



THE TOTAL WELLNESS PROTOCOL



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Chapter 3 - 5: coming soon!

The Problem

Consider the possibility that the air we breathe, the water we drink, and foods we eat are all contributing to some of the most horrific ailments we can experience: cancer, autoimmune disorders, heart disease, and more. Our air, water, and food are filled with unhealthful chemicals, preservatives, fungi, and toxins. These are things science proves have a direct connection to a myriad of digestive issues, autoimmune issues, infertility, and other ailments.

What Are We Putting In Our Bodies?

1. The chlorine used to purify our water is the same chlorine used to kill in World War I. Long term effects include memory loss and impaired balance.

(Global Healing Center)

2. As of 2014, 92% of the earth's population lives in areas not meeting standard air quality guidelines.

(World Health Organization)

3. Aspartame, a sweetener purposely added to low-calorie and low-fat foods, is directly linked to brain tumors and memory loss. (National Institute of Health)

4. Fluoride, used in toothpaste and added to our public water supply, is known to weaken our skeletal health, cause arthritis, harm fertility, impair the kidneys and negatively impact neural development in children.

(Global Healing Center)

We are under a constant assault from the things that go into our bodies, both voluntarily and involuntarily. On a day-to-day basis we are bombarded with toxins, preservatives, and chemicals that promote everything from leukemia and irritable bowel syndrome to mental fuzziness and weight gain. We've been pumped with all sorts of horrible heavy metals, chemicals, free radicals, plastic toxins, and parasites through contaminated air, food and water.

It's likely that this hits home for you because you are already fighting sickness and disease. However, it is not too late to make some changes. These ailments are symptoms of parasites, yeast, heavy metals, mold, bacteria, fungi, chemicals, and plastic toxins. All of these things have been built up in our bodies. If we can cleanse our bodies of these harmful elements, we can re-enable and re-establish our body's natural healing ability.

On the other hand, you may feel healthy now and you're conscious of what you put into your body. You are always looking for ways to stay healthy. You know that diet and supplementation are important. At the same time, perhaps you haven't considered the importance of where your diet and supplementation are coming from. In other words, you feel as though you are doing everything right, but you also still feel like you're well below your true potential. The deeper you dig into this subject, the more surprising things become. There are radical implications to not taking massive action to restore and rebuild your body. I understand that much of this information can be overwhelming. It's hard to wrap our heads around the fact that our ability to avoid illness, mental disorders, and more comes down to our ability to cleanse our bodies, and then supplement them with the proper nutrients.

Toxins

Heavy metals, polluted air,
chemicals in water,
& modern food

Parasites

and toxic overload

Electromagnetic Field

surrounding our daily life & body

Cleanse & Protect

safely and completely

Self-Healing

enable the body's natural
ability to heal

Results

- Improved health
- Improved sense of well-being

If you relate to one of the situations mentioned above, you're not alone. All of us have a strong desire to be healthy, energetic, and level-headed. We want to live a long time for our kids, look better for our partners, and be capable of doing more physically. We want to feel calm, and to have a sense of well-being. The problem is that sometimes exercise and healthy foods aren't enough.

“Looking at what we put into our bodies means more than what we can see with the naked eye!”

