

7 HEALTH MYTHS *Demolished*



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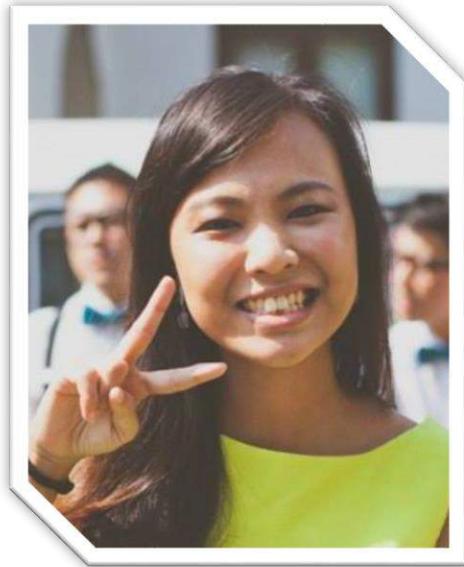
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Thank you!

ABOUT THE AUTHOR



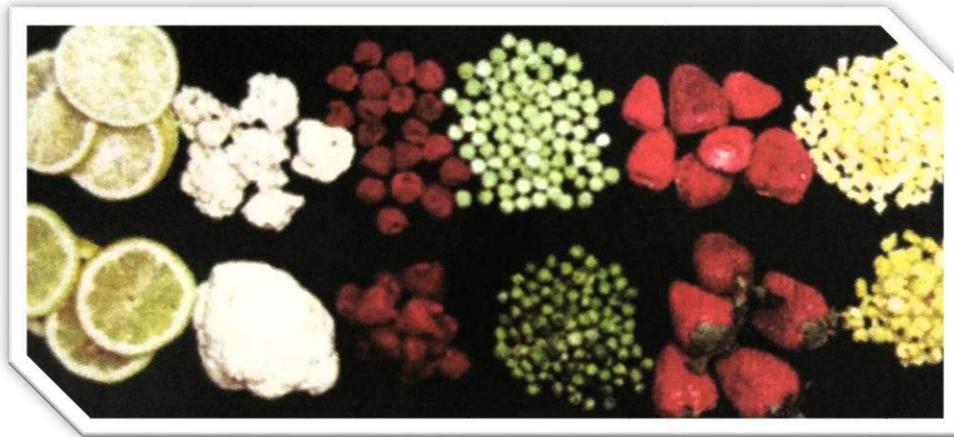
Hi, my name is Janice Yap, creator of ebook *7 Health Myths Demolished*.

Before I begin, let me share a little bit about myself. I graduated from the National University of Singapore with 1st Class Honours in Chemical and Biomolecular engineering. In my early days in the work force, I joined one of the big corporate multinational. Fast forward to today, I am today a Nutritional Immunology health consultant, and a mother of 1 lovely son.



my son, on day 1! :)

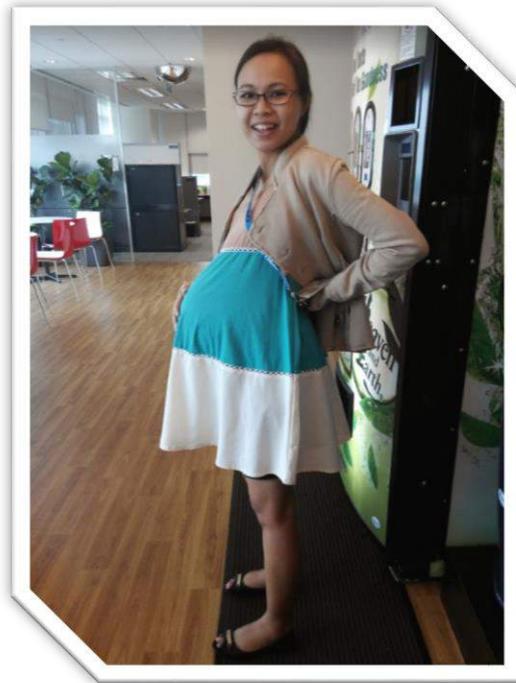
My first encounter with Nutritional Immunology was when I was preparing for pregnancy. As carrying and growing a baby is very demanding on a mother's body, nutrition is critical before and during the pregnancy. During then, my hubby urged me to take supplements. Trained as a chemical engineer, I inherently was not keen on such supplements. So, when my hubby passes it to me, I take. Otherwise, I don't. This continued till we met a friend at a seminar, who introduced this freeze dried wholesome food to us. At that point in time, I was just taking it to prepare for pregnancy.



