



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Introducing... NutriClear Plus Collagen

“NutriClear Plus is an easy way to help you shift to an anti-inflammatory lifestyle and start feeling better.”

I don't think it's possible to achieve optimal health unless we clean the body and feed the body. Sure, you can take handfuls of supplements and get a temporary reprieve from a chronic condition. But my experience has been that people have to get off the toxic road they are on, begin to move to circulate nutrients and remove toxins, and then eat real food. Most people don't realize the toxins in our diet are poisoning our enzymes. Poisons retard or inhibit catalysts, which is another word for enzymes.

But here is the problem. How do you start to make the transition? With so many diet books, so many voices telling you to eat more protein, less protein, more fats, less fats... it gets confusing. With the crazy world we live in,

most people are busy just getting by, and now you want me to get off all packaged, quick foods and eat clean, toxin free food? That's what I love about the NutriClear Plus program. It's a short-term system, just 15 days, that anyone can commit to.

And after that 15 days participants can feel the difference. When you start feeling good, your mind clears and suddenly, it's fun learning and eating food that makes you feel alive. In the past, the NutriClear Plus protein was organic pea protein grown in the United States. And although it is Non-GMO and certified organic, some people had difficulty digesting peas. But now Biotics has added another protein source, Hydrolyzed Collagen Protein. The NutriClear Plus program comes with

30 pouch packets that can be mixed with water or dairy-free beverage. Each delicious shake contains 17 grams of Hydrolyzed Collagen Protein and 14.5 grams of Collagen.

Drinking a shake twice each day makes 34 grams of protein and 29 grams of collagen. When-ever you hear the word collagen, think "hair, skin, and nails". Did you know that by the time a person is 80 years old, collagen production has slowed by 75%, as compared to young people? Many signs of aging include loss of elasticity of the skin, stiff joints, and muscle loss. Other signs of collagen deficiency may include excessive skin wrinkles, blood pressure problems, achy muscles, cellulite, dental problems, thinning hair and brittle nails.

This is a transcript from a "video magazine" we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

To learn about the cleanse myself, I sponsored a small clinical trial and actually paid for the cleanse with 12 people. After taking pre and post questionnaires, participants had a 65% reduction in their symptoms and lost anywhere from 7-9 pounds, depending on how closely they followed the program. And everyone of the 12 had the same question after the cleanse, "OK what's the next step?"

Here's a short video about NutriClear Plus you can share with your friends on Facebook or Instagram. It's always more fun to do a cleanse with people you know. Let's take a minute to watch.

I hope you can see NutriClear Plus is an easy way to help you shift to an anti-inflammatory lifestyle and start feeling better. And now we have a collagen protein option. The next step is

to contact your wellness clinician on this page. Personally, I always like to do the cleanse with a friend. Take the 15-day challenge and see how you feel. Once you see how easy it is, you will be inspired to continue a wellness program.

As a side note, one of the things we have learned about COVID is that people who are already inflamed with compounding factors like obesity or blood sugar problems are more prone to negative effects, of not just COVID, but any virus. I want to encourage you to take personal responsibility to get healthy. Don't wait for a medication or vaccine to build your immunity. Get off the toxic road you may be on, begin to move, eat real food and then find other people who you can encourage to do the same. Our bodies are made to repair and thrive if we feed them real food. And the NutriClear Plus program can help you get started.