

# The Pharmanex BioPhotonic Scanner Revolution



How revolutionary new “blue laser” health technology will forever change the world of nutrition and disease prevention while putting you on the path towards perfect health...

and how you can personally exploit this proven technology to radically overhaul your own health, prevent every common disease known to modern medicine, and even extend your lifespan.

**MIKE ADAMS**

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## Introducing Revolutionary New Technology

No discussion of nutrition and health would be complete without talking about a brand new technology, just emerging, that allows you to actually measure the level of nutrition in your body without any invasive techniques (like drawing your blood or taking X-rays).

When it comes to nutrition, there's a huge question in everyone's mind. That's, "How do I know whether this is working?" People say, "Gee, I'm taking all these vitamins, I'm taking these nutritional supplements, but I don't really know if they're working!" And how do you know when you're taking enough, anyway?

Other common questions about nutrition include: "What if I'm immuno-suppressed in other ways? Maybe I'm smoking cigarettes, or engaging in heavy physical exercise. Maybe I'm under heavy stress or not getting enough sleep or I'm exposed to environmental toxins through the air, the food or the water. How do I know whether the nutrition I'm taking is enough?" And until now, the answer has been that you don't know! It was very difficult to tell. You had to take a guess at how you felt, and that was a rather subjective way to determine if your nutrition was working.



The Pharmanex® Nutrition Scanner  
For More information visit:  
<http://www.newstarget.com/pharmanex-contacts.html>

But now, there's a genuine breakthrough that changes all this. I am ecstatic to report about brand new technology that I believe will revolutionize the fields of nutrition and disease prevention. Years from now, this technology will be in every doctor's office, every hospital, every public school and even many homes. What is this technology I'm talking about? It's called the "Nutrition Scanner," and by scanning the tissues in the skin of your hand, it can tell you your level of health and disease prevention almost as if by magic. Don't believe me yet, by the way. It sounds like magic, but it's actually good, solid science. Let me explain:

## X-Ray Vision Through Advanced Technology

Remember Superman and how he had X-ray vision? He could see through walls and view objects on the other side. What if there were a device that had a type of X-ray vision that could peer through your skin and actually see the level of antioxidants circulating in your tissues? You might think, well, gee, there's already technology like that, it's called an MRI or CT scan, but the answer is no, those don't detect antioxidants at all -- they only show the physical structure of your body. They're designed to show broken bones, cancer tumors or malformed biological structures, but they don't show your blood chemistry. In fact, until the development of this technology, the only way to look at the chemistry of your blood was to take some blood out of your body and send it off to a laboratory for chemical analysis. And of course nobody likes to do that; who likes to have their blood taken? It's a painful, invasive procedure.

But this nutrition scanner device is something altogether different. It has a sort of X-ray vision, but

without using X-rays or any kind of dangerous radiation at all. All it uses, in fact, is a low intensity blue laser. It's similar to the laser light that reads your audio CDs in your CD player. Or if you've ever purchased a small laser pointer that allows you to shine a red dot on the wall, that's about the same intensity of laser light we're talking about here. It's completely safe, and you feel absolutely nothing during the scanning procedure.

### Blood Chemistry Analysis With Coherent Light

Here's how it works: you put your hand over this laser light, which is being produced by a device about the size of a breadbox (it looks like a small desktop computer). Hold your hand in place for approximately three minutes. During that three-minute time, this device scans the tissues in your palm. And because this blue laser light can penetrate your skin and get to the tissues, it has the ability to excite the molecular structure of chemical compounds circulating in your tissues.

Laser light is a coherent light, of course, which means that it propagates at a single wavelength. This wavelength has been chosen to resonate with the molecular structure of antioxidants in your tissues. Once these antioxidant molecules become excited by the laser, they begin to give off photons. The easiest way to understand this is to think about fluorescent rocks or glow in the dark chalk. If you take fluorescent rocks and you shine a black light on them, they will fluoresce (give off light) on a variety of different wavelengths. They may appear bright yellow, green or red. Or if you've ever had glow in the dark chalk and drawn something interesting and then shone a black light on them, you see that they fluoresce. Much the same thing is happening with this blue light laser; it's causing the chemicals in your tissues to emit photons at a specific wavelength that can be detected.