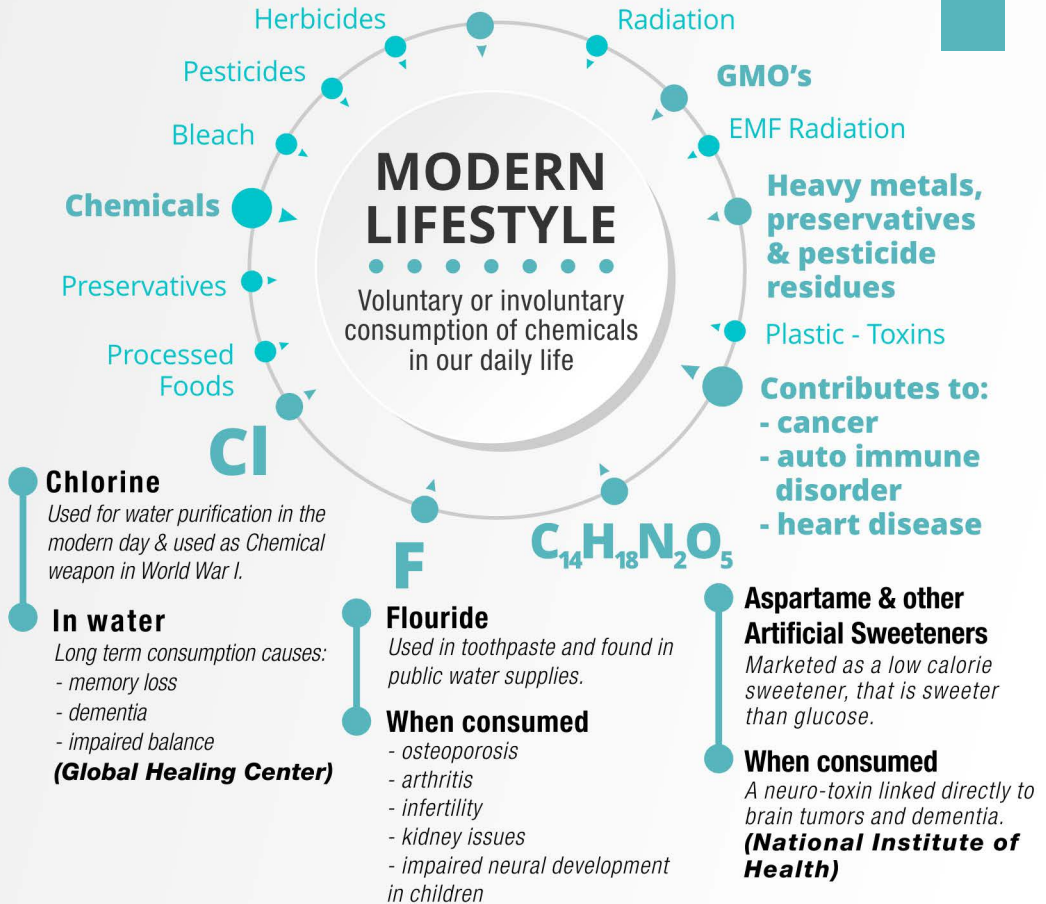
You might be devoting a great deal of time, energy, and money into what you feed you and your family with. You might even be working out every day. But, if you're still not seeing the results and feeling the way you desire, let's look at the possibility something else is wrong.

Consider the Possibility...

Diet and supplementation are crucial for good health. However, we need to be a little better at learning about where our diet and supplementation is really coming from.

Furthermore, our society and culture desperately need to understand that without a clean slate, even the best diet and supplementation measures are going to miss the mark.

Air Pollution Nano Metal Particles



Other modern lifestyle that effects our well-being

Smoking (nicotine)

Dopamine is a chemical which influences positive feelings, and is often found to be lower in people with depression. Nicotine in cigarettes temporarily increase the levels of dopamine, but also switches off the brain's natural mechanism for producing it. In the long term, addiction to nicotine can effect the mental and emotional condition.

Good nutrition

A healthy balanced diet is one that includes healthy amounts of proteins, essential fats, complex carbohydrates, vitamins, minerals and water. The food we eat can influence the development, management and prevention of numerous mental health conditions including depression, emotional disorders and Alzheimer's.

Physical activity

Doing exercise or any physical activity influences the release and uptake of endorphin which increases our mental alertness, energy and positive mood. Lack of physical activities will make us more vulnerable to stress.

What does all of this mean? Before you can take full advantage of organic, natural steps with diet and supplementation, you need to clear away the gunk that's clogging up your systems.

When we clear away that junk, we can start to rebuild our bodies the way we truly want and deserve!

Did you know?