Comparison of fresh fruits and vegetables and their freeze-dried counterparts

After I gave birth to my baby boy, I also stopped taking the freeze-dried wholesome foods because I didn't understand the concept of nutritional immunology as yet and the value of prevention. After I went back to work, I started to fall sick very easily. It was as bad as a fever every 2 weeks, 3-4 days mc. To add oil to the fire, when I got

sick, the virus would spread within the household. Soon, even my parents in laws, brother in laws and my hubby would take turn to fall sick after me. That took quite a toll on the family as we also had to cope with a young child.



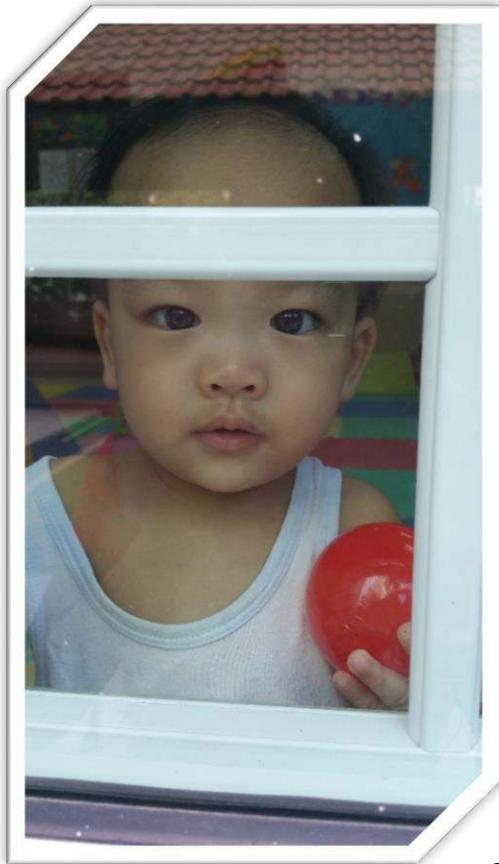
**me during my pregnancy, in
the pink of health**

For me, I found it surprising, as I never even fell sick once during my whole pregnancy, even though pregnant ladies are expected to have weaker immune systems. I started comparing my lifestyle before pregnancy vs then just back to work and made a decision to start on nutritional immunology foods again. Surprisingly, after 1-2 months, I noticed that I was no longer getting sick that often. Even when I fell ill, I would be able to bounce back within 1 day.

This sparked my interest in understanding more and more about the science of Nutritional Immunology as it could have great benefit to many people who are struggling with day to day health issues. From there, I learnt that these foods are not only formulated on the basis of Nutritional Immunology. At the same time, they are also subjected to the highest testing standards, 2000 different tests on each batch carried out including heavy metals, pesticides, microbial content and the list goes on.



After adopting the science of Nutritional Immunology into our lives, my family has benefitted greatly from this science. There is no longer virus running free in our household.



My son enjoys better health and is able to be free from medicines ever since I have learnt about nutritional immunology.

He is able to attend school without falling sick frequently. Even when his classmate is having a flu or cough, he is more resilient to it. Either getting a milder version, or escape catching it altogether.

Overall, I observe that he no longer has vomiting episodes, and his bowel movements are good – we've never encountered him having constipation nor diarrhea.

Nutritional Immunology also has helped him to recover from an episode of serious eczema in just less than 1 month.



