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TO FEAST OR NOT TO CHEAT DURING THE HOLIDAYS



You know what I love about the holiday season? I love all the so-called health care experts that crawl out of the soufflé of elitist pontifications and direct you on how to eat healthy and not fall off your strict dietary wagon during the season. First of all, who cares what

they think you should do? Do they pay your bills? You know what I say? Unless you have a serious health issue in where you cannot cheat, FEAST & CHEAT and tell all those experts to not pass up on the desert. They are such a crack up, aren't they? Or a crock? Like someone is going to look at that ham, turkey, stuffin, taters, pies, cookies, candy, etc and say, "oh no thank you, I have my 16oz of kale, carrot, parsley, celery, beet and ginger juice which will be just fine for the evening. I'll just watch". Huh, huh. Pass me one piece of each pie, man and don't be bogartin the whipped cream (from Raw cream of course). That's what I say.

Just enjoy yourselves. There is enough rubbish going on in the world and in our lives and we deserve to play and have fun with family and friends or just by ourselves and cut loose. Just don't be getting way over the top hammered and thinkin you can drive like Mario Andretti. That usually doesn't work too well and is a sho fired way to get you that x-mas gift you never wanted, a nice set of temporary bracelets and a free nights stay at The, All Inclusive, Steele Bar Inn. And they ain't servin up organic cuisine, raw milk or offering turn down service with chocolate mints.

Which brings us up to what to supplement with; that will really work, if you're going to over indulge and/or if you only think you need something, which you probably don't anyway.

As we talked about in the Food First essay, don't waste your hard earned dollars or time with multi-vitamins/minerals. Take a good long gander at that bottle. How many items are in there? 40, 50, 60 or more? And what are the sources of those nutrients if they are nutrients and what are the fillers and sugars they place in that bottle, as well? I will leave it up to you to decide if all that stuff is being absorbed 100% by your



body. What do you think? And please jettison any additional protein in your diet from protein powder supplements. You can barely digest the protein you are ingesting and we objectively see it in the blood daily. Unless you are a high level athlete or training very intensely your need for more protein, if you have a good diet, is either none or very limited. And if you do, I would recommend protein from egg white, hemp or goat.



So, here you are feeling like a beached mammal after that 4th piece of granny's pumpkin pie, laying on the couch watching the Detroit Lions and feeling like you need a stomach pump or high colonic. Are you thinkin you need a multivitamin or some whey protein to compound your acute dilemma? Probably not. You are thinkin how can you digest the buffet you just engorged yourself with so you can get off the couch and not fall asleep or pass more gas than an x-mas goose.

PROBIOTICS. Don't ever leave home without 'em. And if you are really indulging, take them daily. Digestive and Immune system booster? Gee, I don't know. We have used our **FloraBiotica Plus Enhanced Probiotics** in remote areas when we travel in Mexico seeing patients and hosting retreats and successfully treated the painful affects of a gastrointestinal Giardia infection within hours as opposed to weeks if using antibiotics. Think it won't help with an upset stomach or a snuffle? And better yet, they are GMO free, unlike many probiotics that are cultured in soy. Echinacea or Colloidal Silver can't come close to those benefits. And really don't work anyway.

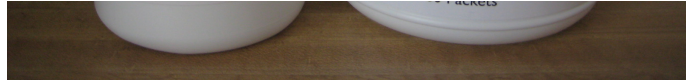
DIGESTIVE ENZYMES. Even when you are strict, you often have the need for enzymes. Enzymatic activity is crucial for proper digestion, absorption and elimination. Which also supports immune system function. With the overconsumption we do during the holidays, good idea to take them with each meal. And most people lack sufficient enzymes, which is why the flatulence party starts after dinner and folks seem to be a bit more distant. It's not your breath; trust me. So, don't leave home without our **Digestive Synergy**.

