

When are We Going to OPEN our Eyes to the "REAL CRISIS"??
Health Illiteracy/Complacency in the United States
August 10, 2020

- Weekly Product and Business Meeting – 1st Saturday is live at 10 AM CT. <https://zoom.us/j/215452258> or www.allaboutmannatech.com: the others are prerecorded links that are text to you by 10 AM CT on Saturdays.
- Next TNL, August 11th at 7:30 Pm CT www.allaboutmannatech.com
- Have you joined E-Merge? Are you enjoying Andrew Leedham? This is the last week with Andrew!
- Mannafest is approaching... August 21st and 22nd
- Are you using the new Discount Coupon codes to sign up your new customers? Check out www.allaboutmannatech.com

1. We in the United States tend to get prideful of all our greatness we have created in the past 100-200 years..."the greatest nation in the world."
 - a. Our grit and determination followed by our incredible commitment to higher education.
 - b. Built perhaps the most prolific economy in the world.
 - c. Our educational institutions being tapped by every major world player as some of the best higher educational institutions in the world.
 - d. More discoveries and intellectual property created than any other nation.
2. Notwithstanding creating some of the greatest entrepreneurial minds on the planet and seeing advancements that most of us never dreamed of, we have truly left something behind: **OUR HEALTH!**
 - a. A recent article in the Washington Post referred to it as "HEALTH ILLITERACY"! Yes, and they have as have I aligned this to be the major underlying "oversight" ruining this country that is now truly becoming self-evident during the current pandemic.
3. Three major statistics that send us a glaring message on how we have so deteriorated our own immune systems, some past the state of repair?
 - a. The world refers to us (as we do ourselves) as "**The Fast Food Nation.**"
 - b. As a nutritionist, I do grocery shopping tours for groups from time to time and the number one directive is "only shop the perimeter" where things are alive. Even on the perimeter, many foods have been highly tainted...whether cheese, meats, butter, even our fruits and vegetables that are not organic. On the interior the problem is massive: whether canned goods, cereals, chips, snacks, etc. by artificial colors, seasonings, additives, preservatives, etc. There is probably not one package of food you buy that you can pronounce and/or understand all the ingredients are. Your body has an equally hard time recognizing them causing an immune response. Foreign invaders were not meant to be in the human body.

c. **Prescription Drugs** we take. The US is the number one consumer of drugs throughout the entire world. In fact, our average consumption of pharmaceuticals is more than double per capita than any other nation in the world (based on cost, but our cost is also higher than any other country in the world). I am not suggesting you stop your drugs without proper medical advice, but do you think your immune system recognizes those toxins? Once again, as "foreign" to the human body, they potentially create a response by the immune system and overtax it. (go to patient.info "Immune Suppression" for laundry list of drugs and conditions that suppress the immune system)

4. **WE ALL NEED TO** take back control of our health and quit being negligent in our behavior or this downward spiral will only get worse. And who does that start with? Each and every one of us! YES YOU CAN! Every one of us can!

a. Support your body to do what it was created to do: **Be It's Own Best Healer.**

b. Mannatech products are a terrific source of the nutrients our body wants and needs from plants.

c. When are you going to step out of victim and into responsible? I am here to support you in each and every step. No matter where you are today you can make the shift, as TODAY is the first day of the rest of your life! Make a great choice!

Here is the link to the article on August 2, 2020: *"Health Illiteracy is nothing new in America. But the pandemic magnifies how troubling it is."*

https://www.washingtonpost.com/health/health-illiteracy-is-nothing-new-in-america-but-the-pandemic-magnifies-how-troubling-it-is/2020/07/31/091c8a18-d053-11ea-9038-af089b63ac21_story.html