- 1. 90% of all chronic/serious illnesses could be prevented if we eliminated 6000 of the most dangerous environmental toxins. (World Health Organization)*
- 2. More often than not, lethargy, insomnia, headaches, belly fat, and bad complexions are the direct result of toxin build-ups in our body. (DavidWolfe.com)*
- 3. The United States is the number one producer of GMOs (genetically modified organisms) in the world. Meaning, our food is created in a lab, and not by nature. (Genetically Engineered Food News)*

With all the GMOs, chemicals, and preservatives being created and ingested in our world and lives, it would be foolish to think our bodies aren't full of toxins! If your body is full of toxins, essential nutrients won't get to where they need to be. In the pre-cleanse state, your cells are full of parasites, and are therefore unable to absorb those nutrients.

Consider The Possibility

When your cells are cleansed and all 90+ nutrients are provided, your body has the ability to heal itself.

Cleanse it before you rebuild it

Just like a house going through renovations, you have to get rid of the debris before you can bring in the new materials. By the same token, we must cleanse our bodies of harmful parasites, heavy metals, toxins and chemicals before we can utilize the nutrients our bodies require.

Your body is a contractor

A contractor renovates by using the materials provided to create a masterpiece. However, without a clean foundation, the contractor can't use those new materials effectively. Our bodies function in the same way. We must first cleanse our systems, before the 90+ nutrients we need can go to work on restoring our health.

The self-healing body

Our bodies are meant to be self-healing. Unfortunately, it can't do this with all that gunk in our systems, which stops the nutrients and elements we need from working effectively.

The Ramifications

It's disgusting to discover and then imagine, that our bodies are full of parasites. The reality is that a large portion of the population has at least one! So, what does this mean on a practical level?

It means that we need to understand exactly what we're up against in our desire to become truly healthy on every possible level.

1. Toxins, heavy metals, and parasites slow down our metabolisms.

2. Nutrients can't be absorbed properly without a clean system.

3. Toxic overload means we can't discard waste!

Thankfully, there is a clear and concise path to removing these toxins and waste from our bodies to enable nutrients to properly absorb.

We're going to move along that path shortly. For now, let's dive a little deeper into the full ramifications of having a body that has toxic overload.

Cancer & Diseases

This is where things get crazy. Consider the possibility of cancer and other diseases being caused by toxins, parasites, and a lack of vital nutrients. By common logic, getting rid of these elements will help prevent these life-altering conditions. If we can cleanse the toxins, heavy metal build-up, and parasites, you might avoid life-altering conditions.

Neurotoxins

Let's go back to the *"Did you know?"* section regarding parasites. Parasites are living creatures, and like all living creatures, they eat and then expell waste, so they are essential **"pooping"** in the bloodstream. Gross, right? It's true. They get into the bloodstream, and they can eventually cross the blood-brain barrier, turning them from toxins into neuro-toxins.

A neuro toxin can cause something called **"foggy"** brain. Do you feel like you can't think straight, can't focus, or have short-term memory loss? You probably have a buildup of these parasite poop toxins in your system that are effecting your brain! This isn't uncommon at all. Most people are currently experiencing these build-ups.

Imagine if you had learned this back when you were in school. Imagine your kids (if you have them) sitting in class full of parasites and toxins. Maybe their C's aren't 100% their fault!

The Ramifications

The voluntary or involuntary buildup of toxins, metals, and parasites in our systems, which slow down our metabolisms

Nutrients can't be absorbed nearly as well as with a clean system

The body is unable to discard it's waste

Weight Loss

The toxins and chemicals in our bodies are going to make it significantly more challenging, if not impossible, to lose weight and become healthier.

Neurotoxins

Neurotoxins in the body can manifest as a "foggy" brain. Do you feel like you can't think straight, can't focus, or have short-term memory loss? If a human has 212 chemicals in their body, on average, what does that do to the brain?

Cancer & Disease

Cancer and disease, are caused by toxins, parasites, and a lack of essential nutrients. By common logic, that means getting rid of these foundational causes can help prevent these life-altering conditions.

