

No doctor has ever healed anyone of anything in the history of the world, but you have an intelligence inside of you that does.

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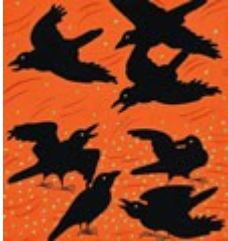
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Seven Deadly Diseases And How You Can Avoid Them



Seven Deadly Diseases will kill 80% of our population. That's 8 out of every 10 people. These seven deadly diseases will send millions of people to an EARLY grave: Not thousands, but millions. Listed in order of death rates they are:

- Heart Disease
- Cancer
- Stroke
- Diabetes
- Osteoporosis
- Arthritis
- Alzheimer's

Source: National Center for Health Statistics



Heart disease kills one of every two of us. One of every three of us contracts **cancer**, and 80% will die from the disease.

The tragedy of this carnage is not just the huge numbers or untold suffering, but the fact that there is a proven, natural substance readily available that can **PREVENT** these diseases from ever happening. Even more, biochemistry has proven that large doses of this natural substance will **REVERSE** and even heal people from these diseases.

The Root Cause:

All seven diseases have **ONE common denominator** directly responsible for their onslaught. That one common denominator is **called free radical damage!**

There are other denominators in the mix, for sure. But the largest, single factor that opens the door to the seven deadly diseases is **FREE RADICAL DAMAGE.**

What is a Free Radical, And Why is it so Harmful?

To power our bodies, trillions of oxygen molecules pass through over 60 trillion cells every day. As we use oxygen, "free radicals" are produced by the natural by-product of oxygen metabolism.

Oxygen free radicals serve a purpose in the body by burning bacteria and refuse matter. But in places they don't belong and when out of control, free radicals become toxic molecules, which damage the body through a process known as OXIDATIVE STRESS.

Free Radical Damage (Oxidative stress) is measured by Oxidation Hits. Research shows every one of our trillions of cells has about 10,000 oxidative hits per day...That is every cell in your body 10,000 times daily!

Our body has protective defense systems that protect us from the free radical onslaught that can result in chronic disease and aging. But there is a problem. Soil depleted of trace minerals; harvesting and shipping of produce before it's ripe; highly refined food processing with chemical additives; cigarette-smoking; exposure to electromagnetic radiation from micro-wave ovens, copy machines, computer monitors, cell phones, television sets; and exposure to free radicals in the air and water are all reasons why our body suffers from its innate ability to ward off free radical damage. When the burden from our environment becomes too much and the quality of our food supply becomes poor, those free radicals become overwhelming leading to oxidative stress and disease.

- ➔ If the attack comes in the arteries, cholesterol and calcium heals the wound causing "hardening of the arteries" and high blood pressure.
- ➔ If it happens in the capillaries, they may begin to leak, causing easy bruising and loss of blood internally.
- ➔ If it happens in the joints it's called arthritis.
- ➔ If it happens in the pancreas it's called diabetes.
- ➔ On neurons it's called Parkinson's or Multiple Sclerosis.

Note: Free radical damage has also been associated with many types of cancer.

Anti-oxidants: Free Radical Scavengers

Since oxygen is the most common type of free radical, the method of neutralizing free radicals has taken on the name "anti" "oxygen" or "anti-oxidant." Anti-oxidants in the body destroy free radicals by feeding electrons to them that changes their chemical structure. These new stabilized compounds actually enhance the oxidative process.

"The amount of anti-oxidants that you maintain in your body is directly proportional to how long you live!"

- Dr. Richard Cutler, National Institute of Health

Though our bodies try to protect us from free radical damage by producing enzymes that neutralize them, as our body ages, our natural body antioxidant system diminishes. This is why middle age and older people need anti-oxidant supplements to make up what time and age have changed in their body. This is not theory but fact. Sadly, what modern medicine is slow to accept, biochemistry has known for years...Free radical damage causes disease!

Would you like to live longer And look and feel years younger?



Denham Harmon, MD, PhD, has devoted fifty years to free radical research. He was the first researcher to advance a theory of aging as the indiscriminate CHEMICAL reactivity of free radicals possibly leading to random biological damage.