These emitted photons are shifted towards the green. They're not of an intensity that can be detected with the naked eye, but they are able to be detected by this very sensitive, calibrated equipment known as the Nutrition Scanner. During the scan, the Nutrition Scanner is gathering thousands of bits of information about the level of photons being emitted from the antioxidants in your tissues, which of course correlates with your level of antioxidants (the more antioxidants you have in your tissues, the more green light will be detected). It then converts this information into a number. This number is your **antioxidant score**.



#### Here's How it Works:

Hold your hand in place for approximately three minutes. During the scan, the Nutrition Scanner is gathering thousands of bits of information about the level of photons being emitted from the antioxidants in your tissues. It then converts this information into a number. This number is your antioxidant score.

## Decoding Your Antioxidant Score

This antioxidant score number is fascinating, because it quite literally tells you your health future. It's sort of like having a crystal ball that can peer into your future and tell you how much disease you're going to experience (and how soon). The number typically ranges from 10,000 to 40,000. Let's take a closer look at what these numbers actually mean:

### **Below 20,000**

Many individuals in the United States, who are consuming the standard American diet and being exposed to environmental toxins while avoiding taking nutritional supplements will score in the sub-20,000 range. Your average person off the street might score at around 18,000. At that score, it means they're going to get chronic disease very soon... in fact, they're already well along with the disease process. They don't have enough antioxidants in their body, and they aren't getting the level of nutrition they need to prevent chronic disease. In fact, any score below 20,000 indicates rapid aging and accelerated degeneration of health. A person at the sub-20,000 level is aging at perhaps twice the rate of a healthy person. They can look forward to dealing with chronic diseases like heart disease, cancer or other degenerative diseases in their forties or early fifties. These are diseases that should never appear that early in the human lifespan.

### **20,000 - 30,000**

Someone who takes a few vitamins, or who follows a moderately healthy lifestyle, may score in the 20,000 - 30,000 range. That's a better score, but it certainly doesn't represent optimum health. This might be a person who eats a few servings of fresh fruit and vegetables, but who also goes out and eats pizza, fried foods, fast foods or junk foods. It could also be a person who engages in heavy physical exercise but who doesn't have the wisdom to take nutritional supplements that compensate for the physical stresses being placed on their body through their physical training. It might be a person who's taking supplements, but isn't taking quality supplements, or who is exposed to chronic stress through relationship difficulties, job troubles, or family problems. Perhaps they don't live in a clean city with clean air; maybe they're not drinking clean water, or they're getting a lot of pollutants from the food they eat. Perhaps they're eating a lot of foods made with white flour and other ingredients that actually deplete the body of critical nutrients. Regardless of the reason, a score in the range of 20,000 - 30,000 is still a poor score. It still means that person is going to show symptoms of chronic disease at a relatively young age (typically their 50's).

### **30,000 - 40,000**

Healthier people will score in the 30,000 to 40,000 range. These are people who are actively protecting their health. They are watching what they eat, and they take measures to reduce the level of stress in their lives. They take nutritional supplements, especially whole food supplements and superfood supplements. They tend to avoid prescription drugs and they avoid toxic therapies such as chemotherapy or radiation therapy. They typically avoid conventional doctors, and when they have medical problems, they go see naturopathic doctors, nutritionists or herbalists. These people typically don't smoke cigarettes, they don't drink soft drinks, and they may drink various herbal teas such as green tea or black tea. These are the healthiest people in the population. These are the people you see on the street and you say "Wow! They sure look healthy!" They don't have excess body fat and they're not suffering from chronic diseases like heart disease, diabetes or cancer.

## Good Health Takes Planning and Effort

The important thing to note is that people don't get to this level without making an effort. No one just happens to find themselves in this 30,000 - 40,000 range out of pure luck. It's not something that strikes from the sky like a bolt of lightning. It's something you have to work for. And if you do work at it, the Nutrition Scanner is going to tell you your score and provide **objective, scientific proof that what you are doing is working.**

Put it all together, and what we have here is technology that can tell you your level of health right now and can serve as an accurate predictor of what you're going to experience in terms of chronic disease and aging. The correlation between these numbers and your level of health is very strong. I have no doubt that if you were to go out and test people who are suffering from cancer or heart disease right now, you would find that they would almost universally score in the sub-20,000 range. If you were to take these people and get their scores above 30,000 you'd tend to find their diseases regressing. If you got them over 40,000, you'd start to see some of these diseases literally disappear.