Performance

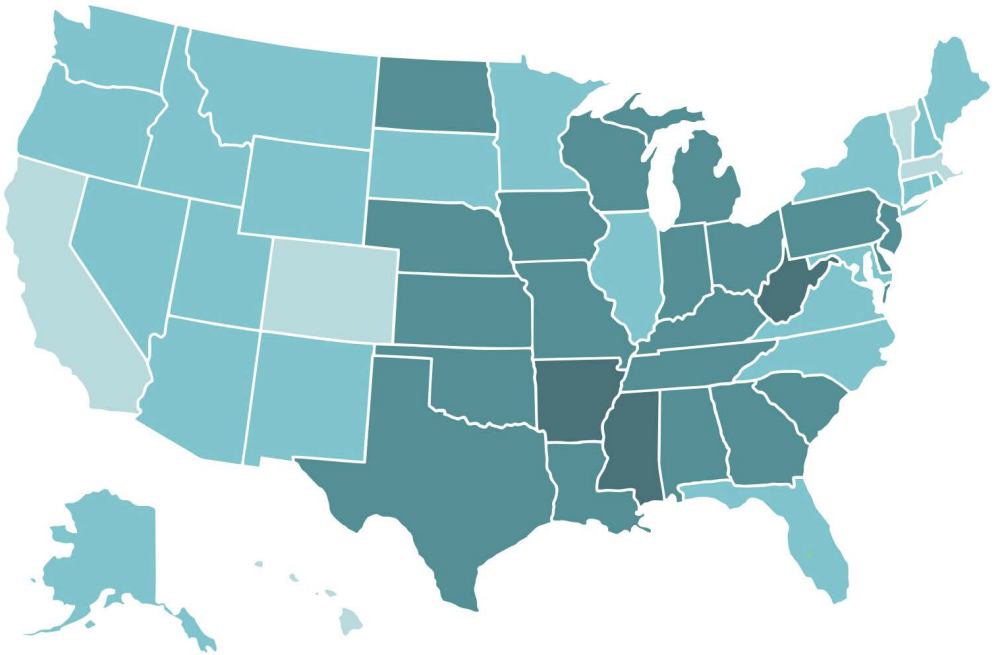
How can anyone perform to their highest potential if they are sluggish, not sleeping well, and their body systems aren't functioning properly?

If those reasons don't bring you to the conclusion that you can't allow heavy metals, parasites, toxins, and bacteria to remain in your body, nothing will! Now the question is what to do about all of this...

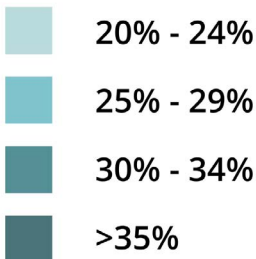
Did You Know?

- 1. The average person has 20 lbs of rotting poop in their bodies!
(Dr. Charles Livingston)***
- 2. An average of 212 chemicals are found in the urine of every American!
(Centers for Disease Control)***
- 3. We are exposed to 6 million pounds of mercury and 2.5 billion pounds of other toxic chemicals each year!
(Dr. Mark Hyman)***

Obesity in USA



Percentage of population
that is obese



Obesity affects 37.9% of American adults over 20.

The groups with the highest rate of obesity are non-Hispanic blacks (48.1%), Hispanics (42.5%) and non-Hispanic whites (34.5%).

In 2014, no state had an obesity rate below 20%. In Arkansas, Louisiana, Mississippi and West Virginia, 35% or more of the population is obese. (CNN)

Cleanse Everything at Once

There is a way to cleanse our bodies wholly of these toxins. We don't need to target specific areas. We can cleanse our organs and systems by pushing everything out of the body at once. The trick is how to do this without causing more issues. It's simple.

Don't put into your body what isn't natural!

A traditional **"cleanse"** or **"cleansing"** is typically something along the lines of a pill (chemicals!), juice (sugar!), herbs (not effective!) or pre-packaged food (preservatives!). The options aren't great. What is great is the fact that there are all-natural products created organically that we can take to cleanse our body naturally and systematically all at once. We call this the **Total Wellness Protocol**. Let's break down each phase.

