

The Three Greatest Health Risks People Run

The food they eat, (Poor Food = Poor Blood Flow, Poor Blood Flow= Poor Health).

The air they breathe, (Poor Air = Poor Blood Flow, Poor Blood Flow= Poor Health).

The extra blood flow they provide to themselves (Poor Exercise = Poor Blood Flow, Poor Blood Flow= Poor Health).

Do we see a pattern here? Humans are supposed to be good at seeing patterns. The tree is made to 'not move'. The grass is made to 'not move'. The animal on the other hand, is made to move. It does not matter whether it is a single celled animal or a multicellular animal. They are all intended to move. The more complex animals have more complex motions. That brings us to the human. Humans who do not make themselves move, who eat poorly, and breathe poorly tend to have suffering and a short lifespan. Do you really want to be one of those people?

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