

GREAT NEWS FOR CHRONIC FATIGUE AND FIBROMYALGIA SUFFERERS—

Macro Greens™ Provides Vital Nutritional Support

Healthy Living recently spoke with Macro Greens™ cofounder, Dr. Edward Wagner, about the nature of sub-clinical illnesses and effective nutritional support.



Cofounders Dr. Edward Wagner and Sylvia Ortiz, CEO



RESOURCES

Macro Greens™ is available at health food stores nationwide. For store locations, or to receive a recommended program using Macro Greens, call toll-free: (800) 521-JUMP (5867). You can also send your name and address to sales@macrogreens.com or visit www.macrogreens.com.

HL *So many people today suffer from fibromyalgia, chronic fatigue syndrome, and compromised immune systems. Is there a common thread that these diseases all share?*

EW I would add depression into the list you mentioned. The root of all of them is increased acidity in the body. Additionally, you will almost always find the following conditions in people who suffer from these health challenges:

- A subclinical virus infection in blood or tissues.
- Starch toxicity. The tissues are saturated in glucose and starch. This leads to an overgrowth of cellular and extra-cellular yeast. Some people call it candida or *Candida albicans*.
- Improper protein toxicity. Eating unhealthy forms of protein, especially chicken. I have found in my practice that chicken harbors more viruses than almost any other protein source and is responsible for a significant number of respiratory infections and food poisoning cases. As a result of these conditions, the body has immunological failure and a failure of systemic detoxification. And then all of the symptoms appear—fatigue, muscle and joint pain, low-grade flu-like symptoms.

HL *Wow, we've never heard this before. What do you consider a healthy protein?*

EW Beef, lamb, elk, fish or buffalo are all “cleaner” proteins.

HL *We understand that green foods are an important part of your patients' recovery programs. Why is this?*

EW I've been schooled in meridian therapy, so when I developed Macro Greens™ with Sylvia Ortiz, I wanted to include ingredients that would gently normalize this internal *chi* and allow the body's energy channels to flow again. Macro Greens™ works on each of the common conditions that I just mentioned. It's perfect for reversing them.

HL *Couldn't vitamins do the same? Or eating lots of fruits and veggies?*

EW Most multiple vitamins push the body to go faster and faster. Muscles then become weakened and sore. Macro Greens™ heals; it does not rev the body up like a cup of coffee. It neutralizes the situation and feeds your body at a cellular level. Today's fruits are often picked too young, before they ripen. Or they contain few nutrients, because of soil depletion. The bottom line is that you would have to eat quite a bit of them every day to get what you need and, for most people, that just isn't possible. Macro Greens™ provides your “daily five” with all the nutrients you need.

HL *How can Macro Greens™ help those with these challenging conditions?*

EW All of the ingredients and particularly its main ingredient, barley grass, have an alkalizing effect on the body. Alkalizing the body's pH to a normal level (approx. 7.4) is key in combating these immune-compromising conditions. Of all the cereal grasses, barley grass is the least allergenic and the most powerful balancer. The formula contains 38 natural ingredients in all, each one carefully selected with immune health in mind. And we added acidophilus, an important probiotic that helps control yeast population levels in the gut. Macro Greens™ is a detoxifier, but it does not assault the body. It works gently. People with these kinds of illnesses need to detoxify. And unlike other green drinks, all of the ingredients combine well together—they do not cause discomfort or bloating. With its superfood, antioxidant and non-allergenic ingredients in the right combination, Macro Greens™ is a tremendous support for anyone with a compromised immune system.

HL *Thank you, Dr. Wagner. Do you have any last words for our readers?*

EW Just that I'm so proud of this formula because it truly supports the body in so many ways. It's perfect for people suffering from chronic fatigue, depression and fibromyalgia, but anyone can benefit from it. It tastes good and kids like it, too. ■