Phase 1: Cleansing Time

Now that we understand the importance of a comprehensive cleanse, we can get into the specific supplements that will help you with exactly that

Before we discuss each supplement, we need to establish a few ground rules to see optimal results:

- 1. We must go through Phase 1 before starting Phase 2. Overlapping them can feed and enhance the parasites in our bodies.*
- 2. A cleanse needs to be done once every 4-12 months to ensure we keep the toxins out!*
- 3. All seven supplements need to be used, as each one compounds and complements the other.*

CHELATION THERAPY

Is a therapy done by circulating a chelating solution into the bloodstream, to break down the chemicals in our bodies, so that they can be removed easily.



VOLUNTARY OR INVOLUNTARY

act of consuming and/or inhaling dangerous chemicals.

CHEMICALS BUILDING UP

from processed foods, air we breathe, water we drink, and residue from the containers we used for foods, blocking our body to rebuild itself.

CHELATION

for breaking down the chemicals in our body for natural elimination.

CLEANER

body from any unwanted chemicals, ready to be rebuilt with proper new materials.

Now let's get down to business.

Supplement 1: Water Extracted Fulvic Acid

Fulvic minerals are the cornerstone of a proper cleanse. These minerals have several functions. To start, they play a large role in cleansing us of the heavy metals we have built up in our systems through Chelation.

Chelation is the process of completely breaking down heavy metals. Fulvic minerals don't just push metals around from one organ to the next, but instead break down the metals so they no longer exist. They do this while also flushing out many of the chemicals we have stored from the processed foods we eat, the air we breathe.

Supplement 2: Red Pine Oil

Red Pine Oil is unique. It's the only type of pine oil that can be used safely without harming the kidneys. Red Pine Oil makes it onto the list of seven essential supplements due to the power it has in cleansing our bodies of parasites, mold, yeast, fungi, viruses, and plastic toxins. This is especially true for your heart, liver and kidneys.





Supplement 3: Chaga Mushroom

Chaga mushrooms have significant immune booster properties. While cleansing the various systems in your body, you need to keep your immune system up and running. The best way to do this is to super-boost your immune system. This prevents sickness, while also enabling your body to better deal with any possible parasitical die-off.



Supplement 4: Essiac Tea 8 Herbs Blend

We need to physically excrete the toxins in organs like the liver. Essiac tea is essential in cleansing out impacted fecal matter, making the liver dump bile, and pushing out waste from the kidneys and other organs.



Supplement 5: Supergreens Blend

While acting as a diuretic like the essiac tea, a good supergreen blend will also boost the digestive system while increasing oxygen levels in the body. It will cleanse the urinary tract, the blood, and the kidneys of elements that other supplements simply don't. The trick with this supplement is to make sure all of the ingredients were freeze-dried while being produced. If not, a majority of the nutrients are likely to have been removed during the production process, drastically decreasing the health benefits.

Supplement 6: Samoan Noni

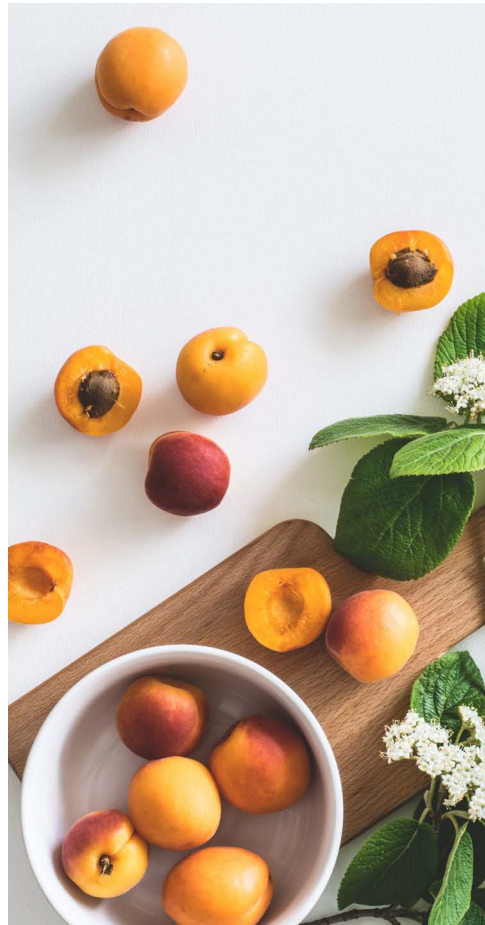
Noni has a number of key functions within the Total Wellness Protocol. First and foremost, it's restorative. This supplement helps reestablish and rebuild the body while the other supplements cleanse the toxins in our system. When we cleanse the viruses and toxins in our body, we need to keep our bodies up and running. Noni is essential in restoring the cells and making sure we heal as we cleanse. Noni also helps cleanse the intestines of impacted fecal matter.