The theory implies that anti-oxidants such as vitamins E and C, which prevent free radicals from oxidizing sensitive biological molecules, will slow the aging process. Dr. Harman launched his theory by showing, for the first time, that feeding a variety of antioxidants to mammals was able to extend their life spans. He reported:

"The average life expectancy of many species has been increased by more than 20 by adding anti-oxidants to the diet...This increase is equivalent to raising the human life span from the present 74.8 years to 97.2 years." (Dr. Denham Harman, M.D., Ph.D. Professor Emeritus of Medicine and Biochemistry at the University of Nebraska)

The aging question has direct correlation to disease, since it is disease that shortens our life span. Remove the conditions, which cause disease, and life spans will increase dramatically. And according to the original and subsequent research of Dr. Harmon, free radical damage is the primary cause of disease. World famous expert on nutrition, **Dr. Michael Colgan**, and author of *The New Nutrition*, had this to say:

"The evidence is now irrefutable that the right use of the anti-oxidants can prevent and even reverse many forms of cancer, heart disease, arteriosclerosis, adult-onset diabetes, and a host of other diseases whose primary cause is excess free radical oxidation, including cataracts, lung disorders, and degenerative diseases of the brain."

Dr. Colgan goes on to say that heart disease is the...

"easiest of all man-made diseases to prevent and even to reverse, if only you follow the right nutrition, plus a little easy exercises to blow away the cobwebs."

“To live a long life free of disease, supplement your diet with foods rich in anti-oxidants”

Anti-oxidants occur naturally in fruits and vegetables. Of course, the greater percentage of anti-oxidants in your food, the better your health will be. But here is where a problem arises. Not all food types contain equal amounts of antioxidants, and we do not always eat the right kinds of foods to insure our health. In fact, the standard American diet is woefully deficient in nutrient-dense foods.

Without a plan to purposely consume foods rated high in anti-oxidants, your body is at a higher risk of falling victim to one or more of the seven deadly diseases.

Fortunately there is now a way to measure the anti-oxidant value of foods. This means consumers can for the first time make informed decisions, and know the quantity of anti-oxidants they are putting into their body.

Oxygen Radical Absorbance Capacity (ORAC) Test:

The Oxygen Radical Absorbance Capacity (ORAC) test (Developed by Tufts University) places anti-oxidant value on both foods and supplements. ORAC measures both the degree to which a sample inhibits the action of an oxidizing agent and how long it takes to do so.

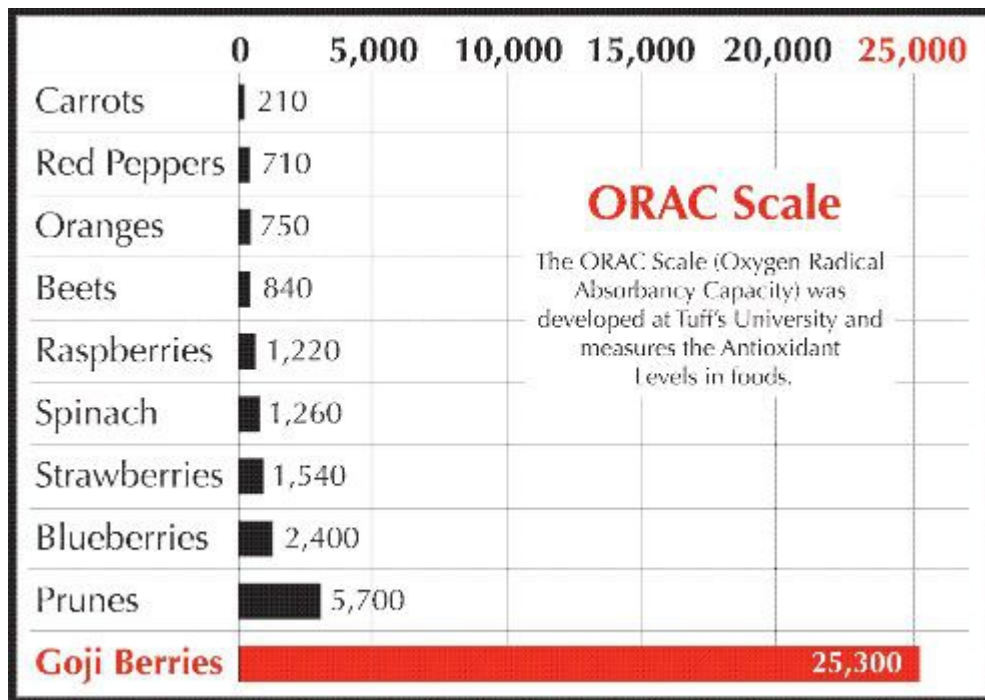
USDA researchers estimate that we need somewhere around 5,000 ORAC units in our diet every day to get the ORAC benefits that slow aging and prevent disease.

