



KePro

Educational course on why & how modern
foods effect our health.

**Understanding
Basic Gut Health**

Basic Gut Health



Managing your digestive system

(Section 1)

Understanding how the body is supposed to work for a healthy body

We all have to eat food and drink water to live. Our bodies need the right bacteria to help the body function properly. We ingest a natural food, the teeth chew the food saliva has enzymes to do the first part of breaking down the food, we swallow the food particles and it then goes into the stomach. The stomach has healthy bacteria & enzymes that break down more of the food particles, make vitamins, and pull the natural nutrition from the food into the small intestines. Then the stomach sends in hydrochloric acid to finish breaking down the food waste to send out as waste.

* When we eat foods void of nutrition and good bacteria, or foods with preservatives, emulsifiers and highly processed. We are starving our body of nutrition, killing our good bacteria, over working the body's organs that are trying to work around what you are putting in it. This is setting up an environment inside the body to start the downward spiral of ill health. Over time the body starts to have problems.

*The bodies way of communicating this is through symptoms, like gas, bloating, cramps, diarrhea, constipation and reflux, multiple female issues, and diabetes. It is the start of disease; most diseases start with nutritional deficiencies and unbalanced gut bacteria.

Gas and bloating are usually the first symptoms the body relays to you. And you should listen. These generally are the signals of unbalanced gut bacteria with mild dehydration.

Cramps associated with pre-PMS Do not let anyone tell you this is normal it isn't and you don't have to suffer with it.

Reflux is the bodies inability to digest food you eat properly. This needs your attention and correct it as soon as possible to avoid major damage to your body that can't be reversed.

Multiple female issues cramping, fatigue, moody, soreness, heavy bleeding these are not normal!! The majority of young girls and women have these and left unchecked can lead to surgery. Listen to your body and let's get this under control.

Constipation is usually starting with dehydration, most of the things we drink are actually diuretics, with lack of a diverse good bacteria, fiber, healthy oils and fats = the perfect storm for major constipation. KePro and diet changes can solve this problem.

Diabetes a major problem in this country affective hundreds of thousands of people every year. It starts with an incent sweet, or sweet drinks. Sugar is the most addictive drug in the world, it affects almost every human being in industrialized countries. Diabetes is reversable with diet before organ damage is done. After that point drugs are the only option for now. Many diseases roots start with sugar and gut bacteria imbalances. So much needless suffering because of bad food choices and now it has gotten to the point of serious health issues.

All of these are caused by diet.

We have to start eating for our health not taste and food cravings.

Risk of Ignoring your digestive system



Everything starts in the mouth - The first line of defense is the mouth, a healthy mouth has a balance of good bacteria, which helps prevent gum disease, and keeps bad bacteria and pathogens out. When you eat your probiotics, the mouth gets what it needs, when you take your probiotic in a pill form you completely bypass this important part of the body. The entire body should have good bacteria in it. The only way to do that is through **food**.

Digestive Issues – Starts with bacteria imbalances then advance into the breakdown of the bio films and so much more. Below are some results.

Bacteria Imbalances – Most of the time bacteria imbalances occur due to diet and or antibiotic treatment. Bad bacteria like certain foods more than others, good and bad bacteria also share in foods they both like.

Sugar and refined carbs are the main food sources for bad bacteria to feast on.

What makes bad bacteria bad? Bad bacteria are bacteria that offers no benefit to the host. They take up gut real estate that good bacteria should have. Pathogens, are a different issue, as they can cause or do damage to the host. There are many different kinds of pathogens and bad bacteria. The more serious of pathogens are the sporing kind as they can go from a cell bacterium to a dormant state for up to twenty years. It is believed. Sporing bacteria have the ability to crowd out all other bacteria and become prominent inside the host. (This is not a good thing!!!) What makes a pathogen go dormant? When the pathogen can't not control the conditions that it thrives in. Good bacteria live in a condition that creates a healthy environment inside the body for the host.