## Beyond 40,000: The Pathway to Longevity, Health, and Zero Medical Bills

If you choose to follow an exceptionally healthy lifestyle and you take superfoods (like the Jenny Lee superfoods product I've been recommending for quite some time, or the "Berry Green" product you'll find at most health food stores) or nutritional supplements like astaxanthin and organic whole food concentrates, then you can boost your score beyond 40,000. If you avoid chronic stress in your life, don't smoke cigarettes, don't eat fried foods, don't drink soft drinks, don't consume ingredients like hydrogenated vegetable oils, dairy products or white flour, then you can achieve an even higher score. How high? Consider this:

In learning about this machine, I decided to have my own antioxidant level tested, and the results confirmed that the lifestyle I choose to lead is indeed a very healthy one. My score came back as 89,000 - which was the largest score ever recorded on the particular scanner I used.

What does a score of 89,000 mean? In my view, it just confirms everything that my naturopathic physicians have told me and that my blood chemistry lab results indicate (I've posted my blood chemistry results on a public page at <http://www.newstarget.com/adamshealthstats.html>). Ultimately, here's what it all means: with a score of 89,000, it's impossible for me to get heart disease, it's impossible for me to get cancer, and it's impossible for me to suffer from neurodegenerative diseases. It's not just that the risk is reduced, it's that these are IMPOSSIBLE. With this blood chemistry, with this level of circulating antioxidants, with these exceptionally good laboratory results, it is literally impossible for these diseases to appear. Why? Because disease is a process of cause and effect, not bad luck.

## No Such Thing as Chance When it Comes to Disease

Physicians like to talk about your “risk” of getting disease, but in reality, there really is no “chance” involved here. Chance isn’t even an element. It’s all cause and effect. If you have heart disease, that disease has a cause. What was the cause? It was probably decades of consuming foods and following a lifestyle that promoted heart disease. Add up five hundred pepperoni pizzas, five thousand soft drinks and fifty thousand french fries over the last few decades, and you start to understand how these habits add up. Fortunately, you can eliminate the cause of disease by making different choices in your life. And as you do that, **this Nutrition Scanner will objectively show you the positive effect of those choices.**

## Step One: Determine Where You Stand

The strategy, then, is straightforward: first of all, get yourself scanned right now so you can find out where you stand in terms of your health. Are you in the sub-20,000 level where you are practically guaranteed to have chronic disease in your body right now that just hasn’t been diagnosed yet? Are you in the 20,000 - 30,000 range, where you’re probably going to get chronic disease in your forties or fifties and end up taking toxic prescription drugs for the rest of your life? Or are you in the 30,000 - 40,000 range, where you’re a relatively healthy individual and probably won’t get chronic disease until much later in your life?

Perhaps you’re even in the above-40,000 level. Maybe you can hit 50,000, or 60,000, or 70,000 or even higher, meaning that you have virtually no chance of ever being diagnosed with these chronic diseases. It’s important to know where you stand today. And conventional medicine can’t tell you that. Seriously: when was the last time your doctor actually spent ten minutes talking to you about *preventing* chronic disease? If you’re fortunate, you have a doctor who does that. But most doctors simply don’t have the time. The only way to know where you stand is to get scanned with this Nutrition Scanner and find out what your numbers are.

## Next: Boost Your Numbers

From there, the winning strategy is to boost your numbers. How do you do that? One of the first things you can do is follow everything you’re reading in my nutrition and health books at [www.TruthPublishing.com](http://www.TruthPublishing.com). I talk about how to get adequate nutrition, how it works in your body, what supplements to take, and so on. So if you do all that, your antioxidant score could be boosted by 50% or more. You can also, of course, avoid the things that promote disease. That means avoiding all the things that suppress your immune system such as chronic stress, metabolic disruptors (dangerous food ingredients), processed foods, fried foods, junk foods, snack foods, restaurant foods, frozen TV dinners, those lunch snack boxes at the grocery store, popular canned soups and everything else I’ve been talking about in articles on [Newstarget.com](http://Newstarget.com). When you avoid all those things, even if you don’t take nutritional supplements, your Nutrition Scanner score will skyrocket.