Supplement 7: Bitter Apricot Seed Kernels

The final supplement required to truly cleanse our bodies is the bitter apricot kernel. They help cleanse toxic tissue throughout the body. The interesting thing about bitter kernels is the fact that they are toxic to unhealthy cells; however, healthy cells have an enzyme that makes the kernels harmless.

This is the simplest path to completely cleanse your body in an all-natural, organic way. To get the full effect of the cleanse, one must take our recommendations for 120 days; however, depending on the toxins and viruses in the body, this can potentially be cut down to 60 days or even increased to 240 days. Once we go through the cleansing process, we're ready to boost our system with Phase 2 Nutrients.



Phase 2: Rebuilding of the Body with 90+ Nutrients

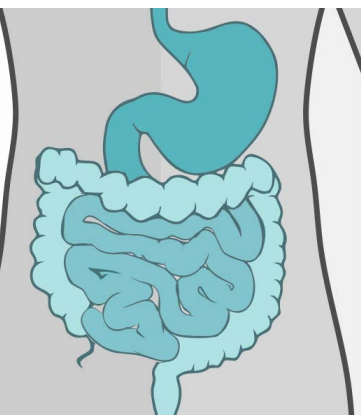
Think about a computer for a moment. We can try to boot it up, but without power, not much is going to happen. Our bodies are the same. Phase 1 is the comprehensive breakdown of each system to clean ourselves out. Now, we must supplement our bodies with all of the necessary nutrients to keep our bodies strong.

This sounds complex, but in reality, we can knock out all of the essential nutrients within five key groups. The number of supplements you take within each group depends on you, but at Optimally Organic we've narrowed it down so that any product we produce within each group is enough to cover all nutrients in that given category. Meaning, we knock out all 90+ nutrients in just five products.



Group 1: Trace Minerals

Fulvic ionic minerals are also imperative to the success of Phase 2, just as much as they are of Phase 1. While they have a large role in cleansing our bodies, they also play an essential role in transporting nutrients to the cells in our bodies. Just because we feed ourselves a bunch of nutrients, it doesn't mean they will float to the right spots in the body. Fulvic ionic minerals and the other 77 trace minerals are capable of taking care of this issue by transporting 50 times their weight in nutrients across the body.



Group 2: Probiotics & Enzymes

Did you know that not all bacteria is bad? While we often hear of antibiotics (drugs that kill off bad bacteria), we need to fill our bodies with good bacteria, also known as probiotics. This bacteria improves our immune system's ability to ward off attacks from viruses, chemicals and more. It's also bacteria that helps us regulate our digestive system while increasing our ability to lose weight. As for enzymes, these are catalysts that speed up the



There are 90+ nutrients essential to our bodies. If any single one missing, the impact can be detrimental to our health!

Filling our body with medicine is NOT as effective as filling our body with nutrients (amino acids, vitamins, minerals, etc.) to heal itself (Dr. Lissa Rankin).

Free radicals in our systems that cause cancer can be cleansed by the body itself, if we give our body the necessary nutrients it needs to destroy them (TummyCalm.com).

reaction our bodies have to the probiotics, helping us increase the rate in which we experience the health benefits.

Group 3: Elemental Minerals

Elemental minerals are not the same as trace minerals, but both are necessary for health. We can get all of the elemental minerals our bodies require from one of two sources: the right kinds of supergreens (also part of the cleansing phase), or marine phytoplankton. Like Fulvic Ionic Minerals, supergreens are part of both Phase 1 and Phase 2. In Phase 2, the supergreens supply our bodies with the right minerals from the plants, as opposed to supplements created in a lab. To make sure the right amount of minerals are in every serving, look for a blend of spirulina, wheatgrass juice, barley grass juice, alfalfa grass juice and chlorella.