All bacteria and pathogens live in different PH ranges, this is probably the biggest condition for bacteria/pathogens. There are other conditions, this is a short course, so we will not get into deep on this. A long-term diet of fast foods, refined sugars, refined carbs all will help to create imbalances and allow the bad bacteria to take hold and create an environment for them. Once this happens it takes work and a mindful diet and good bacteria to turn it around. It can be a long process. The second brain is the gut ecology, bad environment is like this: bad bacteria can tell the upstairs brain to crave foods the bad bacteria need to stay intact in the higher numbers. The other time the bad bacteria will do this is when high amounts of good bacteria are added and a war is started. Then the bacteria will tell the brain to crave foods and it is a battle in the body until one of the other become dominant in the host. Other causes are preservatives, food additives, chemicals & antibiotics that kill off the host's good bacteria leaving room for the bad bacteria to increase in numbers and become dominant. This is a never-ending battle of good vs bad. As long as a host eats, they will need to be mindful to eat a diet that improves the bacteria balance. A healthy diet includes fermented vegetables, fermented dairy and fermented water will create a health environment for good bacteria to thrive and good bacteria are all in these foods. We call this the 80/20 rule. 80% of the time eat foods that are all natural, and 20% of the time enjoy all the different foods you like.

A healthy digestive system will have healthy bio films or mucus linings which protect the cell walls of the organs, like the stomach and intestines. Most of the body has these protective bio films throughout the body as a defense from pathogens that enter the body on a regular bases and are not a problem until the numbers are increased and allowed to do damage to these films. As the damage increases generally so do the bad bacteria/pathogens. This leads to disease and symptoms we call IBS, SIBO, IBD, Ulcers, Leaky gut & Candida overgrowth to name a few. These can also interfere with digestion of food and slow down or stop the hosts ability to intake nutrition from food leading to nutrition deficiencies which can lead to many other diseases or problems. From hormones that control mood, PMS, happiness like serotonin as many of these are produced in the gut. Gas, bloating, diarrhea, constipation, all can be signs of bacteria problems or food sensitivities. We suggest to keep a daily food journal and see which foods cause issues and which foods do not.

When trying to correct bacteria imbalances these same issues can occur due to the battle of good to bad bacteria. We suggest starting off with a small number of good bacteria to reduce or eliminate uncomfortable symptoms. KePro has a large number of diverse probiotics and many people starting out will not stay with it if negative symptoms occur. Depending on the condition of the host and the imbalance and diet, will determine how long it will take to correct these imbalances. It can take a few weeks to six months.

Ulcers - H Pylori or called peptic ulcers, is a bacterium that weakens the protective mucous coating of the stomach. Allowing acid to get through to the sensitive lining beneath. The acid and H pylori irritate the lining and cause sores or ulcers, which may bleed or not. It is believed this bacterium is the main cause of ulcers, although there are other causes research is still trying to understand many others.

KePro as a fermented dairy that coagulates naturally, this helps to coat the lining of the stomach and offer relief of discomfort, when a large enough serving is used. We recommend one to two scoops of KePro with one cup milk and half cup to fruit made into a smoothie. More neutral fruits maybe a better option than acidic fruit as it may irritate the lining more. The Probiotics may be able to help control the imbalance of good to bad bacteria plus help break down food better and help keep food from remaining in the stomach to long.

As a food product, we cannot make any claims.

To help a person with this condition, first we need to understand about how long the person has had this condition as over time the imbalance and ulcers can be a larger problem and may take months to allow a more normal balance to occur, as the stomach doesn't have a way to protect its self in this condition. We have seen where people take KePro and it helps the discomfort of the condition quickly, that does not mean there is a large improvement of the actual condition.

Antibiotics can and will kill off the large number of H Pylori bacteria.

KePro can help replace the good bacteria after antibiotic treatment. The lining damage will still need time to heal its self.

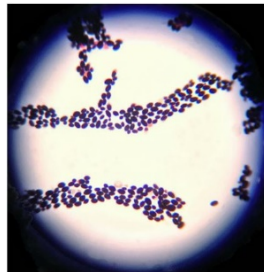
This process can take a few months to a year. Evidence has been shown that once a condition has occurred for a period of time the subject maybe prone to reoccurrences.