## Decide How Healthy You Wish To Be

Where do you want to end up in six months? Some people are satisfied to be in the 30,000 range. Personally, I think that everyone should strive to be over 40,000. In fact there are people who are involved with the company that manufactures this product, a company called Pharmanex, that have been able to take boost their scores from 20,000 to 60,000 and beyond. And how are they doing that? They're doing it by taking the Pharmanex nutritional supplements.

That's where the scanner comes in quite handy, because it tells the truth about whether your nutritional supplements are actually working. It tells you what's really happening in your blood from taking those supplements. So if you buy some cheap multivitamin product from the corner discount store, and it's made with a collection of isolated, synthetic chemicals that have names like vitamin E and vitamin C, it's probably not going to help your nutrition score much.

But on the other hand, if you go to a trusted source, like the Pharmanex company, or you're taking superfoods supplements like the Jenny Lee supergreens ([www.JennyLeeNaturals.com](http://www.JennyLeeNaturals.com)), or you are eating lots of fresh organic fruits and vegetables, berries, broccoli, onions, cauliflower, ginger, garlic... and if you're taking Chinese herbs, Western herbs, or rainforest herbs from the Amazon, then **you're going to see your numbers skyrocket**. Because the Pharmanex Nutrition Scanner tells the truth. It tells you the effectiveness of what you're doing. It is an unbiased judge of the health impact of the choices you make every day. And that's why I consider this to be revolutionary technology.

## The Future of Nutritional Medicine

The conventional medical community hasn't figured all this out yet, by the way. This is such new technology that its implications have yet to be realized by old-school doctors. Even worse, most conventional doctors and physicians are still not being taught nutrition and disease prevention. As a result, they aren't aware of the health value of nutritional supplements. Not surprisingly, many physicians are in very poor health. But if they were to look at their Nutrition Scanner scores, they'd see right away: "Gee, I'm only at 18,000..." If they had that their own antioxidant scores, they could create a workable health strategy by saying, alright, my score's too low, what do I need to do to make it higher? And then they might start asking questions about nutrition, the value of supplements, the importance of avoiding toxic foods, and the wisdom of avoiding pharmaceuticals which no doubt lower your Nutrition Scanner score (most prescription drugs actually suppress the immune system, and many cause nutritional deficiencies).

If they were to start using this technology to scan patients suffering from chronic diseases, they would find an obvious correlation between the numbers and the health of their patients. Before long, they would start to notice, "Hey, it's funny, everybody who comes into this cancer center scores around 15,000 on this Nutrition Scanner. That's interesting! How can it be that everybody scores about the same when they're getting cancer? Maybe cancer has something to do with a suppressed immune system. Maybe if we start to find ways to boost that immune system function, we can actually prevent people from getting cancer in the first place!"

## Don't Wait for Conventional Medicine to Come to its Senses

In fact, that's the truth of the situation, but it has yet to be acknowledged by the conventional medical community. But you, as an individual, don't have to wait around for modern medicine to figure this out. You don't have to wait ten years for medical schools to start teaching this. The conventional medical community is very slow to change their minds about anything. Remember, it took the American Heart Association twenty years to even admit that vitamins are good for you! And today, the group continues to deny the health benefits of antioxidants like vitamin E. In fact, I wrote an article about the American Heart Association called: "Follow American Heart Association Advice and Die From Heart Disease." (<http://www.newstarget.com/001625.html>)

The AHA's advice has been so poor for so long that they even put people on strict low-fat diets that avoided the consumption of heart-healthy oils like olive oil, flax oil, salmon oil and other Omega-3 oils that we now know actually prevent cardio-vascular disease. It was the AHA that argued against those heart-health oils for years and years, so don't expect the AHA or the American Cancer Society, or any of these other "disease" associations to recognize the benefits of this high-tech Nutrition Scanner.

