

Transcript

00:00 i'm dr geo espinosa chief medical
00:02 officer
00:03 formulator and co-founder of xy wellness
00:09 [Music]
00:12 our goal with the xy wellness diet along
00:15 with our nutraceutical support regimens
00:17 is to transform what you consume into a
00:20 powerful weapon against cancer
00:22 and in the process introduce you to the
00:25 joy
00:25 of preparing and eating real food
00:29 in order for it to work it needs to be
00:31 sustainable
00:32 so we split it into seven easy to follow
00:35 diet principles
00:37 number one cancer fighting these are
00:40 foods
00:40 abundant in phytonutrients that actively
00:43 inhibit
00:44 cancer growth number two
00:47 anti-inflammatory
00:48 by minimizing gluten dairy and other
00:51 inflammatory triggers
00:54 number three immune boosting these are
00:57 foods rich
00:58 in antioxidants and immune system
01:00 enhancers
01:02 number four low glycemic
01:05 free of refined granulated sugar
01:08 and low in refined flour
01:12 number five pesticide free
01:15 organic when necessary conventional when
01:19 appropriate
01:20 number six delicious by getting foods
01:25 fresh from local markets top quality
01:28 vibrant enzyme rich and clean
01:32 number seven doable eating this way may
01:36 involve a bit of learning
01:37 but is nothing you cannot easily master
01:40 [Music]
01:41 xy wellness is your trusted source for
01:44 not only diet
01:46 but for lifestyle a lifestyle that will
01:48 help you renew
01:49 reclaim and rebuild your health
01:53 let's get to work