

# TAURELFITNESS.COM

OCTOBER 09

Live  
your life  
to the  
fullest !!



## VITAMIN D3 & FISH OIL

- **Vitamin D3 is the most powerful vaccine against Swine Flue.**

<http://www.corepsychblog.com/2009/09/vitamin-d3-swine-flu-depression-autism/>

<http://www.vitamincouncil.org/newsletter/vitamin-d-and-h1n1-swine-flu.shtml>

- *Strengthens immune function, fights depression, strengthens bones and helps keep mens testosterone levels high. Lack of D3 reduces men testosterone.*

- **Fish OIL is the most important antioxidant**

- *10-15 grams per day should be minimal. No you won't smell like Fish !*
- *Lowers body fat levels by turning on fat burning genes, reduces, Less Pain and Inflammation, Cardiovascular Health., Protection from Stroke and Heart Attack., Better Brain Function and Higher Intelligence*



### **WORKOUT** for anybody

- Walk 3 minutes as fast as you can then walk 30 seconds at a slow pace. Repeat cycle for 30 minutes
- Finish with 10 push ups and 20 lunges, 10 per leg.

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