



WEX-1308-02-001



WEX-1308-02-002



WEX-1308-02-003



WEX-1308-02-004



WEX-1308-02-005



WEX-1308-02-006

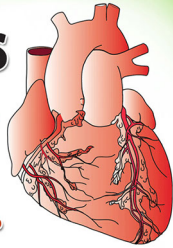


WEX-1308-02-007



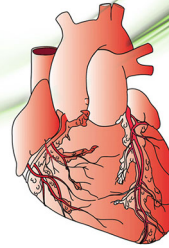
WEX-1308-02-008

Intermittent fasting boosts cardiovascular function and...



WEX-1308-02-009

...helps minimize several risk factors for coronary...



WEX-1308-02-010

...artery disease and stroke including high blood pressure*



*Journal of Nutritional Biochemistry

WEX-1308-02-011

Intermittent fasting has been known to help accelerate the...



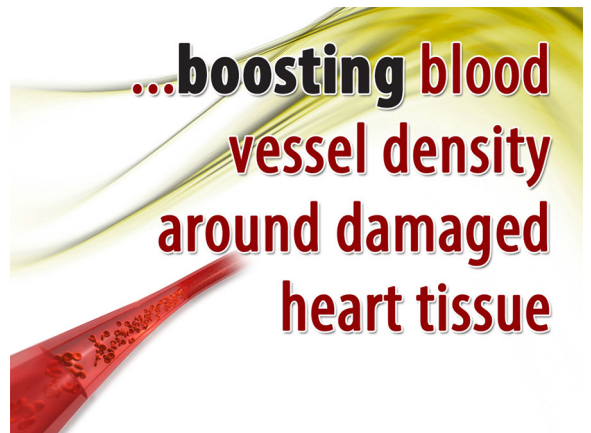
WEX-1308-02-012

...recovery in persons with chronic heart failure by...



WEX-1308-02-013

...boosting blood vessel density around damaged heart tissue



WEX-1308-02-014

This eating strategy can help you lose weight and reduce...



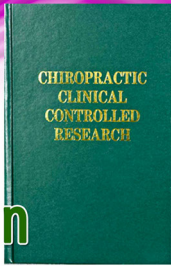
WEX-1308-02-015

...your chances of chronic diseases such as diabetes...



WEX-1308-02-016

...as one study notes an improvement in the action of insulin



WEX-1308-02-017

Some studies indicate intermittent fasting helps improve...



WEX-1308-02-018

...awareness, reasoning, perception, judgment and contributes...



WEX-1308-02-019

...to enhanced memory function in healthy elderly individuals



WEX-1308-02-020

Some research indicates intermittent fasting and calorie restriction...



WEX-1308-02-021

...may play an important role in longevity or lifespan by...



WEX-1308-02-022

...protecting against genetic and environmental factors



WEX-1308-02-023

Other reasons fasting may help your body is by...



WEX-1308-02-024



...reducing inflammation, decreasing free radical damage and...

WEX-1308-02-025

...increasing human growth hormone which slows the aging process



WEX-1308-02-026

ALWAYS check with your chiropractor or health care provider...



WEX-1308-02-027

...to ask if fasting is right for you BEFORE starting



WEX-1308-02-028

For more information ask us for a copy of **The Wellness Express™** newsletter



WEX-1308-02-029

QUESTION TRIVIA

How can intermittent fasting affect your health?

- A) it harms your cardiovascular system
- B) may shorten your lifespan
- C) may cause you to eat more
- D) none of the above

WEX-1308-02-030

ANSWER TRIVIA

D) none of the above

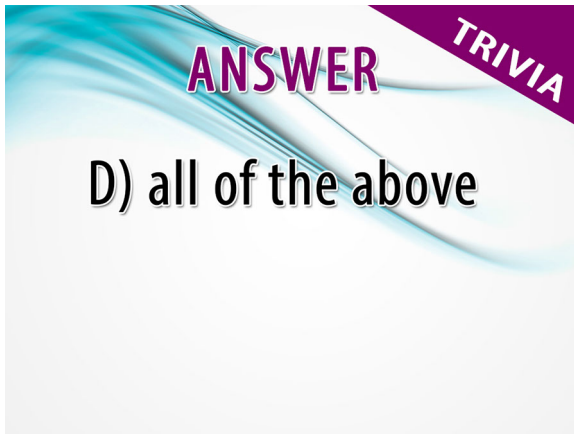
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QUESTION TRIVIA

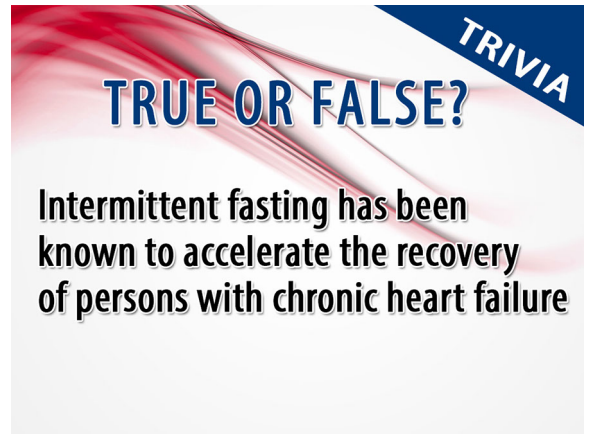
How does fasting benefit your body?

- A) reduces inflammation
- B) decreases free radical damage
- C) may improve memory performance
- D) all of the above

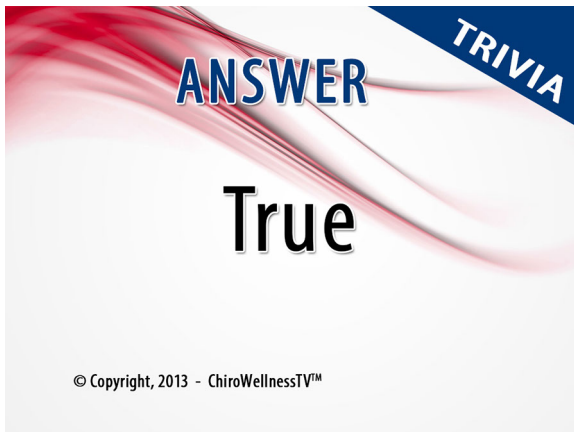
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WEX-1308-02-033



WEX-1308-02-034



WEX-1308-02-035