If you wait around for them, you might be dead before they finally get the picture. You need to take it upon yourself to take charge of your own health, today, by finding out what level of nutrition you're at right now and then making changes to improve it. And it's surprisingly easy to do so.

## Watch Your Score Improve as Your Health is Transformed

As you start altering your lifestyle, taking the Pharmanex supplements, eating superfoods, and avoiding the foods and beverages that promote chronic disease, your score will begin to rise. And if you get scanned once a month, which is my recommendation, you will know just how well you're doing each and every month.

You can set a goal for yourself, such as, "I want to be at 40,000 in six months." Then, you can track where you are and measure that against your goals. If you start at 20,000 and you want to get to 40,000 in six months, that means you need to gain an additional 20,000 points in six months, which comes out to around 3500 points each month. So if you start at 20,000, then a month later you want to be at 23,500, and the next month you want to be at 27,000. You can monitor your progress and start taking supplements, altering your lifestyle, and keeping tabs on exactly where you are. Remember, the Nutrition Scanner doesn't lie. The number tells you where you stand (and how far you still have to go).

## You Can Create Any Health Outcome You Desire

You might find that you can get to 40,000 and still have some comfort foods in your life. Perhaps you can still drink a few cups of coffee. Maybe you can still eat pizza every once in a while. You will know the effects of what you're doing and you can make a conscious choice about how much chronic disease you really want in your life and how soon you want it to hit you. You can choose to have cancer, heart disease or neurodegenerative diseases like Alzheimer's disease at a young age, or you can make a different choice and live a life free of those diseases. And it's really all up to you. With the Pharmanex Nutrition Scanner, you have the power to do it and to know exactly whether your strategy is working. That's the breakthrough. That's what's going to revolutionize the world of nutrition and disease prevention.

## How to Get Started

So how do you get started with getting scanned with this product? Here's the catch: it's such a new technology that there aren't a lot of scanners out there yet. But there are several hundred in the United States and in major world cities right now, so there's probably one near you if you live in a major metropolitan area. The distribution network is growing rapidly, so this situation is improving very quickly. There are scanners throughout Europe, many in Asia, some in South America, lots in Canada, etc. I believe there are even scanners in Australia, New Zealand, China, Taiwan and Japan.

So the first thing you want to do is get hooked up with an associate of this company who can put you in touch with a local scanner in your area. You'll find a list of contacts at <http://www.newstarget.com/pharmanex-contacts.html>.

The next thing to do is improve your score, and you do that by taking the supplements sold by the same company that makes the scanner. This company, Pharmanex, offers a line of potent, high-end nutritional supplements that will unquestionably raise your Nutrition Scanner score. I've reviewed some of these supplements at [www.NewsTarget.com](http://www.NewsTarget.com), and I have nothing but positive reviews for them: they're outstanding nutritional supplements. They're well-formulated and many of them are, in fact, anti-cancer products (even though Pharmanex can't call them that).

Almost all of the Pharmanex products boost immune system function. There's a whole line of supplements available. If you start taking these supplements, you will boost your Nutrition Scanner score, and in doing so you will be extending your lifespan and preventing the onset of chronic disease. It's simple cause and effect.

*Note: I have no financial interest whatsoever in this product line. As with all products I review and recommend, these are unsolicited, unpaid recommendations based on my own personal passion about these products and their ability to transform your health. This article is in no way endorsed by Pharmanex. In fact, they aren't even aware it is being published.*

So get in touch with a Pharmanex associate and find out how you can get yourself scanned and start getting some of these supplements to boost your scanner score. Getting scanned costs just \$10. It's very affordable, making it something you can do every month. Buying these nutritional supplements costs more than \$10 depending on what you get, but it's cheap compared with being in the hospital. Think about it: how much does it cost to have cancer? Not in terms of just dollars, but the lost years of your life. What's the cost of having heart disease? How much is 20 years of your life actually worth? What about the quality of your life, what's that worth? By comparison, investing in these nutritional supplements is dirt cheap, it's pennies on the dollar. Prevention is always a bargain.