Before Nutritional Immunology, my MIL was taking glucosamine for her joints. However, her mobility was very impacted by her joint pain. She even had to struggle walking down steps. There was a point in time, she would always look for lifts wherever she went.

With the help of Nutritional Immunology, we saw her gradual improvement. Initially, she managed to start walking down steps without feeling pain. Then, she was able to walk much faster compared to in the past. Today, we are able to take a trip as a family to Langkawi and she could navigate the bat caves without any issues!



Many of my friends and family have regained their health and beauty and learnt to be wiser consumers as well.

So here am I, my mission is to share with you and as many people as possible on the healthier way of life so that we can enjoy a quality lifestyle and stay away from diseases. Join me, as I guide you on this journey in Nutritional Immunology and share more about some health misconceptions.

Acknowledgements

I would like to say a big thank you to my most loving hubby, Jacob Ong. He has been the constant pillar of support in my life. Thank you for all the patience you have extended me and thank you for making my life an exciting one.

Next, my parents and parents-in-law. Having a child makes me now see clearly the great love that you have extended me and Jacob. Thank you for your many sacrifices to bring us to where we are today.

My siblings, cousins, relatives, friends. Thank you for your word of concern, your big hug and your constant thought for us. Love you lots!

Contact

I would love to hear from you!! You can whatsapp me at +65 8499 8618 or email at janice@superfoodimmunity.com

If you've found any information in here that has benefitted you, please too drop me a note! 😊

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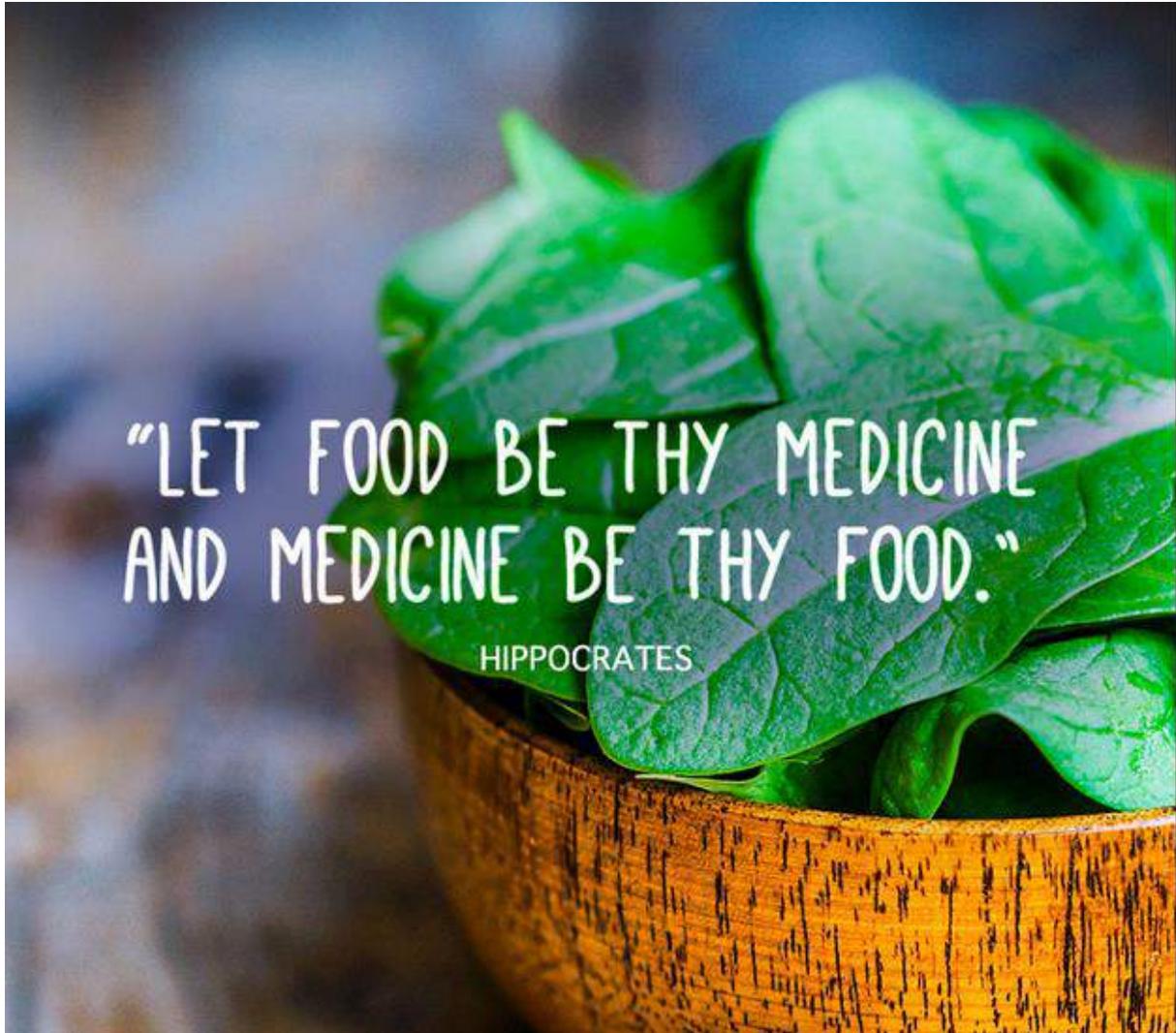
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CONGRATULATIONS!

