

ARE YOU A SUGARHOLIC?

Are you one of these people? Is your body giving you any warning signals?

The average person eats over 10 pounds of sugar each and every month, nearly 4-1/2 cups per week or 30-33 teaspoonfuls every day. That's over 20% of our daily caloric intake spend on a refined food that upsets body chemistry and has no nutritional value. Refined sugar is 99.4% to 99.7% pure calories – no vitamins, minerals, or proteins, just simple carbohydrates.

HOW YOU FEEL IS UP TO YOU!

MY EXPERIENCE IS A CLASSIC EXAMPLE OF WHAT I CALL THE DEGENERATIVE DISEASE PROCESS. ALL OF YOUR AILMENTS WERE CAUSED BY THE SUBSTANCES YOU PUT INTO YOUR BODY.

The excess sugar that you eat leads to a measurable disturbance of the mineral relationships in your body and organ system. My answer to you is that if you are going to eat sugar, and it's hard not to, you need to take a supplement that will help with these disturbances in your mineral content. The mineral imbalance probably makes your digestive enzymes **INCAPABLE** of digesting your foods properly. Then you develop **ALLERGIES**.

HOW YOU FEEL IS REALLY UP TO YOU ...

NOT YOUR DOCTOR!



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