### Healthy, Wealthy and Wise

Lastly, if you are looking to get on board with a truly unique opportunity with this breakthrough technology, the Pharmanex company is signing up distributors who can operate these scanners (and it's easy to operate, all you need is a laptop computer or a desktop computer) and who can help share the information about this technology and their line of nutritional supplements. If you'd like to get involved with this company, I think it's a great opportunity to do well by doing some good at the same time. Personally, I'm not involved with the company, but that's only because I have to maintain neutrality in covering the technology as an outside observer.

What's so good about getting involved with Pharmanex? I love the idea that there are people out there who are helping spread the word about breakthrough technology that can prevent chronic disease, save people's lives and even help reduce the healthcare costs of populations around the world. We don't need to live in a society where we have skyrocketing rates of cancer, heart disease, diabetes, Alzheimer's disease, bone disorders and all sorts of suffering and death from the onset of these degenerative diseases. We don't need all that. We can live in a society that is primarily disease-free.

Now we have access to technology that can detect when a person is going off track and needs help in preventing chronic disease. There are physicians, chiropractors, and naturopaths all over the world getting involved. Some of the medical doctors and book authors that I have interviewed on [Newstarget.com](http://Newstarget.com) are now using the Pharmanex Nutrition Scanner in their clinical practices. They're scanning patients and helping them boost their numbers. You can get involved in this, even if you don't have a medical degree, and help bring this technology to people in your local community or around the world.

You know, they say "Be healthy, wealthy and wise" and I see this technology as encompassing all three. If you use it and pay attention to the numbers, you'll be healthy. If you get involved with the company and share this good news with the people around you, you could make yourself quite wealthy. And if you listen to the wisdom of your body and the wisdom of nature by relying on quality nutritional supplements and the innate healing ability of your own body to prevent chronic disease, then you'll be wise. It's a win/win/win situation.

I for one am going to get myself scanned on a regular basis. And I'm going to keep doing everything in my power to boost my score. I don't know what the upper limit is to this score, I don't know if the machine blows a fuse if you hit 100,000 or if anyone's ever hit 100,000. Maybe it's not even possible. But I'm going to keep boosting my own score as well as I can to serve as an example for everyone out there who truly wants to prevent chronic disease and take charge of their health.

Because, let's face it, conventional medicine isn't really helping most people prevent chronic disease. If you grab patients as they come out of doctors' offices, and you set them down in front of the Pharmanex Nutrition Scanner, they're mostly going to scan in the sub-30,000 range. That's because their doctors really aren't teaching nutrition. They're not putting people on nutritional supplements, and they're not telling patients what foods and beverages they have to avoid in order to be healthy. Many physicians will even admit that to you -- especially the open-minded ones who are now teaching themselves about the value of nutrition and the true underlying strategies for being a healthy individual and living a long life with clarity of mind, outstanding physical stamina and healthy mental balance. Those are the pioneering doctors, and their numbers are increasing.

### Conventional Medicine Isn't Focused on Preventing Disease

Conventional medicine is simply not interested in prevention. To the drug companies, hospitals and medical schools, there is no financial incentive in making people healthy. In fact, if you get healthy, the drug companies lose a customer. If you get your entire family healthy, they lose perhaps four or five customers. You see, they were counting on those revenues from you. They need those revenues for the rest of your life. They'd much rather see you on Alzheimer's drugs for the rest of your life, taking diabetes drugs for decades, or being doped up on antidepressant drugs because, after all, you could be depressed for the rest of your life as well. They're all about building revenue streams, and those revenue streams depend on people being diseased.

In contrast, what I'm describing here is the opportunity to **build a revenue stream by doing something positive**. Why don't we make some money by getting people healthy? There's a fascinating idea. Let's generate income streams by helping people *prevent cancer*; let's have health and wealth synergistically combined in a way where everybody wins. Let's give people back their quality of life! Let's give them back the years they deserve, the years that they should be experiencing if they weren't killing themselves with foods and pharmaceuticals and environmental toxins. Let's show people how to get off of prescription drugs by restoring their health and vitality. Let's get them out of a system of oppressive medicine, and into a system of disease prevention, nutrition, clarity of mind and youthful energy at any age.