INTRODUCTION



Today, we are living in a generation of unprecedented achievements in the area of science and research, with many new discoveries and new inventions. Things that were never conceived before are now coming to pass – driverless cars, immediate connectivity to anywhere in the world.

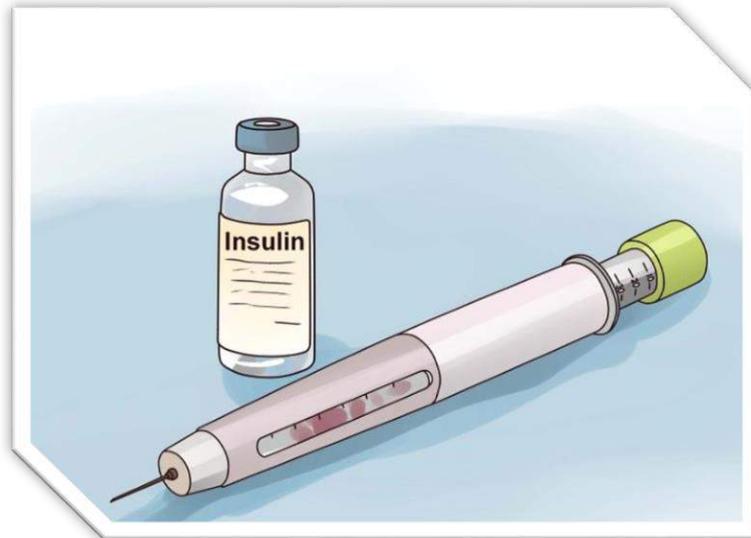
Medical science too has proceeded very much since the days of Hippocrates (in Greece), Hua Tuo (in China) or Suśruta (in India). In the present world, there is abundance of highly advanced medical tools, huge variety of pharmaceutical drugs and synthetic or extracted supplements meant to replace what we lack in our body. Despite this, why are we not able to arrest the disease rate globally?

Globally today, these are the astoundingly gloomy health statistics:

Cancers is among the leading causes of morbidity and mortality worldwide, with approximately 14 million new cases and 8.2 million cancer related deaths in 2012. The number of new cases is expected to rise by about 70% over the next 2 decades.



The number of adults living with diabetes has almost quadrupled since 1980 to 422 million adults.



