

Kent Brown Fitness Newsletter

kentbrownfitness.com

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Fungus

Americans are preoccupied with bacteria and virus. Few realize that the only way to fight bad bacteria and virus is to strengthen our own immune systems. But a great amount of health issues are created by fungal infections. Often, when your antibiotics fail to eradicate an issue, the cause is a fungal infection.

Many health issues such as skin rashes, ringworms, dandruff, arthritis, bowel issues, asthma, allergies, cancer and many others are rooted in an overload of fungus in your intestines or blood stream. If your toe nails are yellow that means your body has contracted a fungal infection. If your tongue is coated white when you wake in the morning that means you have a fungal infection.

One way you may have acquired this fungal infection is by ingesting livestock. Grain and corn too moldy for human consumption is feed to livestock (marbleized beef).

So how do we cleanse our bodies of these living plant spores? Well, fungus loves sugar - need I say more. Also there are many supplements and

treatments for fungal infections such as oregano oil, grape seed extract, and peroxide baths. Please contact me for more details.

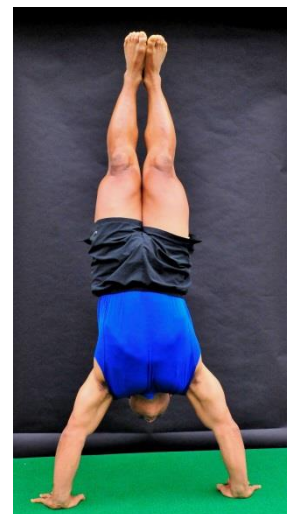
Senior Fitness

As we age it is vital to maintain a reasonable level of physical activity. This axiom applies to seniors regardless of their limits of mobility. I work with many facilities that offer sessions in senior fitness. Contact me for more details.



Meadow Greens

Organic Vegetable Protein Powder



Mr. Fitness