

THE FL DIGEST

Mon 3rd to Sun 9th April

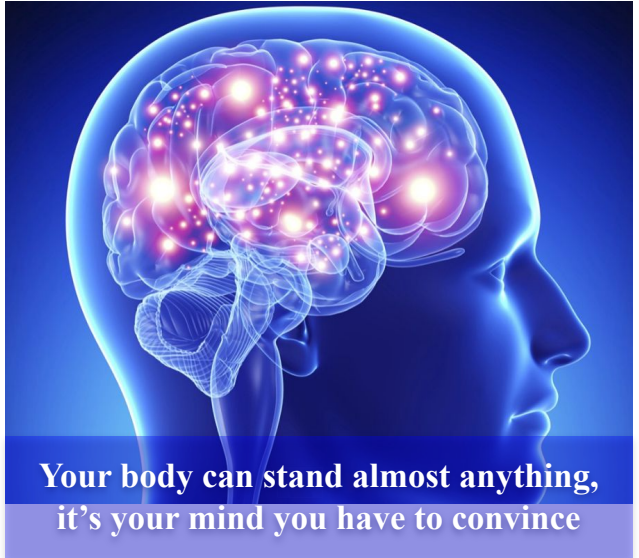
Your weekly Exercise, Nutrition and Lifestyle bulletin

The Root to Ill Health

All chronic illness and disease stems from two things: Toxicity and Deficiency.

Toxicity

Our soil is now toxic, full of pesticides and chemicals. We need a whole pile of carrots to give us the same amount of nutrients just one single carrot provided 50 years ago.



Food is no longer seasonal. It is virtually genetically modified as we demand it on mass all year round.

Deficiency

Our soil is deficient of nutrients as it is full of artificial and toxic fertilisers containing only a handful of minerals and nutrients, whereas plants and all living beings require over 50! And what happens to a weak plant?

Nature does not stand for deficient plants or human bodies. And the weaker more damaged the body the less the pills and medication work.

We can't heal a body with toxic or deficient food so eat organic as much as you can. It's not mass produced so is more expensive...but you can't put a price on your health.

TO-DO LIST

GRAB A STOPWATCH!

20 SECS HIP RAISE, 20S AB FLUTTER, 20S BICYCLE CRUNCH, 20S V SIT
UPS...ALL WITHOUT TOUCHING YOUR FEET TO THE FLOOR

REST FOR 30S THEN REPEAT TWO MORE TIMES

What's on...

- 5th Apr Fitness Tests
- 7th No Bootcamp
- 10th 930am Bootcamp
- 30th Group Run