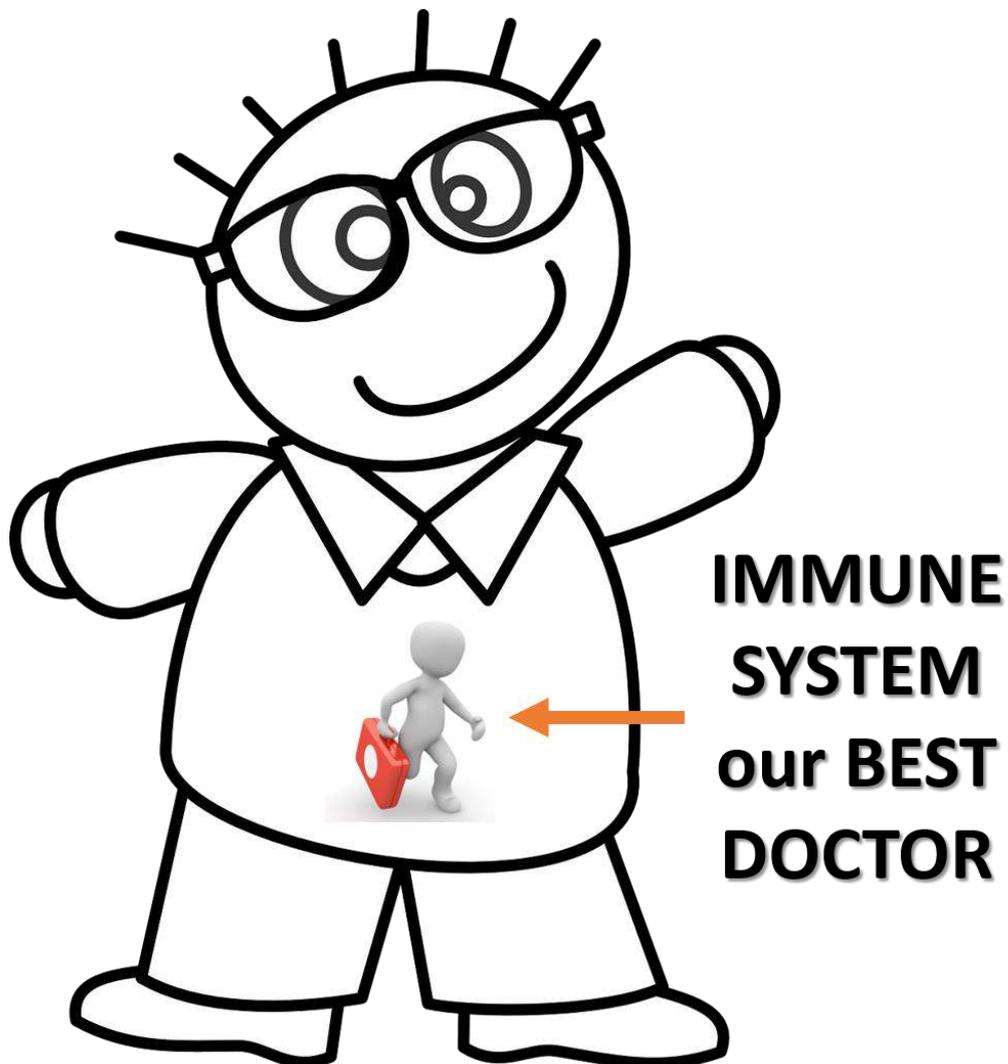
In 2008, worldwide, approximately 40% of adults aged 25 and above had been diagnosed with hypertension (or high blood pressure).



We need to be very clear on the role of medical advancement, it can help us to prolong life. However, it doesn't help us in maintaining quality of life, isn't it?

So who can help us maintain or even better our health translating to our quality of life? Who is our Best Doctor?

