

# We want YOU to have a long healthy life:

**Our Goal is to educate everyone who will listen and provide the means and help to achieve a long and healthy life.**

Our focus is on recognizing that much long term illness is caused by the unwanted toxins we bring into our body on a daily basis. Through the water we drink and cook with, through the toxins that are absorbed into our body when we shower and through the air we breathe. Complimentary to this is our body's need for the essential nutrients that it needs to stay healthy. We can show you how.

## **FOOD**

Much of the natural food that we eat is often boiled, steamed or cooked in the microwave which destroys up to 80% of the nutrients that our body needs to stay healthy. Much of the processed food we purchase has lost most of its nutrients in the processing and then colourings, flavourings and preservatives are added without us realizing the long term effects on our health. Good nutrition builds a strong and healthy immune system, a strong body and organs, a good healthy life.

## **WATER**

Research has shown over and over again that our drinking water contains 1000's of chemicals and other toxic contaminants that lead to cancer, heart disease and many other debilitating and fatal diseases. We absorb these when we drink, cook and even when we shower or bathe in city water. Even the lakes, rivers, streams and aquifers that feed our wells are becoming contaminated with unwanted toxic chemicals.

## **AIR**

The air in our homes is up to 100 times more toxic than the air outside our homes causing countless respiratory illnesses with often long term consequences.

**Living a long healthy life isn't so difficult and BelKraft is here to help.**

CanAm Wellness seeks out the highest quality tools and equipment to last you a lifetime. We buy direct from the source and by selling directly to our customers and missing out the wholesalers and retailers we are able to provide the way to a long healthy life at a price that is affordable, up to 75% off our competitor's prices and most come with a lifetime warranty. What more could you ask for?

Contact CanAm Wellness today and find out how you can learn to put your life onto a longer and healthier pathway. Ask about our free 30 minute personalized consultation.

**CALL SYLVIA PARKER AT 613-297-9924 TODAY**  
**Or write to [sylvia@canamwellness.com](mailto:sylvia@canamwellness.com)**