Using KePro as a part of a long-term diet can help. Changing their diet to limit acid foods, coffee, soda, alcohol, cigarettes, spices can help, adding enzymes rich fruits, like pineapple, mango and papaya to the smoothie will help to add digestive enzymes plus the probiotics in KePro to help break down food better and help recovery more. KePro can be taken long term without any negative side effect unlike PPI medications which are short term medications. Example: Nexium



IBS & SIBO – generally speaking it is believed the main cause is bacterial, pathogenic or parasite and diet, or a combination of all the above. It is believed that at this point the stomach with food digestion & bio films have been compromised, and or pathogens/parasites have taken hold somewhere in the body. Usually in the intestines. Leaky gut can be an additional problem causing nutrition not to be absorbed properly and can make matters worse. If left unchecked it could turn into IBD, a much worst problem. It can take a long time to allow the body to heal.

IBD – is a very serious issue and should be viewed as such... **Professional medical oversight and care is a must.** It is believed to be caused by pathogens and or parasites in the intestines usually the large. These pathogens can take up to three to five years to show symptoms in the person. In cases of a pathogens these grow slow and are very hard to kill as when conditions become unfavorable, they can go into a spore state until conditions change back favorably for them. These pathogens work hard to change the ecology as to become unfavorable for good bacteria to exist. And dye off. Then the bio films are eroded away, leaving the lining exposed causing sores much like ulcers. The stomach usually has digestive issues and absorbing nutrients from food can become hard for the body to do. Leading to nutritional deficiencies.



Take Care of Your Body & Your Body Will Take Care of You

Before there is an issue, learn to eat for health



Food Sensitivities

(Section 2)

Food Sensitives are More Common

A person with a food sensitive has difficulty digesting certain foods. It is important to note that a food sensitivity is different a food allergy.

Food sensitives are common. According to some estimates, they may affect 15–20% Trusted Source of the American population.

They are more common in those with digestive disorders, such as irritable bowel syndrome (IBS). According to the IBS Network, most people with IBS have food sensitives.

While a food allergy results from an immune system reaction to a specific food, food intolerance usually involve the digestive system, not the immune system.

Let's looks at the causes, types, symptoms, of food sensitives and examine how people can manage them.

Symptoms of Food Sensitivities

Common symptoms of food intolerance include:

- bloating
- excess gas
- stomach pain
- diarrhea
- migraine
- headaches
- a runny nose
- Fatigue

In some people with a food sensitive, the amount of the food that the person eats could determines the severity of their symptoms.

Symptoms of food sensitives can take a while to emerge. The onset may occur several hours after ingesting a food, and the symptoms may persist for several hours or days.

It can be difficult to determine whether someone has a food sensitive or an allergy because the signs and symptoms of these conditions overlap.

Usually, a real food allergy can be a very serious situation could need a mediate medical attention.

Causes and types

Food sensitives can be caused by the body inability to digest a certain food. This impairment may be due to a lack of digestive enzymes or a sensitivity to certain chemicals.

Foods commonly associated with food intolerance include:

- milk
- gluten
- food colorings and preservatives
- sulfites
- other compounds, such as caffeine

Lactose intolerance

The body uses digestive enzymes to break down foods. If a person lacks certain enzymes, they may be less able to digest certain foods.

Lactose is a sugar that occurs in milk. People with lactose intolerance do not have enough lactase enzymes that breaks lactose down into smaller molecules that the body can easily absorb through the intestine.

If lactose remains in the digestive tract, it can cause spasms, stomachache, bloating, diarrhea, and gas.

Milk proteins from A1 gene can be hard for some people to digest causing inflammation, pain or stomach upset. A2 gene milk is easily digested. In American A1 gene milk is cheaper to produce as the cow's product twice as much milk as A2gene cows. A1 gene is more nutritious and denser with more nutrition and healthy fats in the cream.

Fructose intolerance

Fructose is a sugar present in fruit, some vegetables, and honey. Fructose intolerance can also be due to the lack of an enzyme, although this is rare. In such cases, it is known as hereditary fructose intolerance.