How does that sound? Does that interest you? I think that would interest a whole lot of people these days, because I think the population is, as they say, "sick and tired of being sick and tired." People know the game is up -- they know the pharmaceutical companies are dishonest, that the drugs are over-hyped and that the toxic side effects of pharmaceuticals are minimized (if not outright hidden). They know the FDA is in bed with the drug companies, that it's a highly corrupt agency that does practically nothing to look out for the health of the public. Even the FDA's own top drug safety scientist, Dr. David Graham, recently testified before the U.S. Senate that, "The FDA is incapable of protecting Americans."

## Smart People Are Taking Charge

Smart people are starting to realize that if they want to be healthy, they're going to have to take charge of their health, and they're going to have to look beyond conventional medicine. As a result, they're increasingly interested in vitamins, nutrients, healthy oils, health food stores, whole grains, nutritional supplements, physical activity, and now the Pharmanex Nutrition Scanner. Why do you think interest in health foods is exploding all over the country? Why are people taking more salmon oil? Why is the nutritional supplement industry experiencing such high customer demand? Why are herbal medicines finally starting to catch on? It's because people are wising up.

You have a role to play in this. You can limit that role to yourself, by just taking charge of your own health, getting yourself scanned and doing everything in your power to enhance your own Nutrition Scanner score, or you can get involved in a much larger way. You can play a bigger role and positively influence the health of people around you. You can make a difference in your community. You can be helping awaken someone to disease prevention in a way that could literally save their life. You could help communicate the idea that people can take charge of their own health and avoid virtually every chronic disease now responsible for killing people in every developed nation in the world.

Today there's a great sense of helplessness when it comes to health. People have been trained that disease is something that happens to you; it's just bad luck, or it's something that's caused by your genes, or it's your ancestors' fault, because they died from heart disease, or they died from cancer. These are the distorted beliefs taught to us by conventional medicine, and they disempower people. Read my book, it's called "Take Back Your Health Power" -- you'll find it at [www.truthpublishing.com](http://www.truthpublishing.com). This book tells you how the medical industry has stolen your power and taken away your responsibility. People are tired of that: they want to take their power back. They want to take charge of their own health and choose a better life for themselves. And there is no better technology available for guiding you along this path than the Pharmanex Nutrition Scanner, because for the first time, this is a tool that virtually everyone has access to.

The Pharmanex Nutrition Scanner doesn't require a medical degree to operate, and you don't have to pay health insurance fees or fill out a mountain of paperwork to get it done. It's affordable, it's objective and it tells the truth about your level of health. This allows you to take charge of your health. It puts you in the driver's seat. At the same time, it gives you new responsibilities because now you have the obligation to make the right choices about your own health. For some people, that's a burden because it means they have to take responsibility for eating all those fried foods, smoking cigarettes, not taking nutritional supplements, consuming white bread, soft drinks, candy bars and other products that directly promote disease. Now all of a sudden they have to take responsibility for that, and for some people that's too much. They don't want to be responsible for their own actions -- they'd rather just blame it on their genes!

## The Nutrition Scanner Puts You In the Driver's Seat

For others, though, it's a new opportunity. It's empowering. Now, they can see how to make a real difference. They're no longer backseat drivers -- they're in the driver's seat! They're deciding whether to turn left or turn right, or how fast to go down the road. They decide how quickly they want to get to their destination, and they can even name the destination they want. They can say, "I want to be at a destination where I'm in a state of perfect human health." Then they can point themselves in that direction and get there.

They can do that by making a series of choices aided with the objective, scientific measurements provided by the Pharmanex Nutrition Scanner. It's similar to the way in which a pilot flies an airplane from New York to London. He doesn't take off from New York and point the airplane at London and then leave the cockpit. He uses the help of technology, and that technology measures where the airplane is at each second, asking itself the question "Are we still heading towards London?" Because perhaps some wind comes along and pushes the plane off course, or maybe the aerodynamic characteristics of the plane are not symmetrical, and the plane veers slightly to the left or right. Regardless of where the pilot *wants* the plane to go, the onboard computer tells the pilot where it really is. Then the pilot makes corrections.

