Interviews:

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Who Am I Briefly:

<https://www.youtube.com/watch?v=uE63BQhZc5s>

Straight from My Heart:

<https://www.youtube.com/watch?v=gH94cHNTxHc>