

True Vitality Multivitamins

"Suboptimal intake of some vitamins, above levels causing classic vitamin deficiency, is a risk factor for chronic diseases and common in the general population, especially in the elderly." "...It appears prudent for all adults to take vitamin supplements." Robert H. Fletcher, MD Harvard School of Public Health, JAMA 2002.

Why Archimedes and his principle of leverage can add ten years to your life!

A lot of people think you have to be a "gym rat" in order to get physically fit. Or that you have to eat like a rabbit in order to stay healthy. Could you stand to eat more veggies in your daily diet? Sure. Do you need an exercise regimen that you actually love rather than hate? Sure. You'd grab that in a heartbeat. So I mention Archimedes who said, "Give me a lever long enough and a place to stand, and I will move the world." That is the power of leverage. The power of the lever. Archimedes made many more observations that have been recorded and referred to over the centuries but this one principle is worth its weight in gold. Weight in gold? Did you pay attention in sixth grade?

Yes, you are correct if you conjured up an image from sixth grade about the experiment to find out if the king's crown was pure gold. That too was Archimedes, his eureka moment in the bath tub. Did they really have bathtubs in ancient Greece? I guess they did.) With the deck stacked against us as a population with nutritional "deserts" cropping up in urban white collar work areas, where only junk food is plentiful, while we become more and more sedentary and cerebral in our "work", we have to resort to the mathematician of antiquity for a solution. Over the last 50 years scientists, biologists, chemists and even undisciplined entrepreneurs have made advances that are simply life-altering. Their knowledge is freely available to you and me thanks to the researchers at Google and other think banks (that's not a typo), thanks to the accessibility of the Internet to the masses. It's a lever. With it you can yield tremendous influence over your own life and the lives of others.

It's about getting yourself into a position of mastery using "cheats". The lever is a cheat. It's a machine that lessens work and affords maximum advantage. I've got an amusing story that illustrates this. I like to canoe and kayak. (Hint: Do stuff that's fun, you don't have to be a gym rat.) It

makes Archimedian sense to take my kayak paddle with me in the kayak because with it I can skim across the top of the water at amazing speed! I can really get somewhere. The other day, I pulled up to the bulk head and tossed my paddle up on the bank. But I had nowhere to hold on to, to get myself out of the kayak and as soon as I let go I was drifting back out without my paddle, my lever, my "cheat"! All I had were my puny hands and I was paddling away with them trying to get back to shore. I managed. It looked pretty funny. But let me tell you the kayak paddle lessens work and makes me look good. Without it, I looked really, really lame.

"Cheats" may not be a word in your vocabulary but ask anyone under the age of 25 what a "cheat" is. It's a way to beat the system. It's a way to get to a destination quicker.

It's a shortcut in "gaming" that allows players to beat the system. So here's your nutritional cheat sheet: "Eat real food, not too much, mostly plants." Ok it's more of a formula than a cheat. The cheat comes now. Use a real plant based multi vitamin, and take it 3 times a day with every meal. So it takes a few seconds out of your busy day to actually swallow a pill, a tablet or to mix a powder into a glass of water. Your body is comprised of about ten trillion cells. Within any given day you are going to eat some fat, some carbohydrates and some protein, those are your macro nutrients. Later, I will give you cheats for those but this plant based multi is addressing the MICRO nutrients which are the little Archimedian- like levers that allow you



Smile!

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"Smile at the fact your body works flawlessly 99% of the time!"

body to function like the well-crafted machine it is meant to be! No, I will not go in the biochemistry of every internal system that operates within your body and try to prove that zinc and magnesium are important. Your electric company doesn't dissect and explain the intricacies of electricity. You just flip the switch and the light, the fan and the television come on. If you are able to eat "real food" then do it. If you must subsist at times on food-like substances churned out by fast food companies, then take the multi mix, the vitamin with your meal. It's the difference between racing across the water in your kayak and looking "pro" or trying to make the kayak move by paddling with your hands, which makes you look really "lame". Don't be lame, be a pro. **Gary's Signature Guarantee:** I personally stand behind my products, my website and my staff. If you have any concerns, please **contact me for a quick response!** Thank you!

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