Fructose malabsorption, in which the body is missing a protein that allows it to absorb the sugar from the intestine, is much more common.

In these individuals, the fructose in foods ferments in the gut, leading to gas, fullness, bloating, cramps, and diarrhea.

Gluten intolerance

Gluten is a protein that occurs in some cereals, including wheat, barley, and rye. A person with gluten intolerance experiences discomfort, such as pain, bloating, or nausea, after eating foods that contain gluten. As this is a fairly new problem only occurring in the past twenty years. The science and medical communities looked at the possibility that GMO changes in the plants themselves could be one cause. Lower good gut bacteria a second, more digestive problems a third.

Gluten intolerance is also associated with nondigestive symptoms, such as:

- brain fog
- headaches
- joint pain
- fatigue
- depression
- anxiety
- Fatigue

Gluten intolerance is also known as nonceliac gluten sensitivity.

The symptoms of celiac disease and gluten intolerance typically improve when a person eliminates gluten from the diet but return when they reintroduce it.

Salicylate intolerance

Salicylates are compounds that occur in many plant foods, including fruits, vegetables, herbs, and spices. They are also common in artificial flavorings and preservatives, including those in toothpaste, chewing gum, and candies.

Most people can tolerate moderate amounts of salicylates in their diet, but some people are more sensitive.

Symptoms can include:

- hives
- rashes
- stomach pain
- diarrhea
- fatigue
- a runny nose
- wheezing

Foods highest in salicylates include

- **Fruits:** Raisins, prunes, apricots, blackberries, blueberries, cherries, cranberries, grapes, pineapples, plums, oranges, tangerines, strawberries and guava.
- **Vegetables:** Broccoli, cucumbers, okra, chicory, endive, radish, zucchini, watercress, alfalfa sprouts, eggplant, squash, sweet potato, spinach, artichokes and broad beans.
- **Spices:** Curry, aniseed, cayenne, dill, ginger, allspice, cinnamon, clove, mustard, cumin, oregano, pimiento, tarragon, turmeric, paprika, thyme and rosemary.
- **Other sources:** Tea, rum, wine, cordials, vinegar, gravies, mints, almonds, water chestnuts, honey, licorice, jam, chewing gum, pickles, olives, food colorings, aloe vera, savory-flavored chips and crackers and fruit flavorings.

Food poisoning

Some foods have naturally occurring chemicals that have a toxic effect on humans, causing diarrhea, nausea, rashes, and vomiting.

For example, undercooked beans contain aflatoxins that can cause extremely unpleasant digestive problems. Fully cooked beans do not have the toxin. As cooking time can affect the amount of toxins, people may find that they react to beans after one meal but not after another.

Similarly, the ingestion of certain types of spoiled fish can lead to scombroid fish poisoning. This toxic reaction occurs due to eating fish that are high in histamine as a result of improper storage or processing. It can mimic a severe allergic reaction.

Food additives and Sensitivities

Many people are concerned that they may have a sensitivity to food additives. However, according to the Asthma and Allergy Foundation of America, most studies show that few additives cause problems and that these problems affect relatively few people.

Food producers often use additives to enhance flavors, make foods look more appealing, and increase their shelf life. Examples of food additives include:

- antioxidants
- artificial colorings
- artificial flavorings
- emulsifiers
- flavor enhancers
- preservatives
- sweeteners

Of the thousands of additives that the food industry uses, experts believe that only a relatively small number cause problems. The following food additives can cause adverse reactions in some people.

With more food manufacturers adding more additives, this can cause additives to accumulate in the body too much and cause problems

- **Nitrates:** These preservatives are common in processed meats, and the symptoms of a sensitivity can include headaches and hives and some can lead to cancer.
- **Monosodium glutamate (MSG):** This flavor enhancer can cause headaches, chest tightness, nausea, and diarrhea in those with an intolerance.
- **Sulfites:** Common sources of these preservatives include wine, dried fruits, fresh shrimp, and some jams and jellies. People with an intolerance may experience chest tightness, hives, diarrhea, and sometimes, anaphylaxis.

