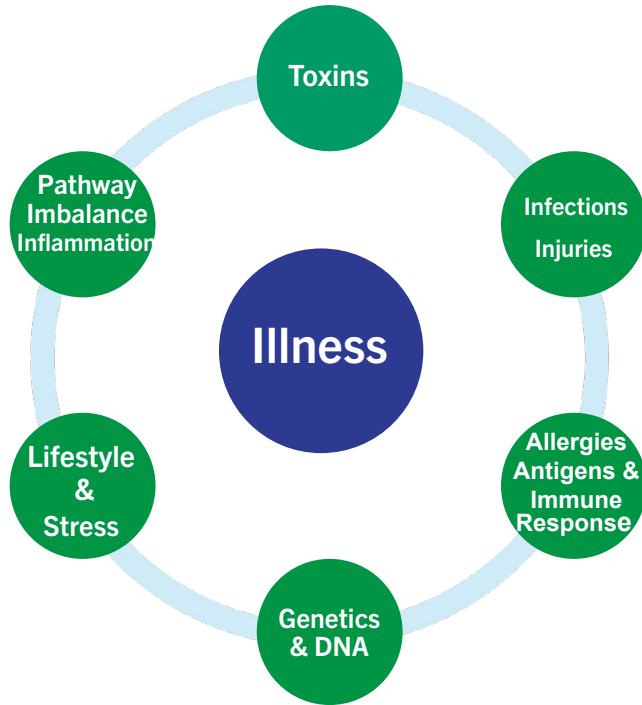


Optimal Health is NOT just the absence of symptoms or the absence of disease but it's the body and all of its cells, organs, and systems functioning at their absolute best.



**Six Root Causes
of Most Illness**



**Five Requirements
for Wellness**

6 Root Causes For Most Illness

1. Toxins -

- a. Mold and Biotoxins
- b. Fungus - *Candida auris*, *Candida albicans*, *Cryptococcus*, *Nocardia*, *Histoplasma* spp and about 100 others.
- c. Heavy Metals - Lead, Mercury, Arsenic, Cadmium, and others
- d. Chemicals: Household, Agriculture, Industrial, Military, and Waste
 - i. Toxicity-Hazard-Nuclear-Flammability-Explosiveness-Ability to Oxidize.

2. Infections -

- a. Bacterial
- b. Viruses
- c. Parasites
- d. Fungal
- e. Protozoa
- f. Worms

3. Allergies, Antigens, & Immune Response - The Host Response

4. Genetics, Epigenetic, DNA and Single Nucleotide Polymorphism (SNPs) -

5. Lifestyle & Stress - Diet, Rest, Exercise, Activity, Mental State

6. Pathway Imbalance - Either too much or too little of an essential ingredient, element, vitamin, mineral, chemical, co-factor, hormone, enzyme, and others