Group 4: Essential Fats

The idea that fats are what actually make us fat is a huge misnomer. Our bodies need healthy fats to work properly. Plant based fats are also great for weight loss, because they speed up the metabolism. Animal fats, on the other hand, cause weight gain. In Phase 2, we need fat to ensure the supplements we take and the cells we effect function properly. Some of the ways we can get these fats are through acai berries, coconut oil and full spectrum daily. Plant based fats are highly effective in actually losing weight.



Group 5: Antioxidants & Vitamins

Last, but not least, we need the proper amount of antioxidants and vitamins in our bodies to prevent free radicals (toxic molecules) from doing harm to us. Antioxidants and the right kinds of vitamins can destroy these free radicals and keep our immune systems healthier than ever.



The Total Wellness Protocol

Now that the foundation has been laid, we need to discuss what the Total Wellness Protocol really is. We are talking about a process that can be broken down as two distinct, mutually dependent phases.

1. The first is a cleanse of all the heavy metals, chemicals, and harmful parasites in your body that have built throughout your entire lifetime.

2. The second phase is the process of getting your body full of the 90+ nutrients needed to ensure your body is functioning properly.

Although results will vary, if you do both steps correctly you're likely to see some of the following results:

Increase in...

- *Ability to lose weight*
- *Energy and stamina*
- *Ability to focus*
- *Memory*
- *Emotional balance*
- *Sense of calm and well-being*

Decrease in...

- *Headaches*
- *Colds and flus*
- *Fatigue and exhaustion*
- *Diarhea and constipation*
- *Aches and pains*

Strengthened...

- *Immune system*
- *Digestive system*
- *Athletic ability*
- *Cognitive function*

And more...

Create A Powerful New

REQUIRED NUTRIENTS

*Natural foods
& minerals*



TOTAL WELLNESS

*Total body detox
to trigger self-healing*

SPEED UP METABOLISM

Cleanse the body from:

- *Harmful parasites*
- *Heavy metals*
- *Toxins*
- *Chemicals*

PREVENT ILLNESS

INCREASE:

- *Ability to loose weight*
- *Energy and stamina*
- *Ability to focus*
- *Memory*

DECREASE:

- *Headaches*
- *Colds & flus*
- *Fatigue*
- *Constipation & diarrhea*
- *Aches & pains*

STRENGTHEN:

- *Immune system*
- *Digestive system*
- *Athletic ability*
- *Cognitive function*

Foundation For Your Health And Wellbeing

Let's boil down the Total Wellness Protocol to the essentials: We have toxins, parasites, chemicals, and more floating in our systems that are making us tired, overweight, sick, and unhealthy. The Total Wellness Protocol cleanses our systems of these toxins in our bodies (Phase 1) and replaces them with nutrients we need for all our body systems to work in harmony, there by keeping us healthy for years to come.

It's important to know that the Optimally Organic Total Wellness Protocol is built upon natural, organic supplements that never touch a plastic container, chemical, or preservative. Our package options simplify both Phase 1 and Phase 2 into a small number of supplements.

Here are some of our more recent reviews:

"I'm very impressed with Optimally Organic's Fulvic Ionic Minerals so far, way better than any other Fulvic Acid product I have tried before. The quality is top notch! I'm feeling really good!!! The past few days have been the most noticeable. Just feeling more balanced. Thanks again for all of your help - it has definitely been great!"

Mark from California

"I am very happy with the products that I have gotten from you so far and I love your site. There is so much educational information there, I was really impressed the first time I was there about 2 years ago. I've been telling others about your site and products since. I also wanted to express thanks for the site's no gimmicks and up-front pricing!"

Blanka from Pennsylvania

"My grandkids are big fans of your Japanese Red Pine Oil and have not had a cold since they started taking it. The kids in school cough and sneeze all over the place but they seem immune to it all when taking the oil. Thanks a bunch from a grateful grandmother."

Esther from Tennessee