Discovering the real problem

Food sensitivities and food allergies can have similar symptoms, it can be tricky to distinguish these different conditions.

Uncovering the real problem take some detective work using a food journal can be an effective way to discover the real problem complicated when a person has several food intolerances.

The symptoms of food sensitivities can also mimic the symptoms of chronic digestive conditions, such as SIBO, IBS

Apart from lactose intolerance and celiac disease, there are no accurate, reliable, and validated tests to identify food sensitivities.

For the skin prick test, a healthcare provider will place a small amount of food onto a person's back or forearm and poke the skin with a needle. A skin reaction indicates the presence of an allergy.

A blood test can measure levels of immunoglobulin E (IgE) antibodies. High levels can indicate an allergy.



Understanding Good to Bad Bacteria Imbalances

(Section 3)

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A bad environment is like this: The bad bacteria can tell the upstairs brain to crave foods the bad bacteria need to stay intact in the higher numbers. The other time the bad bacteria will do this is when high amounts of good bacteria are added and a war is started.

Then the bacteria will tell the brain to crave foods and it is a battle in the body until one of the others becomes dominant in the host. Other causes are preservatives, food additives, chemicals & antibiotics that kill off the host's good bacteria, leaving room for the bad bacteria to increase in numbers and become dominant.

This is a never-ending battle of good vs bad. As long as a host eats, they will need to be mindful to eat a diet that improves the bacteria balance.

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Basic Gut Health



80/20 RULE

(Section 4)

Basic guide to Healthy Eating Habits

This is a basic guide to healthy eating habits. Everyone is different, the basic rules when applied correctly can help you establish better lifestyle eating habits for overall better health.

the 80% 20% Rule applies to many aspects of life but here we are talking about our food and digestion.

Eat more of the 80% foods for a healthier you. Put away more of the 20% foods.

One of the 80% 20% rules is instead of over eating, give your stomach room to digest your food by only filling it to 80% of capacity. Leave your stomach 20% empty to help your body digest your food better. Listen to your body and eat slowly so that you can notice when you feel full. Keep 20% of your stomach empty, and you'll feel better after each meal instead of worse.

The 80% 20% rule I really want to talk about today is a healthy balance of the right types of food

Many people seem to have a hard time balancing their food groups for a healthier gut and weight management. It is important to remember, building a healthier gut builds a healthier immune system. Each part of the process is important so we need to start with the foundation.

Why is this 80% 20% Rule important? It effects your gut **health**, which effects everything else. Allowing your gut bacteria to become unbalanced over time leads to the gut not absorbing nutrients correctly which leads to nutritional deficiency, which leads to disease, like SIBO, IBs and much worse, IBD. We need to change how we look at food. Natural food is designed to give the body fuel. A balanced nutrition of fermented foods combat the bad gut bacteria and replaces it with good gut bacteria of a diverse variety. Natural and fermented foods help get the body balanced with the right nutrition it needs to run correctly.

As you know, we live in a time when ultra-processed products have flooded supermarket shelves, also we have evolved into a society of we eat to please our mouth and feel good. While certainly not ideal, these foods in small amounts are okay. The problem is when they become the majority of the bodies diet, over time the body can't run correctly.

Okay, so what exactly are the 80% foods and the 20% foods? 80% foods are all natural only. Foods you can pick off a plant. Fresh produce and some frozen food in the vegetable section, land and ocean vegetables and fish. No chemicals, additives, preservatives, artificial anything. If the ingredient label has any word, you can't understand DON'T EAT IT!!! 20% foods are all the foods that are in fast food, prepackaged boxes, frozen vegetables with a sauce are 20% food as the sauce will have preservatives. Again, not ideal but we all know we do it so if you're going to do it then make it only 20% of your diet

Let's start by understanding a few foods that hurt our Immune System and health.