SUPERFOOD. Another item I always have in my toolbox is our **Green**

Synergy. Consider the following scenario. You show up to your brother in laws house ready to start chowin on Turkey and the fixins. After a few single malt scotches neat, ole Biff decides to deep oil fry a turkey this year and fry it he does to a beautiful hue of ebony. Chinese take out is not an alternative from Ling Chews House of Turkleroni. Well, you can always mix up some super green food dense nutrient drink to weather the storm until you can



charge to the front of the line at HoneyBaked before they close. And our **Green Synergy, Supercharged Green Food** is just the ticket. Chock full of all the vitamins, minerals, spirulina, etc you will need to keep that blood sugar at the right levels, that are really getting absorbed and utilized until you can indulge in those tasty morsels of turkey. Unless you are a vegan of course, then the **Green Synergy** is all you.



BRAIN FOOD. Our **BRAIN SYNERGY** is another arrow in the quiver that is a good idea to have. This is our Think Straight, Clear Thought, and Sleep Tight formulation. This is the bomb and a must. It contains a complete company of amino acids for folks that may not be consuming, digesting and absorbing adequate amounts of protein. The amino acids are critical for brain neurotransmitter function. P5P, the active form of Vit. B6, is supplied with magnesium an essential mineral that assists B6 metabolism which means **ABSORPTION**, unlike that oral B12 in those multivitamins you are taking which **DOES NOT** get absorbed. P5P along with Magnesium is great for sleep, liver function, amino acid absorption, and stress and brain neurotransmitter function. We added Ashwagandha Extract, a rejuvenating Ayurvedic herb that dramatically decreases cortisol during stress, which is also heightened during the holidays. And last but not least, GABA is in this private formulation from Energy Quixotica, which is a calming neurotransmitter. GABA is the major inhibitory neurotransmitter in the central nervous system, helping to maintain normal brain function and aiding with sleep under stress. The following are just a couple of the many testimonies we have received from folks on our product:

“I have had a sleeping disorder for the last two years. I work intense stressful hours, often in 72-hour straight shifts, at the beach as a permanent Los Angeles County Fire Department Ocean Lifeguard and Emergency Medical Technician and I train intensely to stay in top condition for my profession and competing in events. Since taking Dr.



Antonacci’s Brain Synergy, I have had the best quality of sleep and I have not changed anything else out of my daily routine. I think more clearly and have a sense of calm. If you have a sleep disorder, are under stress and cannot think clearly, this formula is for you, not Ambien or Prozac”.

Jaro Snopak
LAFD Ocean Lifeguard
Ironman Triathlete
Tour de France course finisher

My teenage daughter has been unable to sleep in months, especially since they put her on anti-depressant and anxiety medications. The meds seemed to keep her awake so the MDs added one more medication, sleeping pills. Of course it didn't work and her school work

continued to suffer. With the help of Dr. Tony we weaned her off the sleeping medications and used real food and Brain Synergy instead. She is finally sleeping again and her cognition and concentration have improved. We are pleased to say her grades are no longer suffering. Our next step is to wean her off the anti-depressant meds.

Gloria Stefano

Mother of Two

Converted Believer in Food First, No Pharmaceutical Drugs

Be safe, have fun, enjoy, crack yourselves up (means laugh for those of you that have forgotten how to do that, remember seriousness is a disease not an attribute) and put the right arrows in your health quiver, not the run of the mill Vanilla Wrap mundane mediocrity that does not work and serves only to waste your money. Just call or email and we will get you your new health providing arrows and a 10% off holiday special. But wait, there's more! No, not really, I have just always wanted to say that, like those crack up infomercials.

10%+ Off Holiday Specials

FloraBlotica Plus Enhanced Probiotic

Now \$40, Was \$45

Green Synergy

Now \$45, Was \$50

Brain Synergy

Now \$58, Was \$65

Digest Synergy

Now \$32, Was \$36

Click on Product Name Above for Information Sheet

or

Email: info@retreatquixotica.com to order product or for additional information

VIA CON DIOS

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