You get from New York to London by making a thousand corrections along the way. You point yourself in the general direction of where you want to go, and then you find out where you are at every step of the way and correct your heading to match your goal. And when you do that, as a pilot, you can land an airplane to the precision of a few meters on a runway at Heathrow Airport in London.

You can do the same thing with your health. You can go from chronic disease to perfect health. And you get there by pointing yourself in that direction (and that's by educating yourself with material like this, or the articles at [NewsTarget.com](http://NewsTarget.com)), then finding out where you are at every step in the journey (by using this Pharmanex Nutrition Scanner). If you're not yet where you want to be, you correct your course by continuing to improve your lifestyle, avoiding the things that cause disease, and supplementing with the things that prevent disease. That's all there is to it. Here it is again:

Step 1: Decide where you want to go. "Do I want to be healthy in my 40's? My 50's? My 60's and beyond?" Decide what Nutrition Scanner score you want, like 60,000.

Step 2: Start moving in that direction: educate yourself and make new choices in foods, nutrition and exercise. Take nutritional supplements that boost your score, and avoid foods and habits that suppress your score.

Step 3: **Find out where you are** every month: get scanned with the Pharmanex Nutrition Scanner and check your score.

Step 4: Adjust your course. If you're not at 60,000 yet, you have more work to do in terms of nutritional supplements, diet and lifestyle changes.

That's all there is to it, just four simple steps that can get you from a state of chronic disease to a state of perfect health. And now, with the development of this technology, there's no excuse for not heading towards that destination. You're no longer driving in the dark. With the Pharmanex Nutrition Scanner, the numbers are screaming at you, saying "Get healthier! Get healthier! Make some changes in your life!"

### Let the Positive Feedback Roll!

The great news is that as you make those changes, your Nutrition Scanner score starts to rise, and you start to receive positive feedback. All of a sudden, you feel great again, you feel like hey, I'm making progress. Have you ever done something really well and been publicly recognized for it? Remember how good you felt? You felt like, wow, I'm really good at this! I can do this! And that's the way health can be. It doesn't have to be a huge struggle. Granted, it's not always easy to avoid the foods you might have loved in the past that made you unhealthy. It's not easy to give up habits like smoking or drinking coffee or that late-night chocolate fix. It may not be easy to remember to take all the nutritional supplements you need to support a healthy body and mind. None of these are easy, but they're all within your reach and they will move you one step closer to your destination. Let me make this perfectly clear: today, **you can choose whatever health destination you want**. You are NOT a prisoner of your genes. You are NOT a victim of bad luck. You are NOT powerless to overcome chronic disease, reverse obesity or regain your youthful energy. In fact, you have the power to do all these things.

With this in mind, I urge you to get yourself on this track toward outstanding health. Get scanned to find out your Nutrition Scanner score as soon as possible. Get involved with this company, or at least be involved as a customer and boost your score in every way that you know how. You can transform your health, and you can revolutionize your own personal success by showing others how to transform their health, too.

Join thousands of forward-thinking people who are experiencing true breakthroughs with this technology. Get hooked up with a Pharmanex Nutrition Scanner, start boosting your score, and see if you can get into the 60,000 range in the months ahead. You will prevent chronic disease, enhance your longevity, vastly improve your quality of life, enhance your level of energy, clear away the brain fog, and work your way towards eliminating the possibility of ever being diagnosed with chronic disease. That's the transformative power available to you right now that was never available to anyone in the history of the world before today. I strongly advise you to exploit this technology to your advantage.

Learn more at <http://www.newstarget.com/pharmanex-contacts.html>.

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## About The Author



Mike Adams is a holistic nutritionist with over 4,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is well versed on nutritional and lifestyle therapies for weight loss and disease prevention / reversal. Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at <http://www.newstarget.com/AdamsHealthStats.html>

For additional books authored by Mike Adams, visit [www.TruthPublishing.com](http://www.TruthPublishing.com). To read timely articles and commentary on today's health topics, visit [www.NewsTarget.com](http://www.NewsTarget.com). For free access to Adams' book on superfoods, visit [www.ChlorellaFactor.com](http://www.ChlorellaFactor.com).