



## DR JEWKES/MEDICAL ADVISOR YOUR OPTIMUM DIET WITH RAIN PRODUCTS

Before foods can give us vitality, hundreds of chemical reactions must take place, involving twenty-eight vitamins and minerals. These micronutrients are the real keys that unlock the potential energy in our food.

Your vitality depends upon a careful balance of at least fifty nutrients. They include sources of energy, measured in calories, which may come from carbohydrates, fats, or proteins; thirteen known vitamins, fifteen minerals; twenty-four amino acids (which we get when proteins are digested); and two essential fatty acids. In fact, one-third of all chemical reactions in our bodies are dependent on tiny quantities of mineral and even more on vitamins. Without just one of any of these nutrients, vitality, energy and ideal weight are just not possible.

Fortunately, deficiency in protein, fat, or carbohydrate is very rare. Unfortunately, deficiency in vitamins, mineral, and essential fats is not, despite popular belief. Research has shown that as few as one in ten people receives sufficient vitamins, minerals, and essential fats from their diet for optimum health.

As much as two-thirds of the average calorie intake consists of fat, sugar, and refined flour. The calories in sugar are called "empty" because they provide no nutrients, and those are often hidden in processed foods and snacks. If a quarter of your diet by weight, and two-thirds by calories, consists of such dismembered foods, there is little room left to get the levels you need of all the essential nutrients.

We also need to factor in lifestyle. This portion of the puzzle in our optimum health helps in knowing what your body needs with food and vitamin intake. Rain nutrition in my opinion has the right supplemental program and weight loss program to piece this puzzle together. Pure, Soul, Storm, Vapor, Thrive, and Rain for that energy boost give your body those needed micronutrients and then some for proper balance and cell energy rejuvenation. If you will follow our program from the Rain Health Club Kit and use the Rain products you should over time see the changes in your health and wellness. I stand firm on the need for good GI health. So Pure is key for GI motility and regularity in addition to helping your body to absorb the key nutrients. Better health depends on you. Rain Nutrition is here to assist and provide you with a program that may if followed can get you on the right track for improved health and weight management.