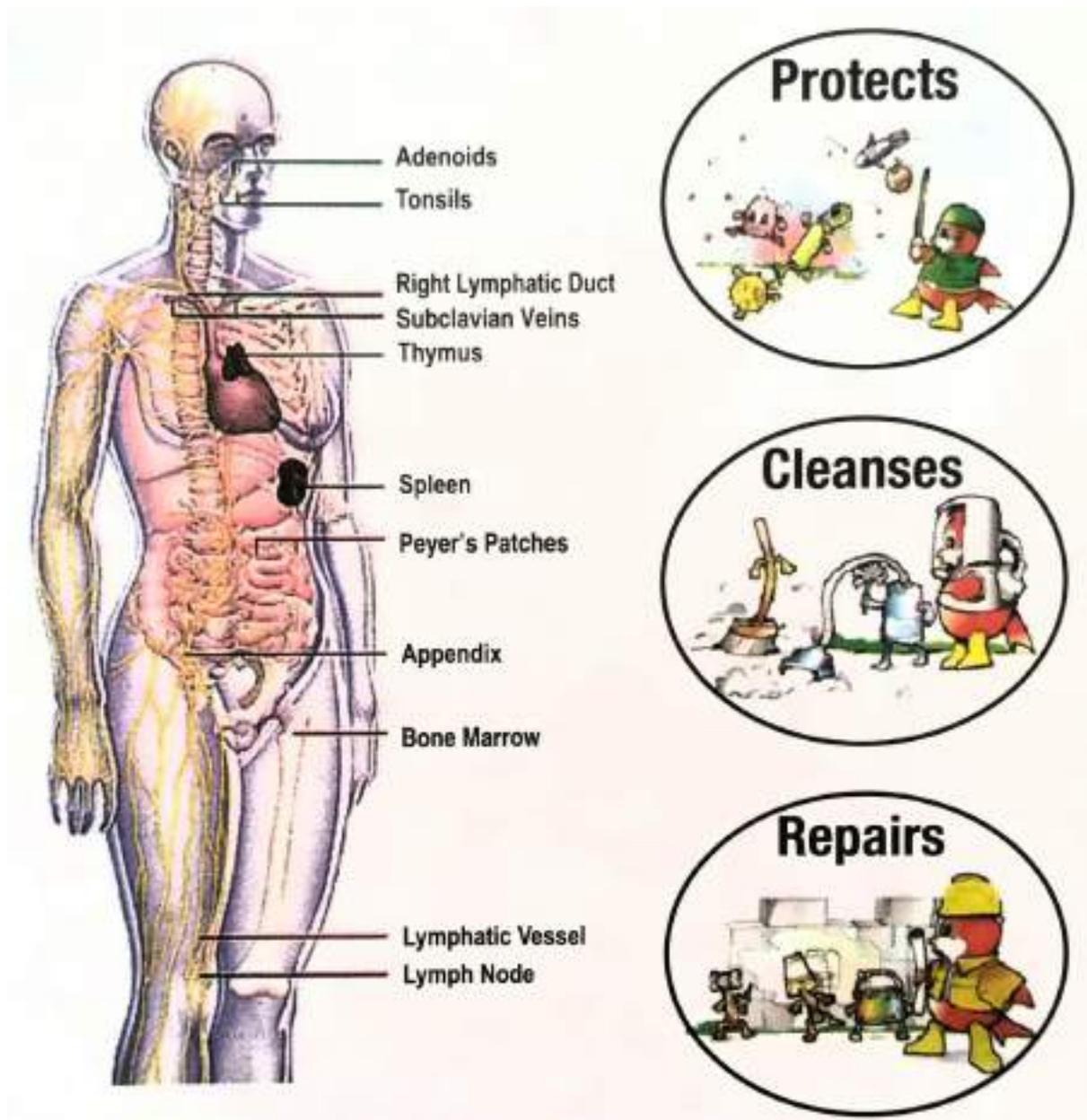
Introducing to you, **our immune system!!** *claps*



Our immune system is this little small guy that lives in us. He is always busy every day, with many different things to take care of due