But government research also estimates that the average American gets only 1,200 ORAC units a day. This means that most of us are eating our way to one or more of the seven deadly diseases.



The best known anti-oxidant supplements include Vitamin C and E, Selenium and Pine Bark extract, grape seed extract, raspberries, blueberries and pomegranates. One of the most **concentrated forms of anti-oxidants** is found in a berry that grows in the **NingXia** province of China called the **Goji Berry** or **Wolfberry**. (Tufts University Study)

“Eating a high ORAC diet can help guard your most precious asset: healthy longevity!” - Dr. Robert Schiffer Leading gastroentologist



Meet The New Generation of Super Foods



A new generation of superfoods, **liquid nutritional health drinks**, is now reaching the market place based on information discovered through ORAC testing. Why a liquid and not a pill? Simply, pills do not dissolve in time to get the most benefit from them. Sewer workers routinely remove undissolved multivitamin pills by the tens of thousands caught in sewer traps.

These liquid anti-oxidant “super-foods” can give you astonishing free radical protection: Much higher than ordinary foods and vitamins. Because There is so much competition growing in this new market place, emphasis is given to how high individual products rank on the ORAC scale. This is to the consumer’s benefit.

NingXia Red Has The Highest ORAC Rating:

At the time of this writing, Brunswick Laboratories tested **NingXia Red** and found it has the **highest ORAC rating** for liquid nutritional health drinks on the market. One reason for this is **NingXia Red** incorporates the entire Wolfberry, including its skin in puree form.

ORAC testing of liquid nutritional beverages gives consumers a way to measure the value of those products. The chart below is based on testing one ounce of product from each of five different commercial labels (NingXia Red, Xango, Noni, Goji, Limu).



Ultra-High Antioxidants:

The Wolfberry is considered to be a wide-spectrum anti-oxidant, meaning it does more than just protect the body against a single "free-radical." The advantage of **NingXia Red** is its capacity to absorb four of the most prevalent free radicals found in the human body. Specifically, its capacity to absorb the **superoxide free radical** (the most abundant free radical in the human body) is many times more effective than its closest competitor. (See the S-ORAC Comparison chart below)



Immune System Support:

Wolfberries have been shown to provide assistance to immunity. Studies done in a hospital in Beijing, China, have shown Wolfberries to be effective in inhibiting inflammation and may induce an immune response. A landmark study published in the *Journal of the American Nutraceutical Association* concluded, "Wolfberry juice and its mixtures were shown to have immunomodulatory effects... by increasing splenic (spleen) microphages and splenic weight."

Modern Chinese scientists have determined that the Wolfberry polysaccharide has "definite protective effects" on the pancreas cells that regulate our body's insulin system, the "islets of Langerhans." Other researchers have determined that special substances found in Wolfberries have "prominent hepatoprotective activity," meaning that they help protect the pancreas.

Would You Like More Energy?



"I have no doubt that the NingXia Wolfberry...will revolutionize how we treat premature aging. Since I incorporated it into my daily regimen, my stamina has improved markedly. And it has been an important factor in allowing me to still perform long-distance running, even at age 76." **Dr. Ronald Lawrence**, Former Faculty Member U.C.L.A. School of Medicine Royal London Homeopathic Hospital

Conclusion:

The primary source of disease for aging adults is lack of anti-oxidants; a natural substance found throughout nature. It means **the seven deadly diseases that kill so many is more a matter of chemistry than of medicine**. This means you have it within your power and resources to prevent all seven disease and more.

The seven deadly diseases are part of our reality because we live in a world where the right amount of nutrition is impossible to have without supplementation. What we do not know can and does kill us.

Knowledge and taking action on that knowledge can mean the difference between health and longevity, and an early, agonizing death. Supplementing your daily diet with foods rich in anti-oxidants is one major key to good health and longevity.

NingXia Red is produced by Young Living Essential Oils, Inc. in Lehi, Utah, and shipped world-wide. Not available in stores.

To enjoy the benefits **NingXia Red**, contact the person who sent you this report, or [click here](#) to place an order.



Available in single servings or 750ml bottles