(By the way, most of our water supply has issues, use filters if at all possible)



Enemy #1 is sugar

A major contributor to diabetes, feeds bad bacteria that has no benefit in our bodies. These bad bacteria can cause cravings for sugar and refined carbs which can cause sugar blood levels to spike and fall. The body does not recognize these chemicals and therefore stores it as fat causing weight gain.



Antibiotics

As much good as they have done and continue to do, they do have a downside. It can destroy parts of your gut bacteria. Antibiotics can't tell the difference between good and bad bacteria.



Processed Foods

Foods prepared with chemical additives or processes that changes the natural state of a natural food or enhance flavor, increase natural shelf life, artificial colors, protective agents against pathogens– are all damaging to your microbiome.



Preservatives & Emulsifiers

Most studies and research indicate preservatives can greatly reduce the variety and numbers of your gut flora.

They are very common in packaged foods which helps to extend the shelf life of foods and keep ingredients from separating or to help them to not stick together. TSP is Trisodium Phosphate for example, it has been used in paint thinner for years and years as a heavy-duty degreaser and all-purpose cleaner. TSP is an ingredient used in some cereal production to improve its color and helps in the production process. Trisodium phosphate is also added to cheeses to improve their melting properties and help keep their shape. Some other preservatives are also used in many common foods from mayonnaise, salad dressing, biscuits and yes even peanut butter. Research studies have shown these ingredients negatively affect the makeup of our gut bacteria and damage the protective mucous layer that shields our intestinal tract, resulting in inflammation and can lead to bacterial infection. (Think of IBS, and Crohn's disease.)



Artificial Food Coloring

Is in many foods we don't think about and of course ones we do. These have been found to cause cancer, ADD, ADHD Our bodies have a hard time digesting article chemicals and can accumulate and do damage to our bodies. If you think about it, our bodies were not created to process man made synthetics so if our bodies cannot process it out then it stays in the fat and tissues. That is definitely not good.



Alcohol

Very effective at killing bacteria which is why it is used in sanitary wipes, mouth wash and for cleaning cuts and minor injuries. Consuming too much alcohol found in beer and other drinkable spirits can again reduce your good gut bacteria.

(A little wine can be beneficial to your gut microbiome.)



Cheap Meat & Dairy

Real milk is not cheap, reduce how much you consume, make it count with quality small local farmed organic milk. You will feel the difference.

Organic meat & dairy are key to better health. Organic A two gene milk can help you get the minerals and vitamins you need.

Having enough good bacteria and digestive enzymes are crucial for proper food digestion of these two needed foods groups.



Processed meats

Ham, bacon, sausage, salami all have chemicals additives, preservatives and are highly processed.

80% foods are foods grown and raised with health of soil, plant and animal in mind. As everything that is in soil and plant ends up in you. These foods are organic certified, or from local farmers and dairies, beekeepers and so on. Having a garden is the best and you can control everything in your food by composting to add nutrition to the soil, which then goes to the plants you eat. Growing a garden has other benefits as well, like daily exercise, getting out in the sunshine. If this just isn't possible then learn about food labels. Some can be misleading, a good rule of thumb is if you don't know the ingredient, then it probably isn't good for you. Look up those ingredients you don't know! Foods in plastics, boxes, fast and easy meals, most have chemicals which the body can't process and many get stored in body fat and tissue. The best is to hit the produce section and learn about cooking foods slow and low. Don't overcook foods as this depleted the nutrition in them, so does the microwave, we all love the microwave, it makes fast and easy meals but it really isn't the healthiest way. We need to make it a habit to only eat these 20% of the time and cook real food 80% of the time.

Adding a KePro smoothie for a quick breakfast is a great way to get good natural probiotics, fiber, electrolytes, healthy fats and oils most of us don't usually get. Add fruits and vegetables and you have a great 80% fast and easy breakfast.

Thank you for your interest in KePro and hope this answered your questions. We are here for you on your journey to feeling your best! If you have any other questions or would like to set up a discovery call with our Certified KePro Specialist, please reach out to us [HERE](#). very Sip Counts! Be sure to start your day off right with KePro as it will help you on your journey to a healthier + better you.



Take care of your body & your body will take care of you

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