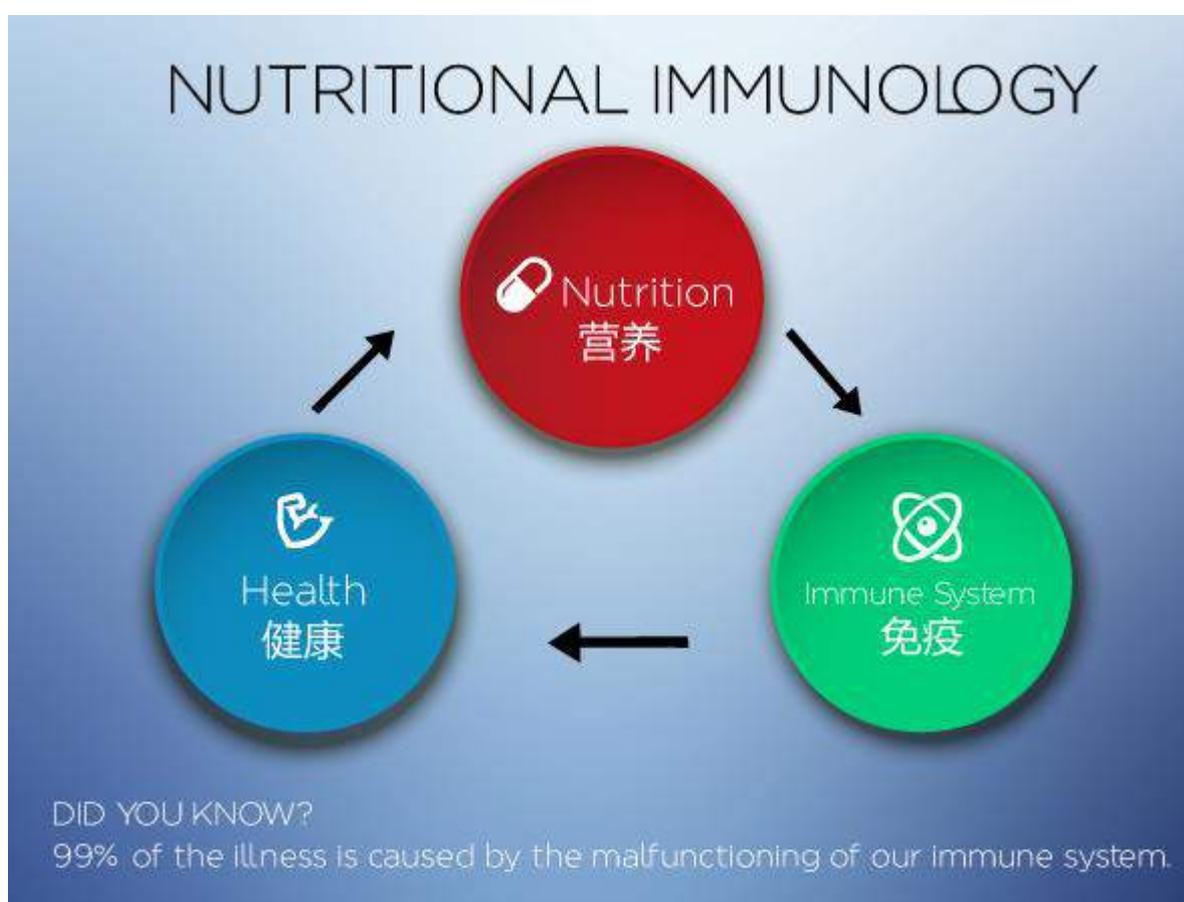
to the many many foreign invaders that enter or attempt to enter our body.

Here is a summary of what are the organs that play a part in our immune system. Also, what are the 3 main tasks that our very busy immune system carries out on a daily basis.



In fact, when it gets too busy and is unable to cope with the workload, then diseases appear. Alternatively, if it gets too over-stimulated by the drugs or chemical load in our body, diseases also appear.

As a result, many illnesses that suddenly pop up, can be traced to malfunction of our immune system.



Nutritional Immunology is the study of how plant food nutrients can nourish our immune system and keep it balanced. Hence, aiding us in overcoming 99% of the illnesses that we see.

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